

Results of the 2013 BC Adolescent Health Survey

North Shore/Coast Garibaldi



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RESULTS OF THE 2013 BC ADOLESCENT HEALTH SURVEY

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McCreary Centre Society
3552 East Hastings Street
Vancouver, BC V5K 2A7

Copies of this report are available at www.mcs.bc.ca

For enquiries, please email mccreary@mcs.bc.ca



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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

McCreary team

Annie Smith	Executive Director
Elizabeth Saewyc	Research Director
Duncan Stewart	BC AHS Coordinator/ Research Associate
Maya Peled	Research Associate
Colleen Poon	Research Associate
Stephanie Martin	Community & Communications Manager/Graphic Design
Kate Kovaleva	Research Assistant
Preeti Prasad	Research Assistant
Brynn Warren	Research Assistant
Ange Cullen	Research Assistant
Annalise Zwack	Administrative Assistant
Emily Johnston	Report Layout

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Carol Swan	Jayna deRoos
Racquel Wingerter	Jenn Bridge
Sonja Prevost	Jennifer White
Sophie Mack	Kate O'Connor
Sue King	Laura Tayler-Hanson
Tanja Hanson	Laurel Babiuk
Tara Deeth	Leah Dubé
Carol Swan	Lisa Hogan
Catriona Hardwick	Manon Chateaufort
Cheryl Orlovsky	Melinda Herceg
Donna Coates	Rosemary Moran
Genevieve Dallimore	Sue Foster
Jackie Moran	Wendy Nouwens

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Key findings

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

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

- Most youth rated their mental health as good or excellent. However, consistent with provincial findings, students were less likely to rate their mental health as good or excellent than their overall health.
- Males generally reported better mental health than females, including higher rates of self-confidence and lower rates of extreme stress, despair, self-harm, and suicide attempts.
- Consistent with the provincial picture, 11% of local students (5% of males vs. 16% of females) reported not accessing mental health services in the past year when they thought they needed to, and 9% did not access medical help when they thought they needed it. Common reasons for not accessing services included not wanting their parents to know, and thinking or hoping the problem would go away.
- When compared to their peers across the province, North Shore/Coast Garibaldi students were more likely to have eaten fruit and vegetables the previous day, and were less likely to have eaten fast food. Local females were also less likely than females across BC to have consumed pop or soda (22% vs. 27%).
- In the past year, 36% of males and 28% of females were injured seriously enough to require medical attention. Also, 20% of students had experienced a concussion during this time period (23% of males vs. 14% of females). Sixteen percent of youth who had experienced a concussion had not accessed needed medical help.
- Fifty-eight percent of local students slept for eight or more hours the night before taking the survey. Most youth (78%) were online or on their phone after they were expected to be asleep.
- Local students were more likely than those throughout the province to have played organized sports and informal sports (such as road hockey, hiking, and skateboarding) on a weekly basis. However, they were less likely to do so than students in North Shore/Coast Garibaldi five years earlier.

- The percentage of youth who were underweight increased over the past decade, from 2% in 2003 to 3% in 2013. Similarly, the percentage of youth classified as obese rose from 3% in 2003 to 5% in 2013. After a decrease in 2008, the percentage of youth who were overweight returned to 2003 levels (14%).
- The percentage of students who had tried alcohol decreased from 64% in 2003 to 60% in 2008 to 52% in 2013. This rate remained higher than seen provincially (45%). However, local youth were waiting longer to first try alcohol than five years previous, with 67% having their first drink before turning 15 years old, compared to 76% in 2008.
- Declines seen provincially in tobacco and marijuana use between 2008 and 2013 were not seen locally. Although as with alcohol, youth were waiting longer to use marijuana than their peers in previous years. For example, in 2013 41% of those who used marijuana had first used it when they were 15 or older, compared to 36% in 2008 and 28% in 2003.
- Forty-nine percent of youth who had ever tried smoking reported smoking in the past month.
- Local students felt safer in every area of their school in 2013 than in previous survey years. However, when asked about bullying experiences at school or on the way to or from school, there were no improvements in the percentage of students reporting that they were teased or socially excluded and no improvements for females in the percentage who were physically assaulted. Rates of cyberbullying did decrease.
- Rates of verbal and physical sexual harassment were lower in 2013 than in previous years for both males and females in this region. The rates of physical and sexual abuse remained constant.
- 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.
- Local students were able to report the presence of many protective factors in their lives. For example, more local students reported feeling connected to their community, feeling safe in their neighbourhood, and having supportive family than was seen provincially.



Introduction

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

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

In addition to a provincial report (*From Hastings Street to Haida Gwaii* available at www.mcs.bc.ca), 16 reports at the Health Service Delivery Area level have been published. This report focuses on students in the North Shore/Coast Garibaldi Health Service Delivery Area.

This Health Service Delivery Area is comprised of North Vancouver (SD 44), West Vancouver (SD 45), Sunshine Coast (SD 46), Powell River (SD 47), Sea to Sky (SD 48), and Central Coast (SD 49). This is the first year that all six school districts have participated in the survey at the same time.

Additional analyses were done to ensure that any trends which are reported were not influenced by the addition of school districts that had not participated in 2003 or 2008 or who changed consent procedures at some point over the past decade.

The results presented in this report provide the most comprehensive and representative picture of youth health in North Shore/Coast Garibaldi.

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 North Shore/Coast Garibaldi 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 North Shore/Coast Garibaldi 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

NORTH SHORE/COAST GARIBALDI HEALTH SERVICE DELIVERY AREA



PARTICIPATING SCHOOL DISTRICTS

- 44 North Vancouver
- 45 West Vancouver
- 46 Sunshine Coast
- 47 Powell River
- 48 Sea to Sky
- 49 Central Coast



ONLINE

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

Youth in the North Shore/Coast Garibaldi

Ethnic & cultural background

Students in the North Shore/Coast Garibaldi most commonly reported that they were of European heritage (64%), which was above the provincial rate of 53%, and similar to the local percentage in 2008.

There was an increase in the percentage of youth identifying as having an East Asian background, from 11% in 2003 to 15% in 2013, as well as having a Southeast Asian background (1% in 2003 vs. 4% in 2013).

Family background	
European	64%
East Asian	15%
Aboriginal	8%
West Asian	7%
Latin/South/Central American	5%
Southeast Asian	4%
South Asian	3%
African	3%
Australian/Pacific Islander	3%
Other	3%
Don't know	7%

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

Eight percent of students identified as Aboriginal, which was consistent with the provincial rate, and unchanged from previous years. Among students who identified as Aboriginal, 74% were First Nations, 20% were Métis, and 7% specified another Aboriginal group (youth could select more than one Aboriginal identity if it were applicable).

Locally, 52% of Aboriginal students had ever lived on reserve (compared to 26% provincially), and 42% were living there currently (36% all of the time and 7% some of the time).

Consistent with the provincial rate, 22% of Aboriginal youth reported that they spoke an Aboriginal language.

NEW CANADIANS

Twenty-three percent of students were born outside of Canada, which was consistent with the provincial rate, and unchanged from previous years. Among local students born outside Canada, 28% had lived here less than two years, and 30% were in Canada as international students.

LANGUAGE

The majority of students (58%) spoke only English at home, which was above the provincial rate of 51% but a local decrease from 64% in 2003. Seventeen percent of youth spoke a language other than English at home most of the time.

7% of youth reported they were of West Asian heritage, which was above the provincial rate of 2%.

Sexual orientation & gender identity

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

Males were more likely to identify as completely straight (86% vs. 80% of females), whereas females were more likely to identify as mostly straight (9% vs. 5%), questioning, and bisexual.

Students in North Shore/Coast Garibaldi were less likely to identify as completely straight in 2013 than in previous years (82% in 2013 vs. 87% in 2003), and were more likely to identify as gay or lesbian.

Reflecting the provincial picture, 1% of local students identified as transgender and 7% of local Aboriginal youth identified as Two Spirit.

Sexual orientation	
Completely straight	82%
Mostly straight	7%
Bisexual	2%
Gay or lesbian	1%
Questioning	2%
Don't have attractions	6%

Home life

Similar to the rest of the province, 95% of students in North Shore/Coast Garibaldi reported living with at least one parent (including a step-parent). This was a decrease from 97% in 2003. Local youth were less likely to be living with their grandparents (5% vs. 9% of youth across BC), or to be living with other adult relatives (3% vs. 4% provincially).

The vast majority of youth (87%) reported that their parents worked locally. Nine percent reported that at least one parent worked somewhere else in BC or Canada, and 9% worked abroad. Four percent of students reported that their parents did not work, which was consistent with the rest of BC.

Who youth lived with most of the time	
Mother/stepmother	84%
Father/stepfather	71%
Sibling(s)/stepsibling(s)	55%
Both parents at different times	9%
Grandparent(s)	5%
Other adult(s) related to me	3%
Other adult(s) not related to me	3%
Other children or youth	1%
Two mothers/two fathers	1%
I live alone	1%
Foster parent(s)	NR
My own child or children	NR

Note: Youth could choose more than one response.

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

“

More than anything I am depressed because no matter how hard my parents work they don't have enough money.”

In this report

PARENT refers to students' parent or guardian. ➔

Stable home

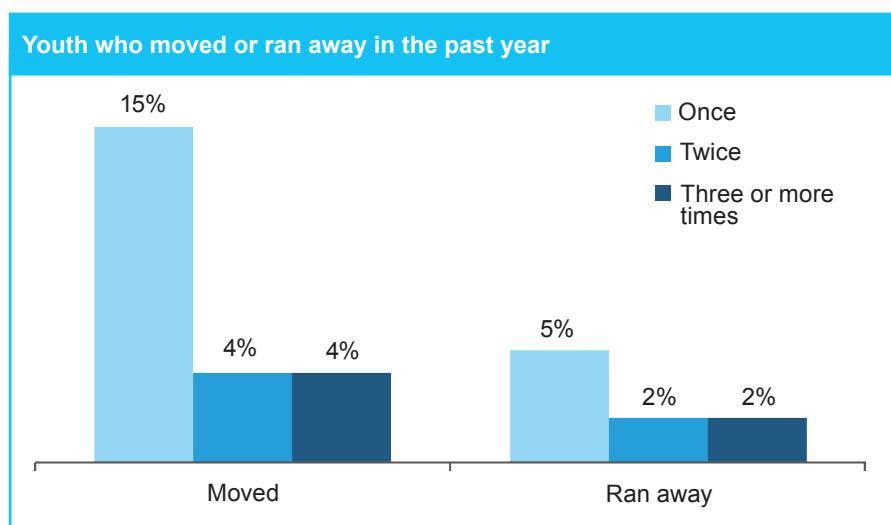
Having a stable home has been shown to be a protective factor in the lives of youth. Ten percent of females and 8% of males had run away in the past year. Also in the past year, 22% had moved from one home to another, and 4% had moved three or more times.

When compared to youth who had moved house, youth who had stayed in the same home for the past year were more likely to report good or excellent mental health (84% vs. 77%), and were less likely to have missed out on needed mental health services (9% vs. 15%), to have self-harmed (13% vs. 18%), to have seriously considered suicide (9% vs. 14%), or to have attempted suicide (5% vs. 8%) in the past year.

Youth who had not moved were also more likely to be taking part in community life such as participating in weekly organized sports (e.g., school teams, swimming lessons; 67% vs. 53%) and to feel that there was an adult in their neighbourhood or community who cared about them (70% vs. 57% who had moved in the past year).

Youth born outside of Canada were more likely than their Canadian-born peers to have moved in the past year (37% vs. 18%). However, those who had stayed in the same home were more likely to plan to continue their education after high school (92% vs. 84% of those who had moved), and were less likely to have missed out on accessing needed medical care (7% vs. 15%).

Having a stable home may be particularly important for youth facing challenges in their lives. For example, youth who had been physically sexually harassed in the past year were more likely to identify that there was an adult in their neighbourhood or community who cared about them if they had not moved (74% vs. 55%* of those who had moved in the past year). They were also more likely to sleep eight or more hours on the previous night (54% vs. 40%* who had moved), and were less likely to miss out on medical care in the past year if they thought they needed it (14% vs. 27%).



Government care

In comparison to the province, local students were less likely to have ever lived in a foster home (1% vs. 2%) and equally likely to have stayed in a group home (2%). One percent of local students were currently in one of these types of government care.

Reflective of youth in government care across the province, 44%* of students with care experience had moved in the past year, which was double the rate among youth who had not been in care (22%). Youth with care experience were also more likely to have moved three or more times (22%* vs. 4% of youth who had not been in care).

Among students who had been in government care, those who had not changed address in the past year reported better mental health than those who had moved. For instance, they were more likely to report good or excellent mental health, to report feeling happy and calm most or all of the time in the past month, and were twice as likely to have slept for eight or more hours on the night before taking the survey. Also, those who had not moved were three times as likely to have taken part in organized sports, compared to youth with government care experience who had moved.

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

Caretaking responsibilities

On an average school day, 60% of students (56% of males vs. 64% of females) had some caretaking responsibilities, such as caring for pets or other animals (50% of males vs. 56% of females) and caring for a relative (e.g., a relative with a disability or younger sibling; 14% of males vs. 18% of females).

Rates of caring for pets or other animals were similar to those across the province, but local students were less likely to be caring for a relative (16% vs. 20% 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 (19% vs. 13%), or because they were too busy (58% vs. 49%).

Def.

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

Transportation

When asked about transportation in general, 84% of North Shore/Coast Garibaldi youth used public transit, which was higher than the provincial rate of 73%. Five percent of students (7% of males vs. 4% of females) had hitchhiked somewhere in the past month. Compared to females across BC, local females were twice as likely to have hitchhiked (2% vs. 4%), while there was no significant difference among males.

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

Students were asked what method of transport they usually used to get to school. Forty-one percent of local students used active means, including walking, biking or skateboarding. Fifty-seven percent got to school by car, 33% took a bus or other public transit, and 1% usually hitchhiked to school. These rates were comparable to those found provincially.

Youth who were dependent on transit to get to school were more likely to have missed out on extracurricular activities because they could not get there (19% vs. 11% of youth who did not use transit to get to school). They were also almost three times more likely to have missed out on needed medical care because they had no transportation.



Physical health

Most students (89% of males vs. 86% of females) rated their health as good or excellent, which was consistent with provincial findings and with local results over the past decade.

Males were less likely than females to rate their health as good (43% vs. 53%) and were more likely to rate it as excellent (46% vs. 32%).

Youth with a health condition or disability	
Mental or emotional health condition	11%
Long term or chronic condition (e.g., diabetes or asthma)	8%
Learning disability	5%
Sensory disability	4%
Behavioural condition	4%
Allergies severe enough to require an epinephrine injection	2%
Physical disability	1%

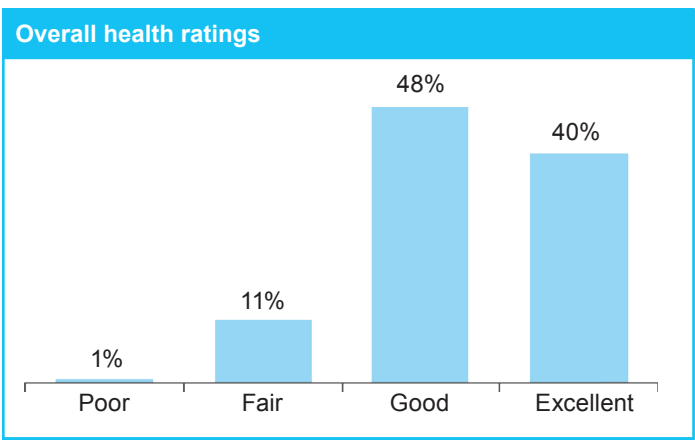
Note: Youth could choose more than one response.

Health conditions & disabilities

Reflecting the provincial picture, 26% of students (23% of males vs. 29% of females) had at least one health condition or disability.

Females were more likely than males to report having a mental or emotional health condition (16% vs. 6%) or a long term or chronic condition (9% vs. 6%). However, the percentage of students who could be categorized as having a mental or emotional health condition rose when youth were asked about specific conditions such as Depression and Anxiety Disorder (see page 17 for more details).

Among youth with a health condition or disability, 38% (26% of males vs. 48% of females) had a condition that sometimes prevented them from doing activities their peers could do, and 5% had a condition that always prevented them from participating in these activities.



Foregone medical care

In the past year, 9% of students did not get medical help when they thought they needed it. This was similar to the 2013 provincial rate, but reflected a local decrease from 13% in 2008.

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

Females were more likely than males to miss out on needed care because they did not want their parents to know (47% vs. 20% of males), they thought or hoped the problem would go away (61%* vs. 47%*), or because they were afraid someone they know might see them.

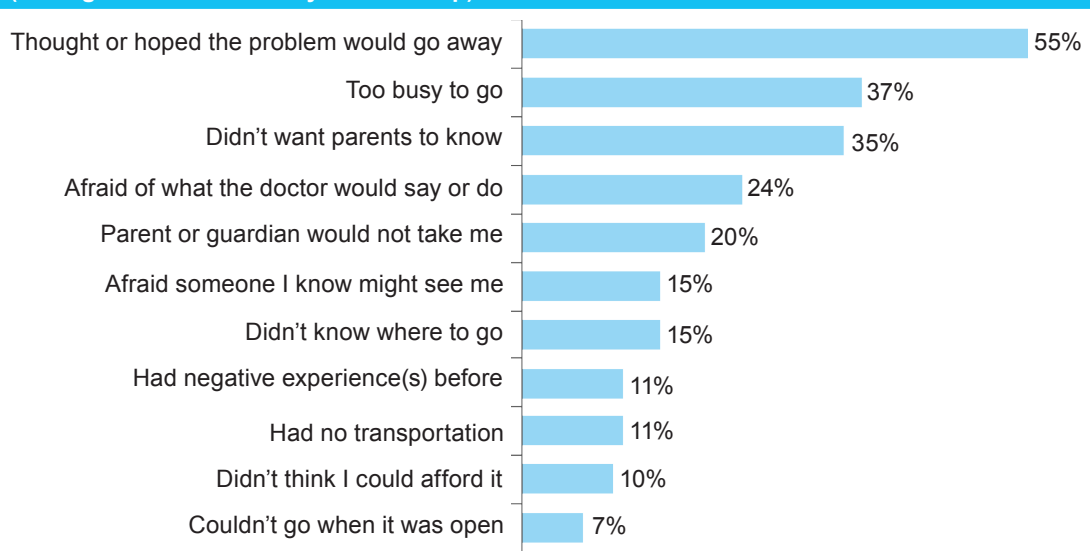
Compared to five years ago, females were more likely to miss out on needed medical help because they did not want their parents to know (19% vs. 47%) and because they were afraid someone they knew might see them.

Dental visits

Similar to the picture across the province, 86% of local students had visited the dentist in the past 12 months, while 5% had last visited more than 24 months ago, and 2% had never been to the dentist. Males were more likely than females to have never been to the dentist.

For 7% 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.



I wish more doctors were available at walk-in clinics. I get furious all the time because of long line ups & having to wait a long time.”

Sleep

9% of males vs. 6% of females slept for 10 or more hours the previous night.

It is recommended that adolescents get between 8.5 and 9.25 hours of sleep each night. In North Shore/Coast Garibaldi, 58% of students slept for eight hours or more on the night before taking the survey, while 3% slept for four hours or less. Local females were more likely than those across BC to have slept for eight or more hours (57% vs. 49% provincially).

Older students slept less than younger ones. For example, 46% of students who were 18 years old slept for at least eight hours the previous night, compared to 79% of students age 12 or younger.

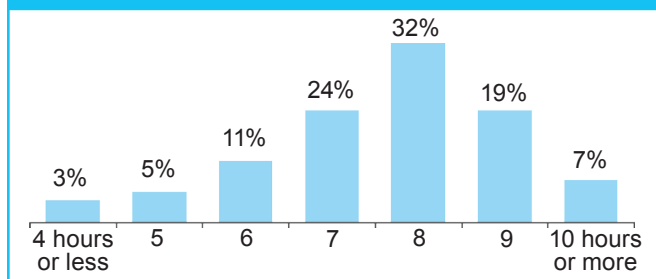
Comparable to the provincial picture, 79% of males and 85% of females were doing something such as homework or using their cellphone after the time they were expected to go to sleep. For example, 41% were doing homework after they were expected to be asleep.

Some students were at particular risk for not getting enough sleep. For example, 42% of students who had been physically or sexually abused slept eight or more hours the night before taking the survey, compared to 61% 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. Getting enough sleep was protective for all youth. For example, youth who had been abused who slept for at least eight hours were less likely to have self-harmed in the past year (28% vs. 40% who slept fewer hours).

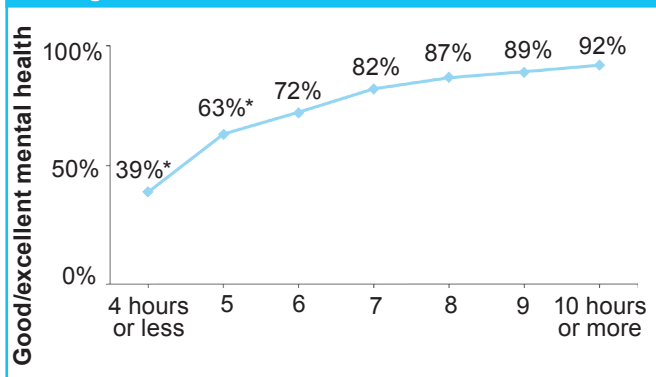
Similarly, among students who had been socially excluded, those who slept for at least eight hours the previous night were more likely than those who slept fewer hours to feel good about themselves (79% vs. 63%) and about their skills and abilities (87% vs. 70%).

Hours slept last night



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

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



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

“ I am not ‘expected’ to go to sleep at a certain time.”

Mental health

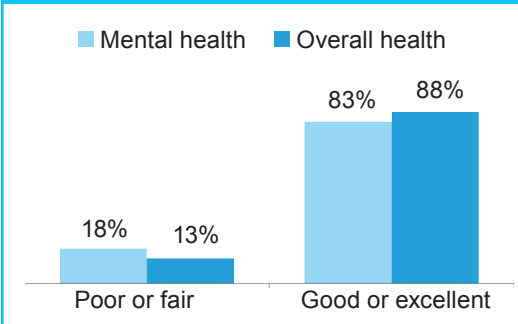
Most youth (83%) rated their mental health as good or excellent, which was comparable to the percentage across the province. Males were more likely than females to rate their mental health as good or excellent (87% vs. 78%), whereas females were more likely to rate it as fair or poor (22% vs. 13% of males).

The majority of students felt good about themselves (91% of males vs. 73% of females) and felt they were as competent as most of their peers (92% of males vs. 82% of females).

Most students reported excelling in at least one area, such as sports, school, the arts, or relationships. As with self-confidence, males were more likely than females to indicate they were really good at something (83% vs. 74%).

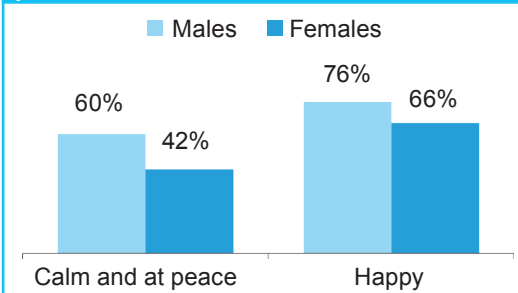
Local males were also more likely than females to feel happy and to feel calm and at peace most or all of the time in the past month.

Mental health and overall health ratings



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

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



Students were less likely to rate their mental health as good or excellent than their overall health.

Mental health conditions

Students were asked about specific mental health conditions. As was the case provincially, females were more likely than males to have at least one condition (23% vs. 17%). Females were also more likely to have multiple conditions (8% vs. 5% of males).

Youth most commonly reported having Depression (9%), Anxiety Disorder (8%), Attention Deficit/Hyperactivity Disorder (ADHD; 7%), and/or an addiction to alcohol or other drugs (3%). Females were more likely to have Anxiety Disorder and Depression, whereas males were more likely to report ADHD. Percentages were comparable to those across the province.

Most commonly reported conditions		
	Males	Females
Depression	6%	12%
Anxiety Disorder/Panic Attacks	4%	13%
ADHD	9%	6%

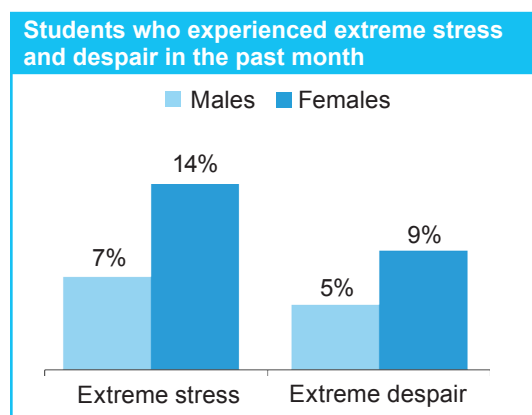
Stress & despair

Most students (86%) reported feeling at least some stress in the past month. Females were twice as likely as males to experience extreme stress that prevented them from functioning properly.

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

As was the case with extreme stress, percentages of students reporting extreme despair were comparable to those in the province as a whole.

Among local females, the percentage who reported extreme despair in 2013 was higher than in 2008 (9% vs. 7%) but comparable to the percentage in 2003. Among local males, rates of extreme despair were similar over time.

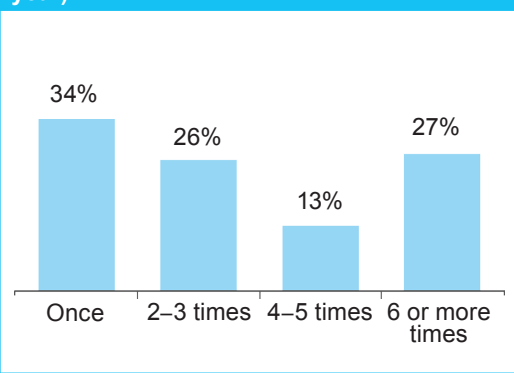


I'm tired of feeling sad all the time. No one wants to help me, they think I have attitude problems when I don't."

Self-harm

Reflecting the provincial picture, 8% of males and 20% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year.

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



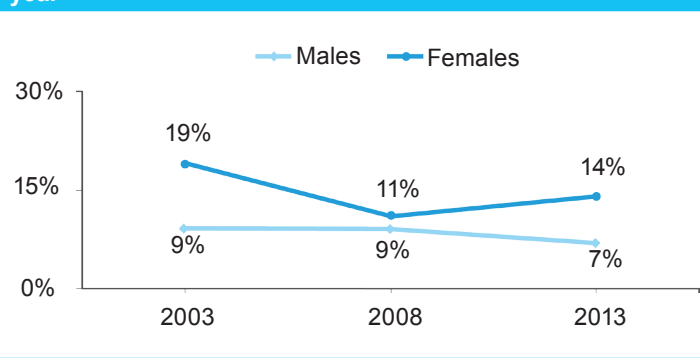
Suicide

Females were twice as likely as males to have seriously thought about killing themselves in the past year (14% vs. 7%), with local rates comparable to those across BC.

Among females, rates of suicidal ideation decreased from 2003 to 2008, but increased again in 2013. However, the percentage in 2013 was still lower than that a decade earlier. Percentages among local males were comparable over time.

Consistent with provincial findings, females were also more likely than males to have attempted suicide in the past year (8% vs. 3%). The percentage of local females who attempted suicide was similar to that in 2003 and higher than the rate five years ago (5% in 2008). Among local males, rates of suicide attempts did not change over the past decade.

Students who seriously thought about suicide in the past year



Note: The differences in percentages among males were not statistically significant.



Cutting...is more serious than people treat it. Think about it, they are so desperate to forget their emotional pain they are willing to create physical pain on themselves. It's a tough battle."

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 21% reported that a close friend had attempted suicide (14% in the past year).

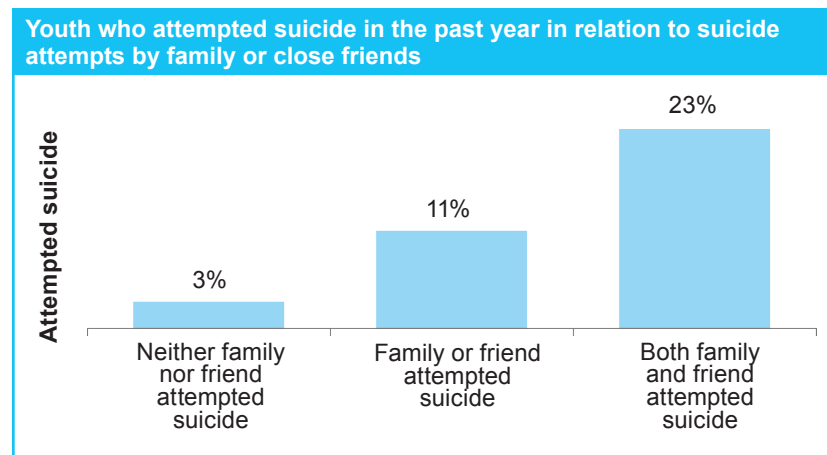
Students who indicated that both a friend and a family member had attempted suicide were more likely to have attempted suicide themselves in the past year, compared to students who had either a friend or family member attempt suicide, and to students who had neither experience.

Hope for the future

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

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

North Shore/Coast Garibaldi students were less likely than those across the province to see themselves in a job (61% vs. 64%), having a home of their own (23% vs. 26%), and having a family (11% vs. 13%) in five years.



I have thought about suicide but didn't go through with it. I thought I had no friends but I do, and I love my parents too much to go."

Foregoing mental health services

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

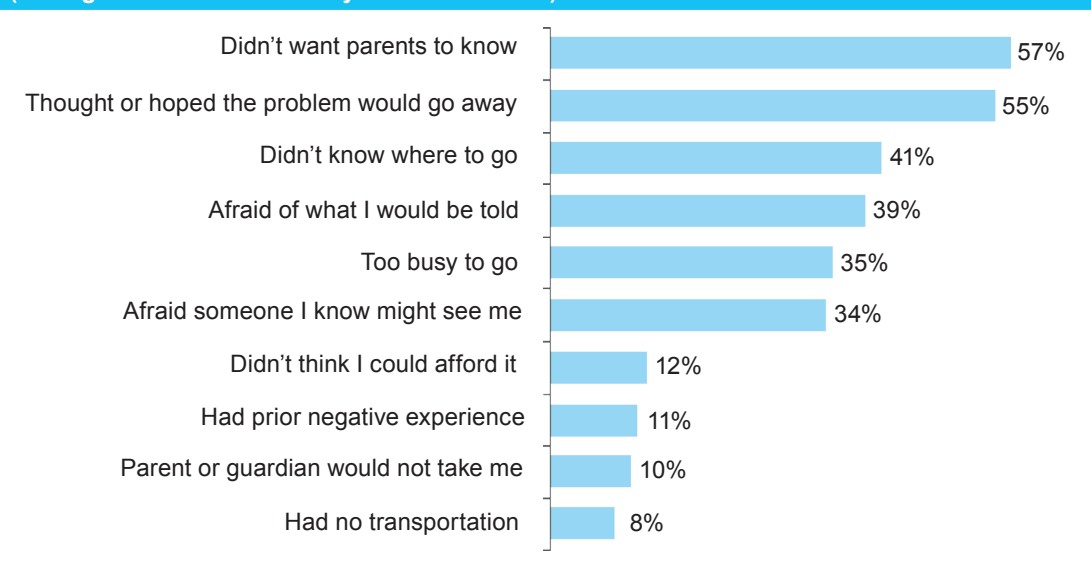
Local males were less likely in 2013 than five years earlier to miss out on needed services (5% vs. 8% in 2008), but there was no significant change over time for females.

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

Females were more likely than males to miss out on accessing these needed services because they did not want their parents to know (62% vs. 40%*) and were fearful of what they would be told (43% vs. 25%*).

Reflecting the provincial picture, local students were more likely than five years earlier to report certain reasons for not accessing mental health services they felt they needed. These included not wanting their parents to know (57% in 2013 vs. 43% in 2008) and not knowing where to go (41% vs. 32%).

**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.

Injuries & injury prevention

Injuries

In the past year, 36% of males and 28% of females were injured seriously enough to require medical attention. This percentage was unchanged from 2008, but reflected a decrease from 39% in 2003. Rates of injuries were higher among North Shore/Coast Garibaldi students than across the province (32% vs. 27%).

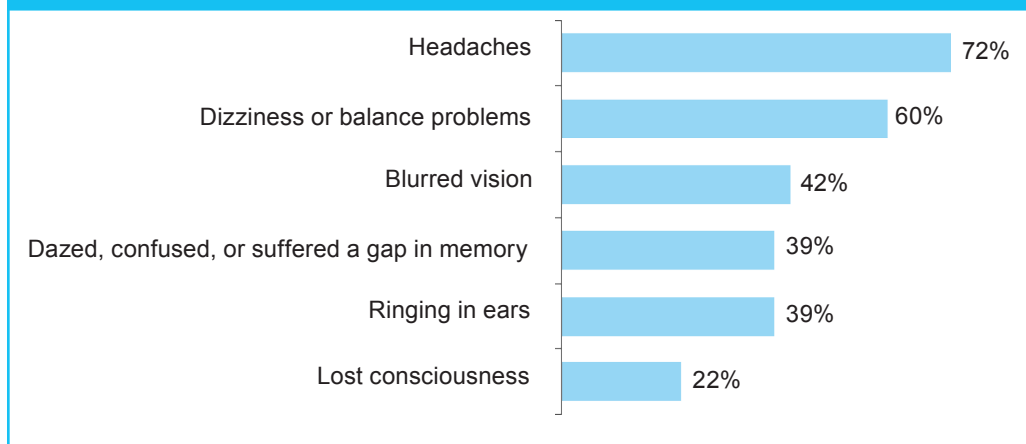
Most youth who were injured were playing or training for sports or other recreational activities (58%). Also, 9% of injuries happened when youth were snowboarding or skiing, 8% when walking or running outside, and 5% when riding a bicycle.

Concussions

Twenty percent of students had a concussion in the past year (23% of males vs. 16% of females). Fifteen percent had one concussion, 3% had two, 1% had three, and 1% had four or more concussions. The most common symptoms experienced were headaches and/or dizziness or balance problems.

Mirroring what was seen provincially, 17% of North Shore/Coast Garibaldi youth who had experienced a concussion in the past year had not accessed needed medical help.

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



Note: Youth could choose more than one response.

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.

4% of students who were injured were using a cellphone or portable electronic device at the time.

16% of youth who had ever driven after using alcohol or marijuana did not have a driver's licence.

Injury prevention

Similar to youth across the province, almost three quarters of local male and female students always wore their seat belt when riding in a motor vehicle. This rate reflected an increase over the past decade.

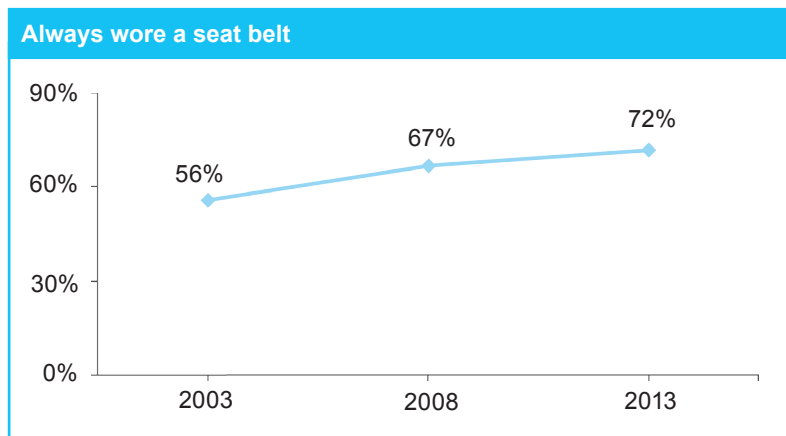
Youth were more likely to take injury prevention seriously in some activities than others. For example, 80% always wore a helmet when snowboarding or skiing, while 44% always wore one when riding a bike, and 32% always did so when skateboarding or roller-skating.

Wearing a helmet was linked to a lower risk of having a concussion or other serious injury. For example, 18% of youth who always wore a helmet when riding a bicycle had a concussion in the past year, compared to 28% of those who never wore a helmet. They were also less likely to have had multiple concussions (2% vs. 11%).

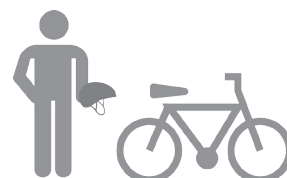
Five percent of youth who had tried drinking had ever driven a car after drinking alcohol. This was similar to the provincial rate, and a local decline from 13% in 2008.

It was more common for students to have driven after using marijuana, which 14% of marijuana users had ever done (16% of males vs. 11% of females), and 8% had done in the past month. Youth were less likely to have ever driven after using marijuana than in 2008 (23%).

Twenty-seven percent of students had been a passenger in a vehicle with a driver who had been drinking or using marijuana, and 13% had done so in the past month. Unlike the province overall, where females were more likely than males to have been a passenger with an impaired driver, locally there was no gender difference.



“ I play hockey so I wear a helmet and when I public skate I don't use a helmet.”



Nutrition

Canada's Food Guide recommends that males aged 14–18 should eat eight servings of fruit and vegetables daily and females should eat seven servings. Youth aged 13 and younger need six servings. However, 29% of students had fruit or vegetables only once or twice that day, and consistent with 2008 results, 4% had none.

In 2013, males were more likely than females to have consumed fast food (42% vs. 28%), traditional foods from their background (39% vs. 29%), food grown or caught by them or their family (15% vs. 10%), pop or soda (41% vs. 22%), and energy drinks (7% vs. 3%) the previous day.

When compared to their peers across the province, North Shore/Coast Garibaldi students were more likely to have eaten fruit (90% vs. 86%) and vegetables or green salad (87% vs. 82%) yesterday. They were less likely to have eaten fast food (35% vs. 41%) and traditional foods from their background (34% vs. 38%). In addition, local females were less likely to have drunk pop or soda (22% vs. 27% of females across BC).

Youth who reported eating fruit or vegetables three or more times the previous day were more likely to report good or excellent mental health (86% vs. 76% who ate them less often), and to feel calm (55% vs. 43%) and happy (75% vs. 63%) most or all of the time in the past month. They were also less likely to experience extreme stress (9% vs. 13% who ate fewer servings of fruit or vegetables) and extreme despair (6% vs. 10%) in the past month.

What students ate and drank yesterday (one or more times)

	2008	2013	Change from 2008
Fruit	87%	90%	↑
Vegetables or green salad	82%	87%	↑
Sweets (cookies, candy, chocolate, etc.)	65%	78%	↑
Fast food (pizza, hot dogs, fries, etc.)	42%	35%	↓
Traditional foods from youth's background	NA	34%	
Food grown or caught by youth or family	NA	13%	
Water	95%	97%	↑
Pop or soda	36%	32%	↓
Energy drinks	8%	5%	↓
Coffee or coffee-based beverages	25%	25%	--

NA The question was not asked.

-- The percentages in 2008 and 2013 were comparable.



I think schools should teach a nutrition course that is mandatory.”

11% of students reported never eating breakfast on school days, a decrease from 16% in 2003.

Breakfast

There was a link between diet and exercise, as youth who had eaten three or more servings of fruit or vegetables on the day before taking the survey were more likely to be engaging in physical activity. For example, 70% participated in informal sports on a weekly basis, compared to 53% who were not eating as healthily.

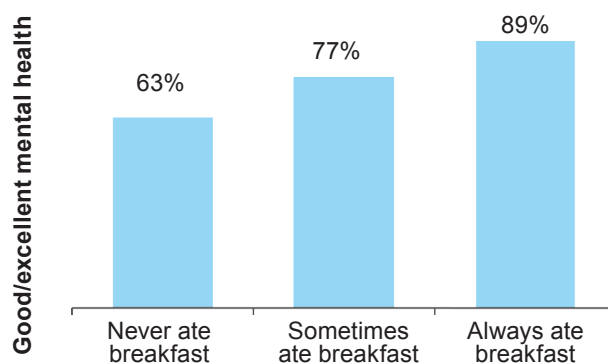
Students who are obese are at risk for low self-esteem and mental health conditions such as Depression. Eating a healthy diet may be a protective factor. For example, among youth who were obese, those who ate three or more servings of fruit or vegetables yesterday were more likely than their peers who ate fewer servings to report good or excellent mental health, to have only positive aspirations for the future, and to have slept eight or more hours the previous night (70%* vs. 30%*).

There was an increase in the percentage of male students who reported always eating breakfast on school days, from 55% in 2003 to 63% in 2013. The percentage of local female students who always ate breakfast on school days remained unchanged (52%). These rates were similar to those across the province.

Among youth who did not eat breakfast at home, the reasons were similar to those seen provincially. Females were more likely than males to report they were not hungry in the morning (54% vs. 42% of males), they felt sick when they ate breakfast (23% vs. 10%), or they were trying to control their weight (12% vs. 4%).

Youth who always ate breakfast on school days were more likely than those who ate breakfast less often or not at all to report good or excellent mental health (89% vs. 74%), better nutrition (such as eating fruit or vegetables three or more times yesterday; 74% vs. 58%), and sleeping for eight or more hours the previous night (65% vs. 49%).

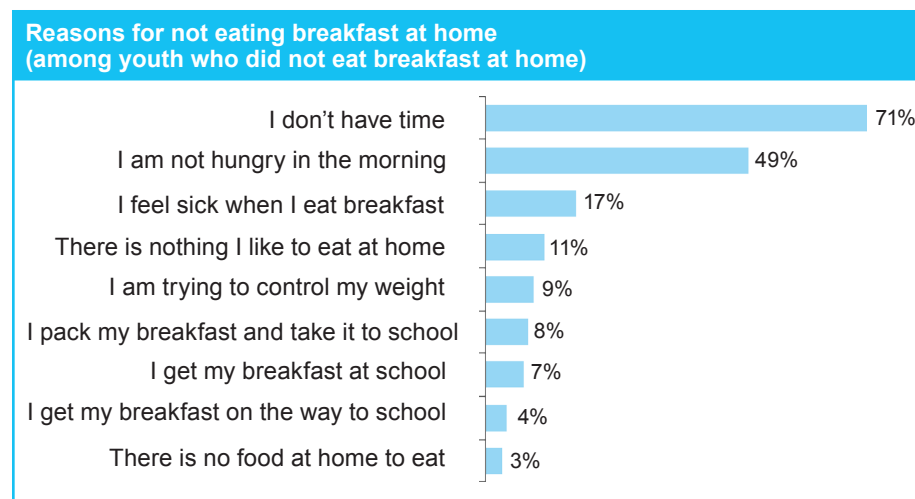
Good or excellent mental health in relation to how often youth ate breakfast on school days



Going to bed hungry

Reflecting the provincial picture, 93% of youth never went to bed hungry because there was insufficient money for food at home. Six percent went to bed hungry sometimes, and 1% went to bed hungry often or always. There was a local decrease in the percentage of youth who went to bed hungry often or always, from 2% in 2008.

Youth who indicated going to bed hungry at least sometimes were more likely to also report not having any food at home to eat for breakfast (14% vs. 1% who never went to bed hungry).



Note: Youth could choose more than one response.



Def.

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

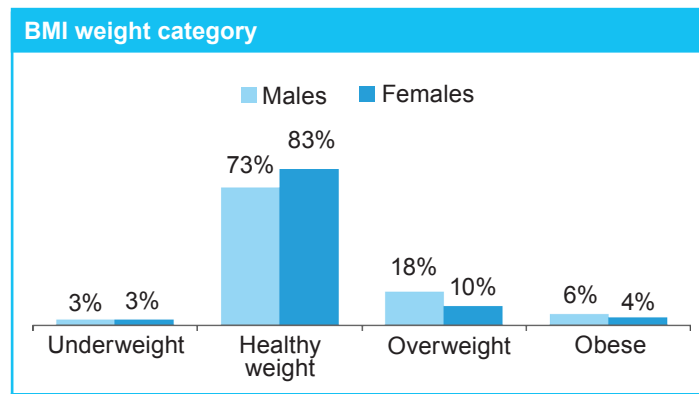
Body weight & body image

Body weight

Students' body mass index (BMI) was calculated from their self-reported height and weight measurements. According to their BMI, and similar to results across the province, 78% of youth were a healthy weight for their age and gender, while 3% were underweight, 14% were overweight, and 5% were obese.

While females were more likely to be a healthy weight, males were more likely to be overweight or obese. There was no gender difference for being underweight.

The percentage of youth who were underweight increased over the past decade, from 2% in 2003 to 3% in 2013. Similarly, the percentage of youth classified as obese rose from 3% in 2003 to 5% in 2013. After a decrease in 2008, the percentage of youth who were overweight returned to 2003 levels.



There should be more events/sessions/assemblies in school about body image & eating disorders. Many girls see themselves negatively, such as myself. There isn't enough awareness of these things in schools!"

25% of healthy weight females thought they were overweight, compared to 5% of healthy weight males.

Body image

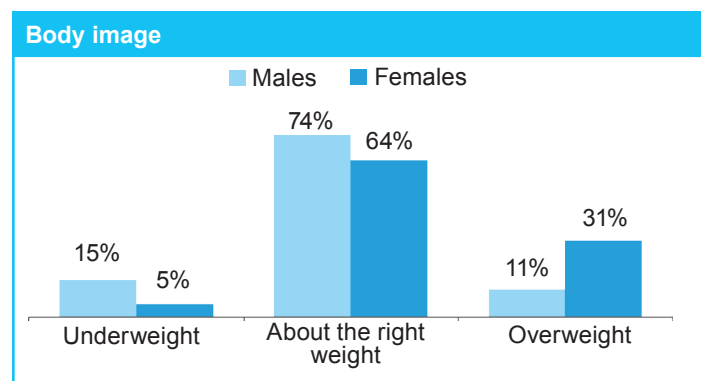
Students were asked how they saw themselves. Sixty-nine percent felt they were about the right weight, whereas 10% thought they were underweight, and the remaining 21% felt they were overweight. Males were more likely than females to see themselves as underweight, whereas females were more likely to see themselves as overweight.

While 34% of healthy weight males were trying to gain weight (vs. 2% of healthy weight females), over half (53%) of healthy weight females were trying to lose weight (vs. 12% of healthy weight males).

Eating behaviours

In the past year, 28% of youth (18% of males vs. 38% of females) reported binge eating, and 5% (3% of males vs. 8% of females) had done so on at least a weekly basis. Eight percent of youth (4% of males vs. 12% of females) had vomited on purpose after eating (purged), and 2% had done so weekly, with females more likely than males to purge this frequently. These rates were consistent with those across the province.

Youth who reported poorer mental health were more likely to binge eat in the past year. For example, 12% of youth who rated their mental health as poor or fair had binge eaten on a weekly basis, compared to 4% of youth with good or excellent mental health. Also, 14% of students who did not feel happy during the past month binge ate on a weekly basis compared to 4% of students who felt happy most or all of the time. Similar relationships were found between mental health and purging behaviour.



Sexual behaviour

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

Oral sex

Twenty-six percent of students reported ever having oral sex, which was similar to that reported in the province as a whole as well as to the local rate in 2008. While males were more likely than females to have received oral sex (24% vs. 18%), females were more likely to have given it (23% vs. 15% of males). The rate of ever having oral sex increased with age.

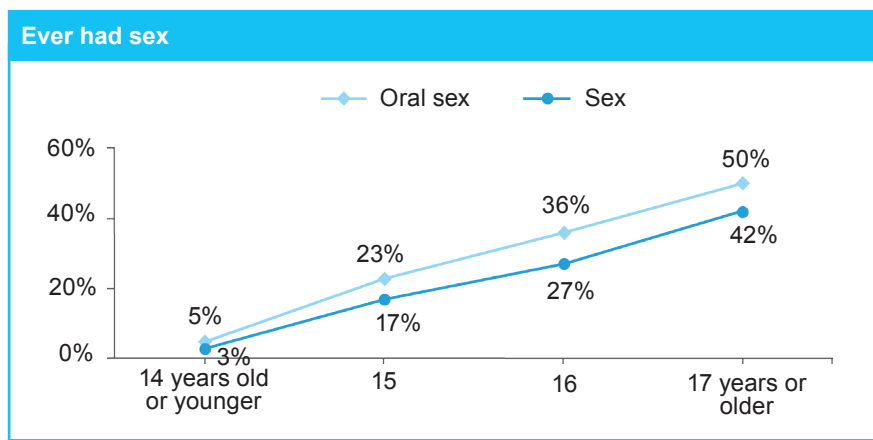
CONDOM USE

Ten 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. Local youth were less likely than those in the province as a whole to report condom use the last time they had oral sex (10% vs. 17%).

Sex (excluding oral sex)

Twenty percent of local male and female students indicated ever having sex, other than oral sex or masturbation. This was comparable to the provincial rate and represented a local decrease from 23% in 2003.

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



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

“

I think that youth are becoming numb to the significance of sex, and what it should mean. I know people who are my age who have had sex with 12+ people.”

AGE YOUTH FIRST HAD SEX

Youth who had ever had sex most commonly reported first doing so at age 16. The percentage of local students who first had sex at age 14 or younger decreased from 38% in 2003 to 30% in 2013.

SUBSTANCE USE

Thirty percent of students who ever had sex reported using alcohol or other substances before they had sex the last time. This rate was comparable to that seen in the province as a whole and to local rates over the past decade.

PARTNERS

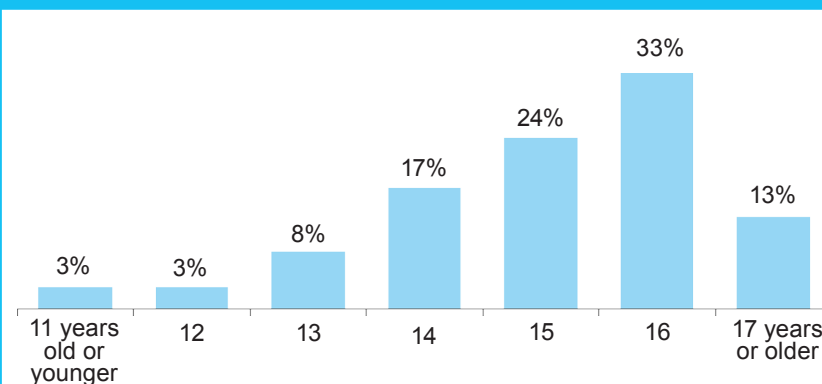
Among students who had ever had sex, 6% had not been sexually active in the past year, while 52% had one sexual partner, 22% had two partners, and 20% had three or more partners. These rates were comparable to those found provincially.

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

CONDOM USE

Similar to students across the province, 63% of male and female 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 comparable to the local rate over the last decade.

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.

8% of students used emergency contraception in 2013 vs. 5% in 2003.

CONTRACEPTION

When students were asked what efforts they or their partner made to prevent pregnancy the last time they had sex, they most commonly reported using condoms, birth control pills, and withdrawal (which is not a reliable method of birth control). For 4% of students, the last time they had sex was with a same sex partner. Local percentages were similar to those across the province.

Sexually transmitted infections

Consistent with local results over the past decade, 1% of all students reported that they had been told by a doctor or nurse at some point that they had a sexually transmitted infection (STI). The rate was 3% among youth who ever had sex (including oral sex), which was similar to that seen in the province as a whole.

Pregnancy

Comparable to youth across the province, 1% of students reported ever being pregnant or causing a pregnancy. The rate was 3% among male and female students who had ever had sex, which was similar to local results in 2008 but represented a decrease from 2003 (6%).

Efforts made to prevent pregnancy during last time students had sex (among students who indicated ever having sex)

Condoms	59%
Birth control pills	51%
Withdrawal	31%
Emergency contraception	8%
Not sure	4%
Other method prescribed by doctor or nurse (e.g., IUD, patch, ring)	3%
Depo Provera	NR

Note: Youth could choose more than one response.

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

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

Tobacco use

Twenty-five percent of youth in this region had ever tried smoking tobacco, which was above the provincial rate of 21%. The local rate was unchanged from five years earlier, but reflected a decrease from 2003 (35%). This was different from what was seen across the province, where tobacco use steadily decreased over the past decade.

In 2013, males were more likely than females to have ever smoked (28% vs. 22%), which was not the case in 2003 when females were more likely than males to have smoked.

Local youth started smoking at a similar age to youth across the province. Among those who had ever smoked, 18% first did so at age 12 or younger, while 47% waited until they were 15 or older.

Youth used a variety of different tobacco products in the past month. Among those who had ever smoked, 47% had smoked cigarettes, 31% had smoked cigars or cigarillos (39% of males vs. 20% of females), 23% had used a hookah, and 20% used electronic cigarettes with nicotine (24% of males vs. 14% of females).

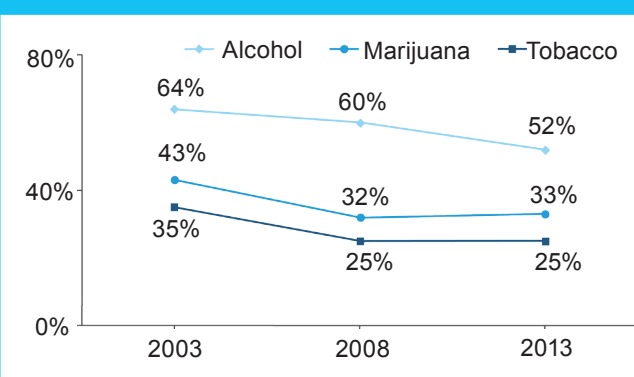
Virtually no females had used chewing tobacco in the past month, whereas almost one in five males had done so (19%).

Forty-nine percent of youth who had tried smoking reported smoking in the past month. This rate was similar to the provincial rate, but above the local percentage in 2003 (41%). Six percent of youth who had tried smoking reported smoking every day in the past month.

Among youth who had ever smoked, 19% had successfully quit in the past year. Thirteen percent had tried to quit but had started smoking again. These were both comparable to the provincial rates. In the past month, 6% of youth who tried smoking had used a product to help them stop smoking.

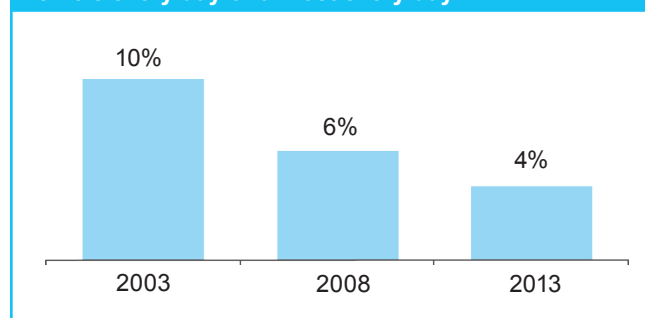
Being exposed to smoking is considered to be a risk factor for starting to smoke. Sixteen percent of youth were exposed to tobacco smoke inside their home or family vehicle at least sometimes (vs. 21% provincially). Four percent experienced this daily or almost daily.

Youth who had ever tried different substances



Note: The differences between 2008 and 2013 in ever trying marijuana or tobacco were not statistically significant.

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



I have smoked before but quit for basketball.”

Alcohol, marijuana, & other drug use

Alcohol

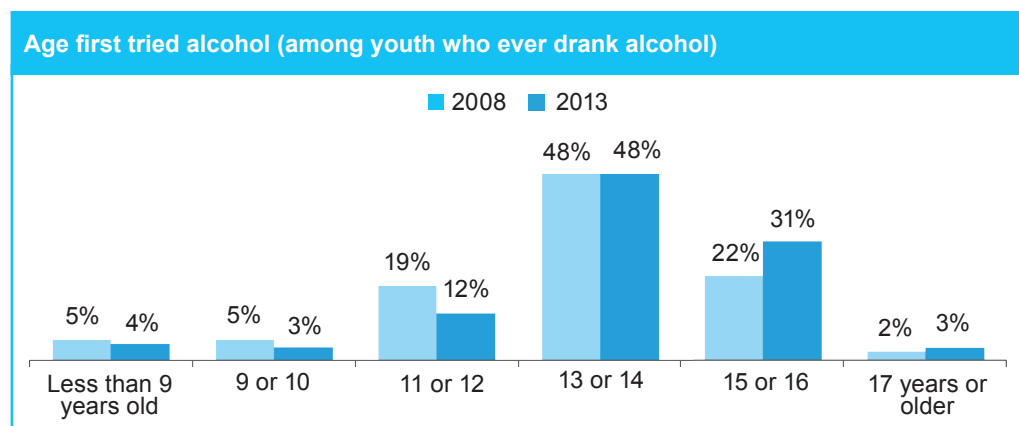
After decreasing between 2003 (64%) and 2008 (60%), the percentage of students who had tried alcohol continued to decline to 52%. This rate remained higher than the provincial rate (45%).

Delaying the onset of using alcohol and marijuana 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 used alcohol or marijuana before the age of 15. Among local youth who had tried alcohol, 67% first drank before turning 15 years old, which was a decrease from 76% in 2008.

In the past month, 50% of males and females who had tried alcohol reported having five or more drinks within a couple of hours on at least one occasion. This percentage was above the provincial rate (39%) and similar to the local percentages over the past decade.

Over a quarter of youth drank on the Saturday before completing the survey (26%). Specifically, 16% had beer (19% of males vs. 12% of females), 4% had wine, 19% had liquor (17% of males vs. 21% of females), and 11% drank coolers (6% of males vs. 15% of females). Among youth who drank last Saturday, 64% had mixed different types of alcohol, with 20% having mixed three or four different types, and 11% mixed alcohol with energy drinks.

Among youth who drank last Saturday, three quarters of females had four or more drinks and 68% of males had five or more drinks that day, which is defined as binge drinking. The percentage of females who were binge drinking last Saturday was higher than seen provincially (75% vs. 68%).



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

Note: The differences between 2008 and 2013 were not statistically significant for less than 9 years old or for 17 years or older.

13% of youth used marijuana the previous Saturday.

Marijuana

Provincially, marijuana use decreased between 2003 and 2008, and between 2008 and 2013. Locally, 33% of students had tried marijuana, which was similar to the percentage in 2008 but lower than 2003 (43%). The percentage of local students who had tried marijuana was higher than the provincial rate (26%).

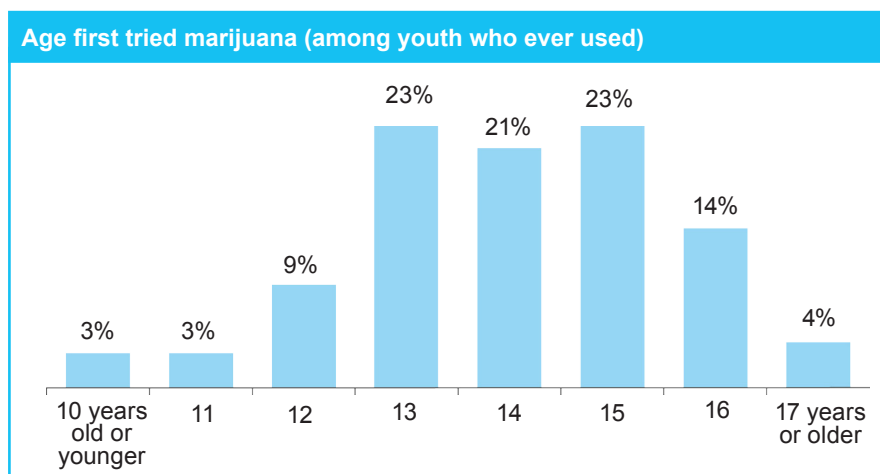
Among youth who had tried marijuana, 59% had first used it at age 14 or younger (64% of males vs. 53% of females), which reflected the provincial picture.

Youth were waiting longer to use marijuana than their peers in previous years. For example, in 2013 41% of those who used marijuana first used it when they were 15 or older, compared to 36% in 2008 and 28% in 2003.

Similar to results over the past decade, 65% of youth who had tried marijuana used it in the past month, and 32% of males and 21% of females used it on six or more days during that time.

There was a decrease in the percentage of students who had used both alcohol and marijuana on the Saturday before taking the survey, from 11% in 2008 to 9% in 2013.

Reflecting the provincial pattern, local students who used marijuana most commonly got it from a youth outside their family (85%). Seventeen percent got their marijuana from an adult outside their family, 3% from an adult inside their family, and 3% from another youth in their family.



Substances other than alcohol & marijuana

Youth had tried a variety of substances other than alcohol and marijuana. Local rates of trying these substances were similar to those across the province.

Males and females most commonly tried prescription pills without a doctor's consent (10%), but the use of these decreased from 2008 (15%). There was also a decrease in the use of ecstasy (from 8% to 5%) and inhalants (from 4% to 2%).

There was no change locally between 2008 and 2013 in the percentage of students who had tried mushrooms (7%), hallucinogens (5%), cocaine (4%), amphetamines (2%), heroin (2%), crystal meth (1%) or steroids without a doctor's prescription (1%). For the first time, the survey included questions about ketamine or GHB, which 2% of students had tried.

Consequences of substance use

Over half of youth (56%) who had used alcohol or other substances reported negative consequences in the past year (52% of males vs. 61% of females).

Females were more likely to have been told they did something they could not remember (49% vs. 37% of males), been injured (21% vs. 14%), argued with family members (16% vs. 11%), and lost friends (10% vs. 6%). Males more frequently damaged property (14% vs. 5% of females), got in trouble with the police (11% vs. 7%), got into a physical fight (9% vs. 3%), and overdosed.

In the past year, 6% of students were either told or felt that they needed help for their substance use. Specifically, 3% needed help for their alcohol use, 4% for their marijuana use, and 2% for their other drug use.

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	43%
Passed out	30%
Got injured	17%
Argued with family members	14%
Damaged property	10%
Got in trouble with police	9%
School work or grades changed	9%
Lost friends or broke up with a girlfriend or boyfriend	8%
Got into a physical fight	6%
Had sex when I didn't want to	6%
Overdosed	3%
Had to get treatment for alcohol or drug use	1%

Note: Youth could choose more than one response.

Reported reasons for using

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

Females were more likely than males to have used substances because they wanted to have fun (76% vs. 65%), because their friends were doing it (43% vs. 33%), because they felt down or sad (17% vs. 8%), or to manage physical pain (7% vs. 4%).

Most common reasons for using substances the last time (among youth who ever used alcohol or other drugs)	
I wanted to have fun	70%
My friends were doing it	38%
I wanted to try it/experiment	26%
Because of stress	18%
I felt down or sad	13%
I felt like there was nothing else to do	10%
To manage physical pain	5%
I was pressured into doing it	3%
I thought it would help me focus	2%
Because of an addiction	2%

Note: Youth could choose more than one response.

School

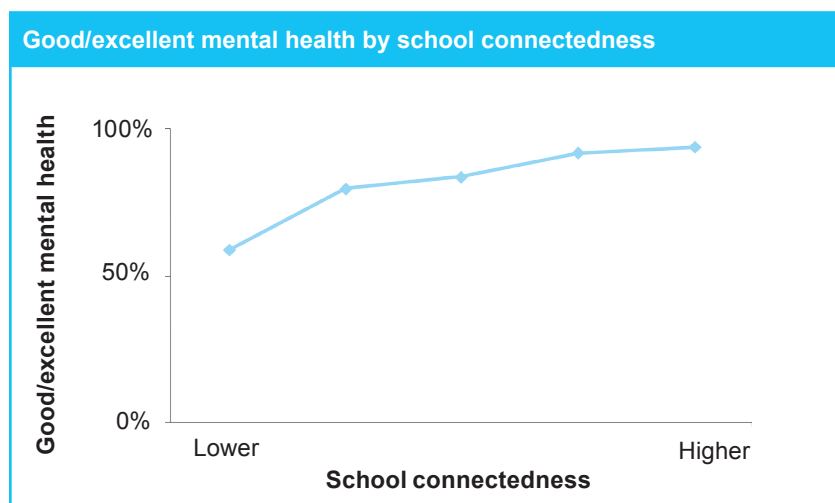
School connectedness

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

Most students felt that they were treated fairly by school staff (71%), they got along with their teachers (70%), and their teachers cared about them (64%). In addition, 50% felt that school staff other than teachers cared about them.

Sixty-six percent of students felt like they were a part of their school, which was similar to the 2008 level and an increase from 60% in 2003. This trend was also similar for students feeling happy to be at their school (68% in 2008 and 2013 vs. 61% in 2003). Meanwhile, the percentage of students who felt safe at their school continued to increase from previous survey years (76% in 2003 vs. 80% in 2008 vs. 85% in 2013).

School connectedness also appeared to have positive associations for certain groups of youth. For example, 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. In addition, youth with a mental or emotional health condition who felt more connected to their school were twice as likely as those who were less connected to feel good about themselves.



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



94% of students always or usually felt safe getting to and from school.

School safety

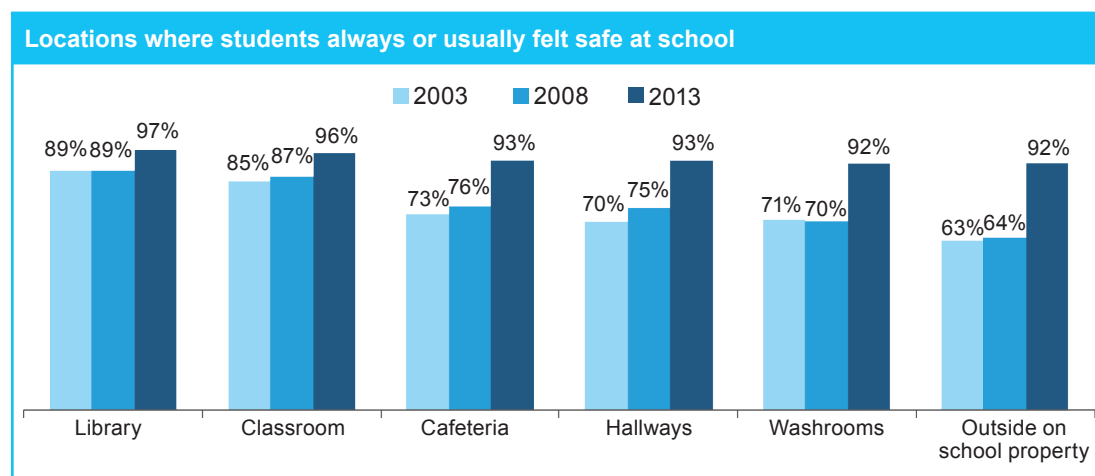
Local students felt safer in every area of their school in 2013 than in previous survey years. Males and females felt equally safe in each area of the school, except in the hallways and stairwells (95% of males vs. 91% of females) and in the cafeteria (95% of males vs. 91% of females).

In terms of overall feelings of safety at school, 85% agreed or strongly agreed that they felt safe at school. These youth were less likely to have missed school in the past month (59% vs. 76% of those who did not feel safe at school), and were more likely to have post-secondary plans (87% vs. 69%*). Youth who felt safe at school also reported better overall health (90% vs. 70%*), and were more likely to rate their mental health as good or excellent (87% vs. 53%*).

Wepon carrying

Similar to the provincial picture, 4% of students (6% of males vs. 2% of females) carried a weapon, such as a knife or bat, to school in the past month.

One percent of students (more males than females) reported that they always carried a weapon at school.



Note: The differences between 2003 and 2008 were not statistically significant for feeling safe in the washrooms or outside on school property.

School absences

Overall, 61% of local students had missed classes on at least one day in the past month, similar to the provincial rate. Illness was the most common reason for missing school (38% of males vs. 47% of females).

Local females were also more likely than males to miss school because they had been bullied (5% vs. 1%). Males and females were equally likely to have missed school for other reasons including skipping (26%), family responsibilities (13%), and work (3%). These rates were also similar to those found throughout the province.

Older students were more likely than younger ones to have missed school due to skipping, and less likely to have missed school due to bullying. In addition, students who were 16 or older were more likely than their younger peers to have missed school because they were working.

Educational aspirations

Most students expected to complete high school, with only 1% indicating that they did not expect to graduate. This was similar to the provincial picture, as was the percentage of local students who anticipated continuing their education beyond high school, such as through university, college, or trade school (85%).

Provincially, males were less likely than females to anticipate finishing high school. This gender difference was not found locally, although males were less likely to plan to continue their education beyond high school.

Students who had been physically assaulted in the past year were less likely than those who had not been assaulted to have post-secondary plans (78% vs. 86%). In contrast, students who were doing weekly volunteer work in their community were more likely to anticipate continuing their education beyond high school (90% vs. 80% of students who did not volunteer).

Bullying & discrimination

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

In-person bullying

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

TEASING

In the past year, 36% of students (30% of males vs. 43% of females) had been teased at least once to the point where they felt bad or extremely uncomfortable. Twelve percent of students (10% of males vs. 14% of females) experienced this on three or more occasions.

There was an increase in the rate of female students experiencing teasing from 35% in 2008 to 43% in 2013, while the rate remained stable for males.

Rates of being teased peaked for females at 13 years old, when 52% of local females reported being teased.

SOCIAL EXCLUSION

In the past year, 35% of local students (26% of males vs. 44% of females) reported being socially excluded at least once, and 10% had this experience on three or more occasions (8% of males vs. 12% of females).

Although there was no change over the past decade for males, there was an increase among female students experiencing exclusion from 36% in 2008 to 44% in 2013.

Among females, the rates of being excluded peaked at 13 years old. Fifty-three percent of 13-year-old females reported being excluded in the past year.

ASSAULT

In the past year, 8% of students (9% of males vs. 6% of females) reported being physically attacked or assaulted at least once. This was a decrease for males from 12% in 2003, but unchanged for females compared to previous years. Two percent of students were physically attacked or assaulted three or more times.

Impacts of bullying

Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 23% of students who had been teased in the past year teased others during this time frame, compared to 6% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (28% vs. 9% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (21% vs. 1% of those who had not been assaulted).

Six percent of youth (4% of males vs. 8% of females) reported that they had not participated in extracurricular activities (e.g., sports, dance, art, or clubs) because they were worried about being bullied.

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

38% of females and 31% of males experienced discrimination in the past year.

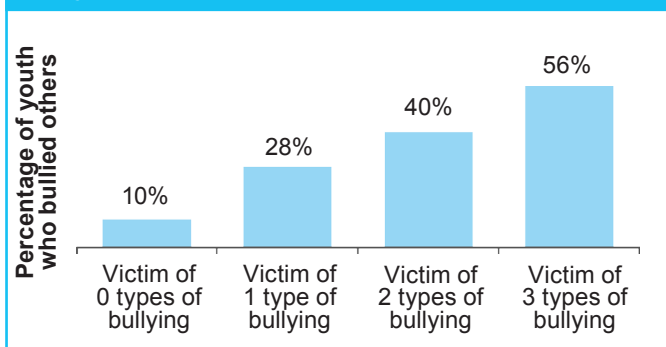
Youth who had been bullied were more likely than their peers who had not been bullied to miss out on extracurricular activities. For example, 24% of youth who had been assaulted reported not participating in activities because of fear of being bullied, compared to 5% who had not been assaulted. Similar patterns were seen for youth who had been socially excluded, teased, and cyberbullied.

Perpetrators

In the past year, 12% of local students (15% of males vs. 9% of females) admitted they had teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 15% of students (13% of males vs. 17% of females) had socially excluded another youth and 3% had physically attacked or assaulted another youth.

Males were more likely to tease or assault others whereas females were more likely to socially exclude others.

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



Discrimination

Local students identified a number of discrimination experiences. Females were more likely than males to report being discriminated against because of their physical appearance (21% vs. 14%), their age (11% vs. 6%), and their sex or gender (8% vs. 3%).

There was a local decrease in the percentage of students who experienced racial discrimination, from 13% in 2003 to 11% in 2013. However, there was a rise in the percentage of female students who were discriminated against based on sexual orientation, from 2% in 2003 to 4% in 2013.

Perceived reasons for being discriminated against in the past year

Physical appearance	17%
Being seen as different	12%
Race, ethnicity, or skin colour	11%
Age	8%
Gender/sex	5%
Income or family income	4%
Sexual orientation (being or thought to be gay or lesbian)	3%
A disability	2%

Note: Youth could choose more than one response.

Males were more likely to tease or assault others whereas females were more likely to socially exclude others.

Physical abuse, sexual abuse, & sexual harassment

Physical abuse

Consistent with the province, 12% of students had been physically abused at some point in their life. This was unchanged from previous years.

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. Youth were also asked about other forms of sexual abuse they might not have recognized as abuse. For example, 4% (2% of males vs. 6% of females) were forced into sexual activity against their will by another youth, and 1% by an adult. Also, 1% 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 students were sexually abused, which was consistent with the provincial picture. The percentages of local females and males who reported sexual abuse in 2013 were similar to previous years.

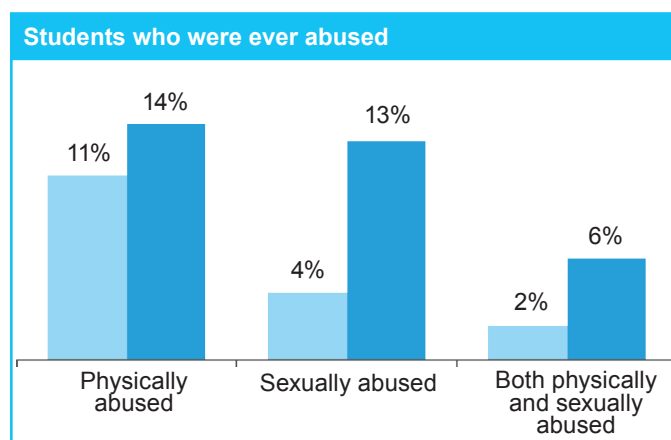
Sexual harassment

Youth were asked about their experiences of verbal and physical sexual harassment in the past year. Males and females were less likely to experience either type of harassment than their peers in 2008.

Thirty-two percent of males experienced verbal sexual harassment, and more than a third of these youth had been verbally sexually harassed three or more times (11%). Eleven percent were physically sexually harassed, and 2% were harassed in this way on more than two occasions in the past year.

Females were more likely to be verbally or physically sexually harassed than males and were more likely to be harassed on multiple occasions. Forty-six percent of females had experienced verbal sexual harassment, and 15% had experienced this type of harassment three or more times. Also, more than a quarter (26%) had been physically sexually harassed in the past year, and 6% had this experience on more than two occasions.

Rates of verbal and physical sexual harassment for males and females were comparable to those across the province.



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

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.

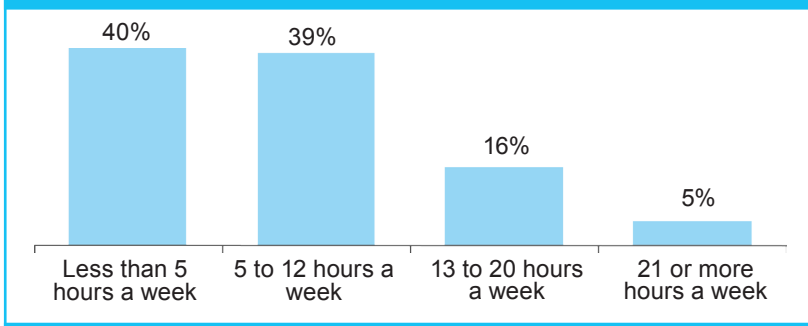
Employment

Thirty-three percent of male and female students worked at a paid job during the school year. Older students were more likely than younger ones to have been employed. For example, 53% of youth aged 17 or older had a paid job, compared to 28% of 15-year-olds, and 19% of students aged 13 or younger.

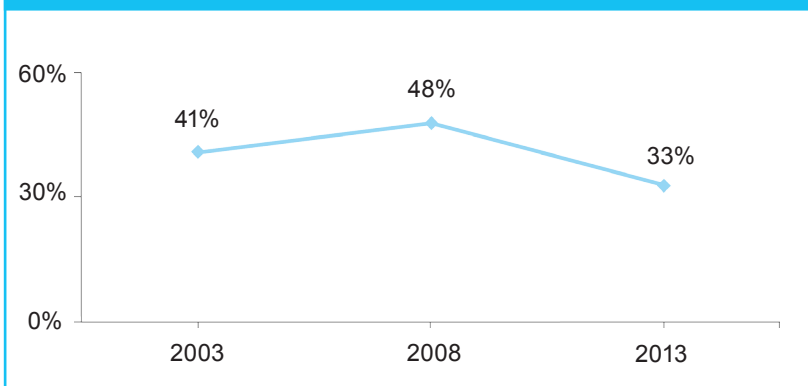
The majority of students who had a job worked less than 13 hours a week. Five percent of employed students worked 21 or more hours each week.

The percentage of local students who worked was lower than in previous survey years, but higher than the 2013 provincial rate (29%).

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



Students who worked at a paid job during the school year



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. Locally, 17% of students (23% of males vs. 11% of females) met these guidelines, which reflected the provincial picture. Females were more likely than males to have not exercised at all during the past week (7% vs. 5%).

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, 61%* of students age 18 and older met these recommendations by participating in 60 minutes of exercise on at least three days in the past week. Provincially, males were more likely than females to have met these guidelines, but this gender difference was not found locally.

Physical activity was associated with health benefits. For example, those who exercised every day during the past week were more likely to have slept for eight or more hours the previous night (68% vs. 56% of students who exercised on fewer days), and to feel connected to their community (55% vs. 45%).

Physical activity may be particularly beneficial for those with challenges in their lives. For example, among youth who had been teased, excluded, and/or assaulted, those who exercised on at least three days in the past week were more likely than those who exercised on fewer days to feel good about themselves (77% vs. 69%) and about their skills and abilities (86% vs. 70%).



I do at least 60 minutes a day of activity.”



87% of students who played organized sports reported good or excellent mental health, compared to 73% who never participated.

Sports

During the past year, students in North Shore/Coast Garibaldi were more likely than those throughout the province to have played organized sports (64% vs. 55%) and informal sports (such as road hockey, hiking, and skateboarding; 64% vs. 58%) on a weekly basis. Twenty percent of local students participated weekly in yoga, dance, or exercise classes, which was similar to the provincial rate.

After an increase between 2003 and 2008 in the local rate for weekly participation in organized sports (61% to 69%), there was a decline in 2013 (64%). This pattern was also seen for weekly participation in dance, yoga, or exercise classes, which after increasing to 23% in 2008 returned to 2003 levels (20%). Weekly participation in informal sports was lower in 2013 than in both 2008 and 2003 (e.g., 72% in 2003 vs. 64% in 2013).

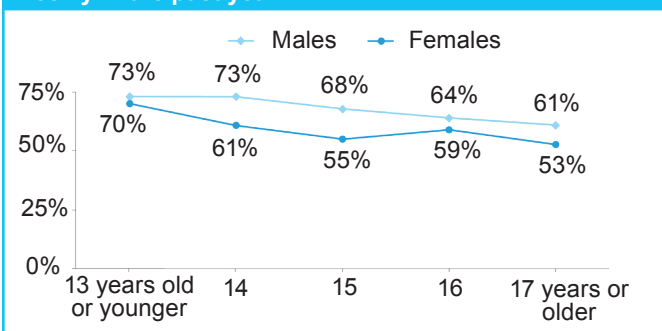
Males were more likely than females to be involved on a weekly basis in informal sports (71% vs. 57%) and organized sports (67% vs. 60%), while females were more likely than males to be taking weekly dance, yoga, or exercise classes (31% vs. 9%).

Consistent with the provincial picture, older students were less likely than younger ones to play organized sports on a weekly basis.

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 (84% vs. 75%) and to have slept for eight hours or more on the previous night (62% vs. 50%).

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 (82% vs. 61% of those who did not play organized sports). Similarly, 80% of youth who had been abused who took part in informal sports rated their health as good or excellent, compared to 59%* who did not participate.

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



Note: Not all age differences were statistically significant.

“

I am involved in a high performance volleyball academy, so I do over 15 hours of sport each week.”

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 more than 1 in 10 males and almost 2 out of 10 females.

Students in North Shore/Coast Garibaldi were less likely than those across BC to have missed out on participating in sports and other activities because they could not get there or home (14% vs. 16%). However, local students were more likely to indicate being too busy to participate (50% vs. 46% provincially).

Barriers to participation in activities		
	Males	Females
Too busy	46%	54%
Activity wasn't available in community	13%	13%
Couldn't afford to	12%	17%
Couldn't get there or home	12%	16%
Worried about being bullied	4%	8%

2010 Winter Olympics

Three years after the 2010 Winter Olympic and Paralympic Games, 11% of students (13% of males vs. 9% of females) reported that they were more physically active as a result of the Games. This was similar to the provincial rate.

Also comparable to the provincial picture, 7% of North Shore/Coast Garibaldi students felt they had more sports opportunities as a result of the Games.

Gambling

While the legal gambling age in BC is 19, 12% of North Shore/Coast Garibaldi students (17% of males vs. 7% of females) had gambled in the past 12 months and almost all of them were aged 18 and under. This was similar to the 2013 provincial rate, and represented a local decrease from 42% in 2008 and 56% in 2003.

As was seen provincially, males were more likely than females to have gambled more than once a month in the past year (6% vs. 2%).

Technology use

Ninety-five percent of females and 91% of males owned a cellphone or other portable electronic communication device. Youth in North Shore/Coast Garibaldi were more likely to own a cellphone than youth across the province (93% vs. 90%). The majority of these students (98%) had used their device on the previous school day.

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

Females were more likely than males to use their cellphone to communicate with friends, communicate with parent(s) or guardian(s), for chatting online or social networking, and for finding information, whereas males were more than twice as likely to use their phone to engage in sexting (13% vs. 5% of females).

Seventy-eight percent of students were online or on their phone after they were supposed to be asleep. The most common activities included using a phone to talk or text (60%), surfing the Internet (58%), and chatting online or social networking (55%).

Seven percent of students reported that they did not have a cellphone. There were some differences between these students and those who had a phone. For example, students without a cellphone were more likely than their peers with a phone to feel that their teachers cared about them (78% vs. 63%).

In contrast, students with a phone were more likely to report having an adult outside their family they felt comfortable talking to (34% vs. 26% without a cellphone).

Used cellphone to...	Did this on last school day	When activity took place		
		Before school	During school	After school
Communicate with friends	89%	45%	64%	73%
Communicate with parent(s)/guardian(s)	83%	19%	42%	67%
Play games/entertainment/music	81%	32%	45%	67%
Chat online or social networking	73%	30%	41%	62%
Find information	73%	21%	56%	48%
Sexting	9%	2%	3%	8%
Communicate with teachers	8%	2%	5%	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.

“I ‘game’ a lot and would like to see more questions related to that because of how big the community is that plays for several hours a day.”

Def.

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

There may be a link between poverty and students not having a cellphone. For example, students who did not have a cellphone were twice as likely as their peers with a phone to have gone to bed hungry at least sometimes because there was not enough money for food at home (12% vs. 6% with a cellphone). Additionally, students without a phone were less likely to participate in weekly extracurricular activities, such as sports with a coach (50% vs. 64% with a cellphone) as well as dance, yoga, or exercise classes (13% vs. 20%).

Technology use after students were expected to go to sleep

	Males	Females
Surfing the Internet	60%	55%
Using a phone to chat or text	52%	68%
Chatting online or social networking	50%	59%
Online gaming	38%	16%

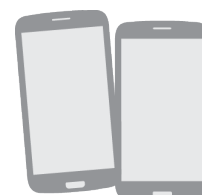
Note: Youth could choose more than one response.

Online safety

Locally, 13% of students (9% of males vs. 18% of females) reported that they had been cyberbullied in the past year, which was a decrease from 17% in 2008. Six percent of students reported that they had cyberbullied someone else in the past year.

Additionally, females were nearly twice as likely as males to report meeting someone through the Internet who made them feel unsafe (17% vs. 9%).

Students who had been cyberbullied were more than four times as likely as those who had not been cyberbullied to report not taking part in extracurricular activities because they were worried about being bullied (18% vs. 4%).



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.

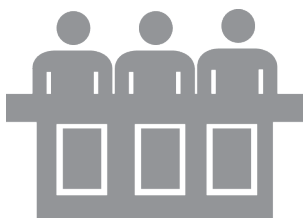
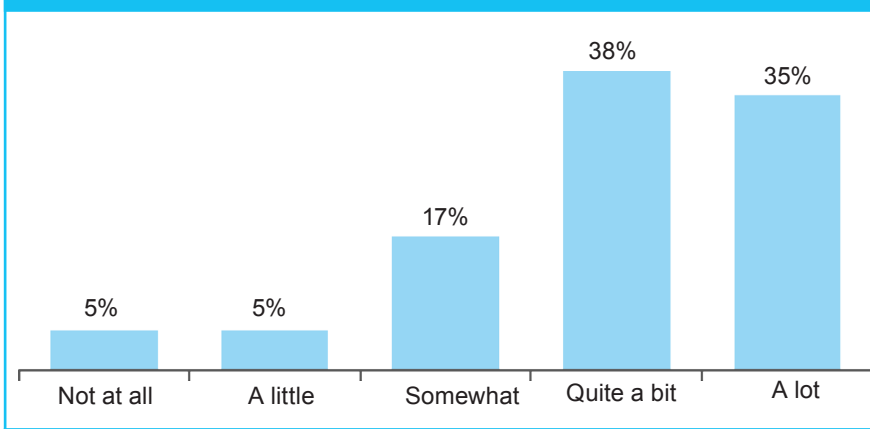
Similar to local results in 2008 and to provincial findings in 2013, 73% of students reported that the activities they were involved in were at least quite a bit meaningful to them.

When asked if they felt that their ideas were listened to and acted upon in these activities, 49% of students felt that they were to a significant extent. This was higher than the provincial picture (44%), but lower than the 2008 local rate (55%).

There were many positive associations for youth who felt valued within the activities they took part in and who felt that those activities were meaningful. For example, students who felt their ideas were listened to at least quite a bit were more likely to rate their overall health as good or excellent (92% vs. 77% 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 meaningful were more likely to feel good about themselves than those who did not feel their activities were meaningful (78% vs. 59%^{*}). Similarly, youth who had been bullied were more likely to rate their mental health as good or excellent if they felt they were engaged in meaningful activities (81% vs. 55%^{*}).

Meaningfulness of activities



“ We need more youth programs & things to do where I live.”

Family relationships

The BC AHS asked youth about their sense of connectedness to their family. Most students in North Shore/Coast Garibaldi felt their family paid attention to them (80% vs. 75% provincially), felt their family understood them (66% vs. 60% of youth across BC), and felt their family had fun together (73%).

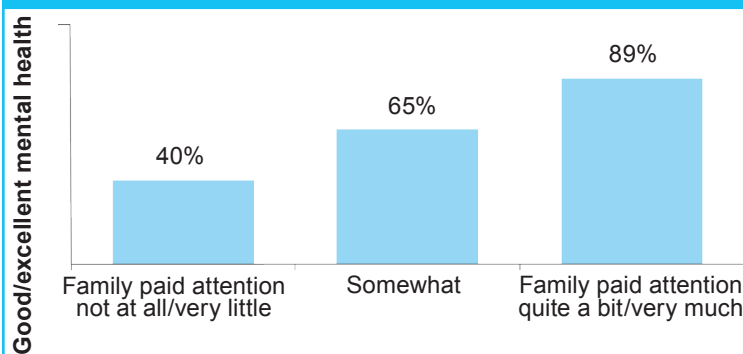
For females the percentage who felt their family had fun together was above that seen provincially (75% vs. 69%).

Female students were less likely than male students to think their family understood them (62% vs. 70%) and that their family paid attention to them (78% vs. 82%).

Ten percent of students felt their family did not have fun together, 6% felt their family did not pay attention to them, and 12% felt that their family did not understand them.

Having positive family relationships was linked to health benefits. For example, students who felt their family paid attention to them were less likely than those who did not feel this way to have self-harmed (9% vs. 43%), seriously considered suicide (6% vs. 44%) or attempted suicide (3% vs. 28%) in the past year. They were also more likely to rate their mental health as good or excellent (89% vs. 40% of youth who felt their family did not pay attention to them), and to feel good about themselves (89% vs. 44%) and their abilities (92% vs. 58%).

Good or excellent mental health 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. →

Additionally, among students who had tried alcohol, those who felt their family paid attention to them were less likely to have had their first drink before the age of 15 (65% vs. 80%) and were less likely to have had alcohol last Saturday (46% vs. 63%). Among all local students, those who felt their family paid attention to them were less likely to have been a passenger in a vehicle with someone who had been drinking (17% vs. 43%) or using marijuana (14% vs. 31%).

Family connectedness was a protective factor for even the most vulnerable youth. For example, among youth with an unstable home life (i.e., who had moved three or more times in the past year), those with higher levels of family connectedness all reported only positive future aspirations, such as having a job, attending school, or being involved in their community. This was not the case among those with lower levels of family connectedness.

Among youth with a mental or emotional health condition, those who felt the most connected to their family were twice as likely as those with the lowest levels of family connectedness to feel good about their abilities. They were also more likely to plan to continue their education beyond high school.

Students were asked on the survey if there was an adult in their family they could turn to if faced with a serious problem. In North Shore/Coast Garibaldi, 77% of youth (79% of males vs. 75% of females) indicated that there was, which was above the provincial rate of 73%.

Students who had such an adult in their lives were less likely to miss out on mental health services when they felt that they needed them (6% vs. 25% of students who did not feel they could turn to an adult relative).

Among youth with a mental or emotional health condition, those who had an adult in their family to talk to were less likely to have self-harmed (42%* vs. 64%), to have seriously considered suicide (37%* vs. 53%), or to have attempted suicide (20% vs. 32%) in the past year.



Parental monitoring

Consistent with students across BC, 77% of male and female youth reported that their parents always or mostly knew what they were doing in their free time. Less than 1 in 10 (9%) 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 (58% vs. 66% 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 (62% vs. 40%).

Consistent with the province, 77% of youth in this region (79% of males vs. 75% of females) ate an evening meal with their parents most or all of the time in the past month, while 11% (10% of males vs. 13% of females) never or rarely did so.

Youth who ate their evening meals with their parents most or all of the time were more likely to report eating fruit or vegetables three or more times yesterday (72% vs. 44% who never or rarely ate with their parents). They were also more likely to feel good about themselves (86% vs. 60%) and their abilities (90% vs. 70%), and were less likely to have missed out on needed mental health care (8% vs. 24%) or medical care (6% vs. 25%) in the past year.

Youth with a mental or emotional health condition who ate dinner with their parents most or all of the time were more likely to rate their overall health as good or excellent (73% vs. 41%* who never or rarely ate with their parents). They were also more likely to have slept for eight or more hours the previous night (44%* vs. 21%*), and were less likely to have missed out on needed medical care (23% vs. 46%*) in the past year.



Supportive & caring adults outside the family

Adult to turn to for support

Similar to the provincial rate, 34% of local youth felt they had an adult outside their family they could turn to if faced with a problem. There was no gender difference among local students, unlike in the province as a whole where females were more likely than males to have a supportive adult outside the family.

Students who could identify such an adult were more likely to feel like a part of their community (54% vs. 43% without this support) and to have taken part in informal sports on a weekly basis (such as skateboarding or hiking; 70% vs. 61%).

Having a supportive adult in their lives was protective for all young people. For example, among those who had been both physically and sexually abused, those who had an adult outside their family to talk to were more likely to feel good about themselves (59%* vs. 35%* without an adult to talk to).

Also, among students who identified as lesbian, gay, or bisexual, those who had a supportive adult outside their family were more likely than those without such an adult to report good or excellent general health. They were also twice as likely to feel that their ideas were listened to and acted upon in the activities they took part in.

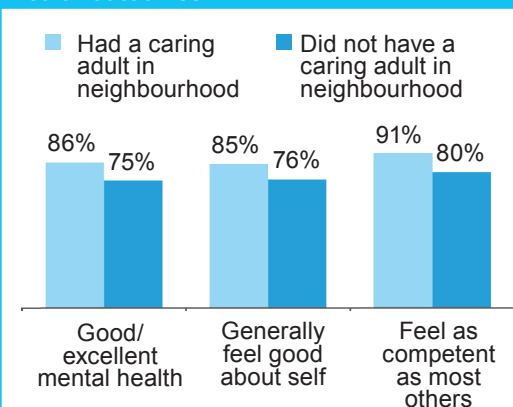
Local adult who cares

Sixty-seven percent of students reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. This was higher than the provincial rate of 60%.

Students with an adult in their community who cared about them were more likely to feel that the activities they engaged in were meaningful (79% vs. 61% who could not identify a local adult who cared about them) and to feel that their ideas were listened to and acted upon (56% vs. 34%).

In addition, students who felt that an adult in their neighbourhood or community cared about them were more likely to report only positive future aspirations, such as having a job, attending school, or being involved in their community (92% vs. 80%), and to feel like a part of their community (52% vs. 34%).

Caring adult in neighbourhood and mental health outcomes



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



Sometimes I feel like I have no one to talk to about my insecurities.”

Help seeking

When students needed help, they most commonly approached friends (63% of males vs. 81% of females) and family members (68% of males vs. 76% of females). Students in this region were more likely than those across the province to seek the help of a family member (72% vs. 69%).

Students also sought support from a variety of different professionals, most commonly teachers, school counsellors, sports coaches, and doctors. Males were more likely than females to have sought help from a teacher (43% vs. 38%), other school staff (18% vs. 14%), or sports coach (31% vs. 21%).

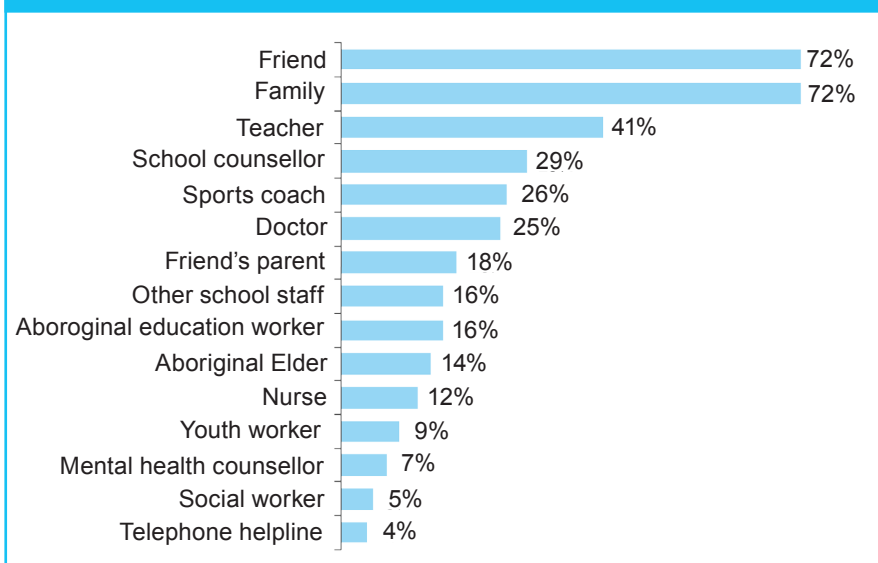
The majority of male and female students found the people they approached for help to be helpful, although some youth were less likely to feel this way. For example, youth who had been teased, socially excluded, and/or assaulted who asked a

school counsellor for help were less likely than their peers without these experiences to have found the assistance helpful (79% vs. 89%).

However, youth who had been bullied who did find the support from their school counsellor to be helpful were less likely than those who did not find it helpful to have seriously considered suicide in the past year (16% vs. 29%*), and were more likely to rate their mental health as good or excellent (78% vs. 58%*).

In addition, youth who had been physically and/or sexually abused and found their teacher to be helpful were more than three times as likely as those who asked their teacher for help but did not find it useful to feel good about their skills and abilities.

People youth approached for support in the past year



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



Only a few people in my life can get me to open up willingly. These people range from a close friend to my fabulous school bus driver.”

Peer relationships

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

Thirty-nine percent of students had been in a romantic relationship in the past year, which was a decrease from 59% in 2003 and 55% in 2008. Among these students, 6% of male and female youth had been the victim of dating violence. The local rate of dating violence was similar to previous survey years.

In total, 97% of students reported having at least one close friend in their school or neighbourhood. Provincially, males were more likely than females to report having three or more close friends, but this gender difference was not found locally.

There were positive associations with having more than just one or two friends. For example, students who had three or more close friends were more likely than those with fewer friends to rate their overall health as good or excellent (89% vs. 77%).

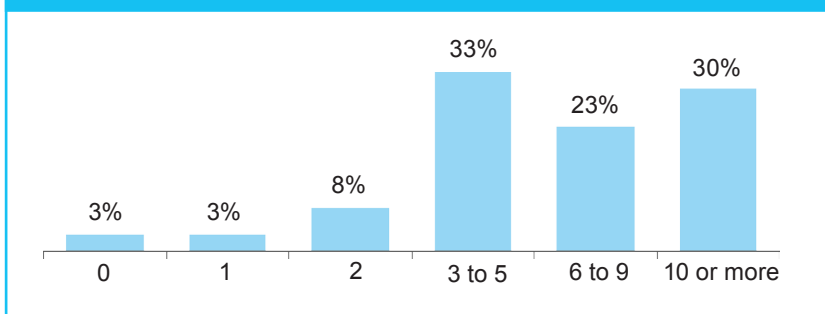
Students with three or more friends who had a health condition or disability were more likely than those with fewer friends to feel good about themselves (70% vs. 43%*) and their abilities (79% vs. 61%*), and to have only positive aspirations for the future (85% vs. 68%).

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 these behaviours. However, local students were less likely than those throughout BC to have friends who would be upset with them if they got arrested (74% vs. 78%), got drunk (35% vs. 44%), or used marijuana (47% vs. 58%).

Compared to 2008, more students had friends who would disapprove of them being involved in a pregnancy, getting arrested, beating someone up, or getting drunk, while fewer students had friends who would disapprove of them using marijuana.

Number of close friends in school or neighbourhood



86% of local students had three or more close friends, compared to 83% across BC.

Students with friends who disapproved of certain behaviours were less likely to engage in those behaviours. For example, those with friends who 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 for this reason (1% 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 (87% vs. 76% of those whose friends would not be upset if they dropped out).

Further, students who drank in the past month were less likely to have engaged in binge drinking if they had friends who would be upset with them for getting drunk (44%* vs. 72% of those whose friends would not be upset with them for getting drunk).

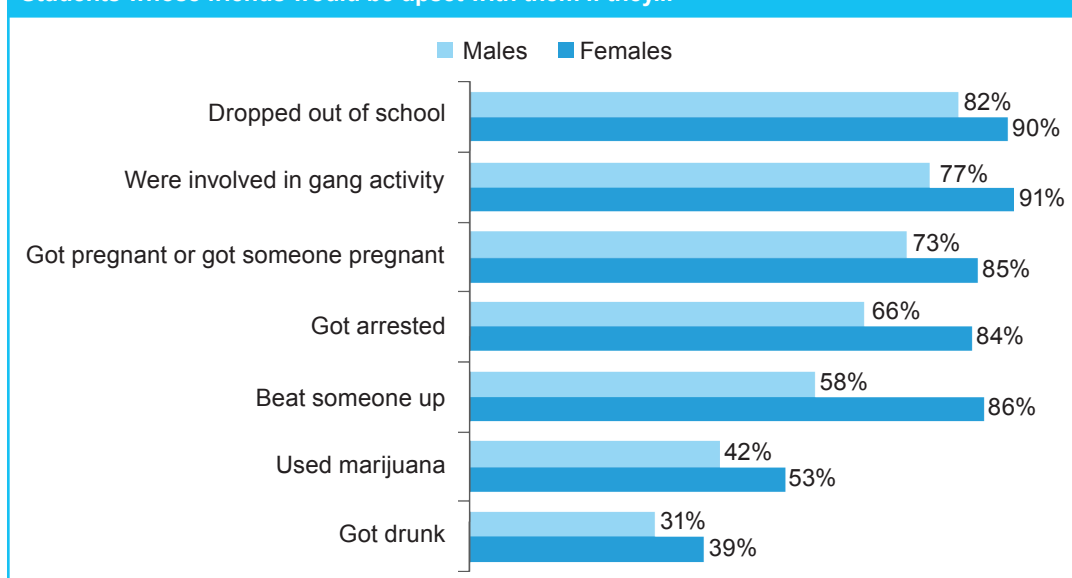
Students whose friends would be upset with them if they...

	2008	2013	Change from 2008
Dropped out of school	86%	86%	--
Were involved in gang activity	NA	84%	
Got pregnant or got someone pregnant	73%	79%	↑
Got arrested	63%	74%	↑
Beat someone up	59%	71%	↑
Used marijuana	54%	47%	↓
Got drunk	29%	35%	↑

Note: NA means the question was not asked.

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

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



At our school certain girls belong to certain guys not because of relationships but because of cliques and it can make making friends difficult.”

Neighbourhood safety

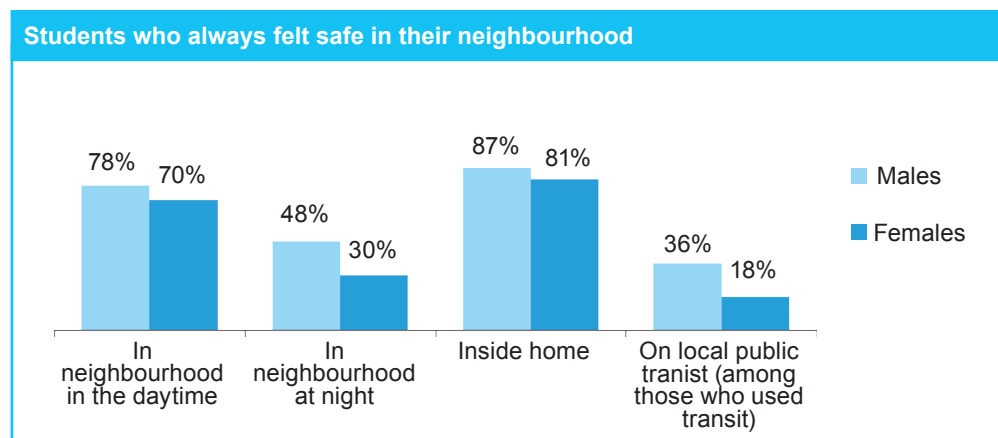
Local youth were more likely than their peers across the province to always feel safe in their neighbourhood during the day (74% vs. 64% provincially), or at night (39% vs. 28%), as well as in their homes (84% vs. 81%).

Twenty-seven percent of youth who used public transit always felt safe doing so, which was above the provincial rate.

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

Youth who always felt safe in their neighbourhood during the day were more likely than those who never felt safe to rate their mental health as good or excellent, to plan to continue their education beyond high school, and to have only positive future aspirations. They were also less likely to have attempted suicide in the past year and to have missed out on needed medical care, compared to those who never felt safe.

Feeling safe was associated with positive mental health among vulnerable youth. For example, local students who had been physically abused were less likely to always feel safe in their neighbourhood in the day-time (56% vs. 77% of youth who were not abused) or at night (26% vs. 41%). However, if these students did feel safe in their neighbourhood during the day, they were more likely to feel good about themselves and less likely to have attempted suicide. Furthermore, 24% of youth who were physically abused who always felt safe in their neighbourhood in the day had missed out on needed mental health services, compared to 61%* who felt safe sometimes or less often.



2% never felt safe using transit compared to 5% provincially.

Community connectedness & cultural engagement

Community connectedness

Students were asked how much they felt like a part of their community. Forty-six percent reported that they felt quite a bit or very much connected to their community, which was higher than what was seen across BC (39%).

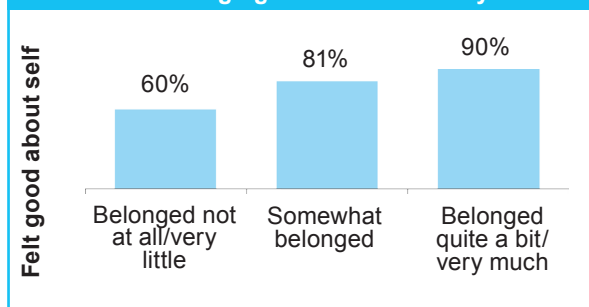
There were many benefits associated with feeling like a part of their community. For example, these youth were more likely to report good or excellent mental health and overall health, and were more likely to feel good about themselves and their abilities.

Youth who had been victimized also specifically 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 (84%) than if they only somewhat felt that way (71%) or did not feel connected (53%). Similarly, the more connected that youth who had been socially excluded felt to their community, the more likely they were to feel good about themselves (82% vs. 44% of those who were very little or not at all connected) and to have only positive future aspirations (89% vs. 72%).

Cultural engagement

In addition to feelings about their community, students were asked about their engagement in their culture. Five percent of local youth participated in cultural or traditional activities at least weekly, which was lower than the rate across the province (7%). Compared to those who never took part, youth who were involved in traditional activities on a weekly basis were more likely to plan to pursue post-secondary education (91% vs. 83%), and were over three times as likely to have volunteered weekly (47%* vs. 15%). They were also less likely to have binge drunk in the past month. (18% vs. 28%).

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



I'm glad I did this survey because I've never really thought about how lucky I am to have a life like I do."

Summary list of protective factors

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

PROTECTIVE FACTOR	EXAMPLE
Stable home	Among students who had been in government care, those who had not changed address in the past year were more likely to report good or excellent mental health, and to have slept for eight or more hours the previous night, compared to youth with care experience who had moved.
Eight or more hours of sleep	The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent.
Good nutrition	Youth who always ate breakfast on school days were more likely than those who ate breakfast less often to report better nutrition (such as eating fruit or vegetables three or more times yesterday).
Sports and exercise	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 (82% vs. 61% of those who did not play organized sports).
Feeling safe at home, in school, and the community or neighbourhood	Youth who felt safe at school were less likely to have missed school in the past month and were more likely to have post-secondary plans, compared to those who did not feel safe at school.
Feeling connected to school	Youth with a mental or emotional health condition were twice as likely to feel good about themselves if they felt connected to their school.
Feeling engaged in activities	Among youth who had been bullied in the past year, those who felt they were engaged in meaningful activities were more likely than those who felt their activities were not meaningful to feel good about themselves.
Feeling connected to family	Among students who had tried alcohol, those who felt their family paid attention to them were less likely to have had their first drink before the age of 15, and were less likely to have had alcohol the previous Saturday.

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

Students whose parents were aware of what they were doing in their free time were less likely to text or chat on their phone after they were expected to be asleep and were more likely to have slept for eight or more hours the previous night, compared to youth whose parents were not monitoring their free time.

Adult in the family students could talk to

Youth with a mental or emotional health condition who had an adult in their family to talk to were less likely to have self-harmed or attempted suicide in the past year than those who did not have an adult relative to turn to.

A supportive adult outside family

Students who could identify an adult outside their family they could turn to were more likely to feel like a part of their community and to have taken part in informal sports on a weekly basis.

Adult outside their family who cares about them

Youth who felt that an adult in their neighbourhood or community cared about them were more likely to report only positive future aspirations (e.g., having a job, attending school, or being involved in their community), compared to youth who did not feel that such an adult cared.

Helpful sources of support

Youth who had been bullied who found the support from their school counsellor to be helpful were less likely than those who did not find it helpful to have seriously considered suicide in the past year, and were more likely to rate their mental health as good or excellent.

Having close friends (excluding online friends)

Students who had been socially excluded or teased who had three or more friends were more likely than those with fewer friends to feel good about themselves and their abilities, and to have only positive future aspirations.

Having friends with pro-social attitudes

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

Community connectedness

The more connected youth felt to their community, the more likely they were to report good or excellent mental health and overall health, and to feel good about themselves and their abilities.

Cultural engagement

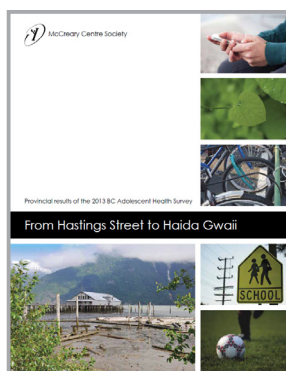
Youth who were involved in traditional activities on a weekly basis were more likely to plan to pursue post-secondary education and were less likely to have binge drunk in the past month, compared to youth who never took part in traditional or cultural activities.

How to use these results

McCreary will continue to produce reports and other resources using the results of the 2013 BC Adolescent Health Survey. All of the resources can be accessed at www.mcs.bc.ca. Upcoming reports include a sexual health report and 15 other regional reports at the Health Service Delivery Area level.

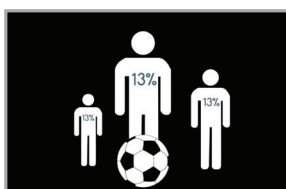
If you would like to join our community mailing list to receive updates about when new reports are released, when webinar presentations are scheduled, and other news related to the BC Adolescent Health Survey, please contact community@mcs.bc.ca.

A selection of BC AHS resources



From Hastings Street to Haida Gwaii

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



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



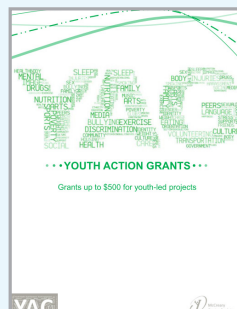
This PowerPoint provides an overview of the provincial BC Adolescent Health Survey results. It is aimed at adult audiences. McCreary staff are also available to present local and provincial results.

YOUTH RESOURCES



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

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



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

