

Results of the 2013 BC Adolescent Health Survey

# North Vancouver Island





# North Vancouver Island

## RESULTS OF THE 2013 BC ADOLESCENT HEALTH SURVEY

---

Copyright: McCreary Centre Society, 2015  
ISBN: 978-1-926675-34-3

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

Copies of this report are available at [www.mcs.bc.ca](http://www.mcs.bc.ca)

For enquiries, please email [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca)

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



Follow us on Twitter @mccrearycentre

## McCreary team

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

## Acknowledgements

Statistical weighting and expertise provided by Rita Green.

Funding for the 2013 BC Adolescent Health Survey was provided by BC Ministry of Children and Family Development, BC Ministry of Health, and BC Office of the Representative for Children and Youth.

Sincere thanks are due to all the students who participated in the 2013 BC Adolescent Health Survey.

We are also indebted to the following North Vancouver Island coordinators and survey administrators:  
Lauren Maclean

<b>Betty Tate</b>	Leah Peters-Michaud
<b>Hayley Classen</b>	Randi Leyasseur
<b>Jenny Nijhoff</b>	Shelley Brown
<b>Sarah Russell</b>	Sherella Wyton
<b>Sharon Johnson</b>	
Ariel Grant	
Heather Haslam	

This study was approved by the Behavioural Research Ethics Board, University of British Columbia, #H12-02630.

### CITATION

Poon, C., Peled, M., Stewart, D., Kovaleva, K., Cullen, A., Smith, A., & McCreary Centre Society (2015). *North Vancouver Island: Results of the 2013 BC Adolescent Health Survey*. Vancouver, BC: McCreary Centre Society.

# Table of contents

Key findings .....	4
Introduction .....	6
Youth in North Vancouver Island .....	8
Physical health .....	12
Sleep .....	14
Mental health .....	16
Injuries & injury prevention .....	20
Nutrition .....	22
Body weight & body image .....	25
Sexual behaviour .....	27
Tobacco use .....	29
Alcohol, marijuana, & other drug use .....	30
School .....	34
Bullying & discrimination .....	36
Physical abuse, sexual abuse, & sexual harassment .....	39
Employment .....	41
Physical activity, sports, & leisure .....	42
Technology use .....	45
Youth engagement .....	47
Family relationships .....	48
Supportive & caring adults outside the family .....	51
Help seeking .....	53
Peer relationships .....	55
Neighbourhood safety .....	58
Community connectedness & cultural engagement .....	59
Summary list of protective factors .....	60
How to use these results .....	62

# Key findings

Findings from the 2013 BC Adolescent Health Survey showed that most youth in North Vancouver Island 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. Youth in this area reported higher rates of some health risk behaviours than seen provincially, but there were local improvements from previous years. Protective factors were also found that appear to be linked to better outcomes.

- North Vancouver Island students were more likely than those across BC to report having a European background (68% vs. 53%) and/or an Aboriginal background (17% vs. 10% provincially).
- In the past year, 31% of students were injured seriously enough to require medical attention. Nineteen percent of youth had a concussion during this time period. Mirroring what was seen provincially, 17% of North Vancouver Island youth who had experienced a concussion had not accessed needed medical help.
- Eight percent of local students did not get medical help when they thought they needed it in the past year, which was a decrease from 15% in 2008.

Eleven percent of students reported not accessing mental health services. Among students who did not access needed care, the most common reasons included thinking or hoping the problem would go away and not wanting their parents to know.

- Most youth (83%) rated their mental health as good or excellent. Males were more likely than females to rate their mental health this way. Also, males were less likely than females to have experienced extreme stress in the past month and to have seriously thought about suicide or to have attempted suicide in the past year.
- A known risk factor for attempting suicide is having a family member or close friend attempt or die by suicide. Eighteen percent of students reported that a family member had tried to kill themselves at some point (6% in the past year), and 32% reported that a close friend had attempted suicide (21% in the past year).
- Fifty-seven percent of students slept for eight or more hours on the night before taking the survey. Most local youth (75%) were online or on their phone after the time they were supposed to be asleep.
- Twenty-nine percent of youth (33% of males vs. 24% of females) had ever tried smoking tobacco, which was above the provincial rate of 21%. Fifty percent of youth who had tried smoking reported smoking in the past month.

- The percentage of youth who had tried alcohol was higher than that across the province (52% vs. 45% provincially). However, there was a local decrease from 63% in 2008 and youth were waiting longer to first drink than their local peers five years prior. Six percent of youth who had tried alcohol reported ever drinking and driving, which was half the local rate in 2008 (12%).
- Thirty-seven percent of local students had tried marijuana, compared to 26% across BC. The local rate was similar to the percentage in 2008, unlike in the province as a whole where there was a decrease over time.
- There were local decreases in the use of many other substances including prescription pills without a doctor's consent (12% in 2013 vs. 17% in 2008), mushrooms (9% vs. 13%), ecstasy (6% vs. 10%), cocaine (4% vs. 6%), inhalants (3% vs. 5%), amphetamines (1% vs. 4%), and crystal meth (1% vs. 2%).
- According to their BMI, 74% of youth were a healthy weight for their age and gender (81% of females vs. 68% of males). A quarter of healthy weight males (25%) were trying to gain weight, and 46% of healthy weight females were trying to lose weight.
- There was a local increase in the percentage of youth who never went to bed hungry due to insufficient money for food at home (from 87% in 2008 to 92% in 2013), and a corresponding decrease in the percentage of youth who often or always went to bed hungry (from 3% in 2008 to 1% in 2013).
- North Vancouver Island students were more likely than their peers across BC to have ever had oral sex or other types of sex. However, local students waited longer to first have sex than in previous survey years. For example, the percentage of youth who first had sex before the age of 15 decreased from 48% in 2008 to 40% in 2013 (among those who ever had sex).
- Thirteen percent of students (10% of males vs. 17% of females) had been physically abused at some point in their life, which reflected a local decrease from 20% in 2008. There was also a decrease in rates of sexual abuse, from 14% in 2008 to 11% in 2013 (6% of males vs. 16% of females).
- 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 more likely than students across BC to be able to identify a local adult who cared about them and to have an adult to turn to if they had a problem. They were also more likely to feel safe in their neighbourhood and on transit than their peers across BC.





# Introduction

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

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

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

This Health Service Delivery Area is comprised of Campbell River (SD 72), Vancouver Island West (SD 84), Vancouver Island North (SD 85), and Comox Valley (SD 71). All school districts in this region participated in the survey in 2013 and 2008, which allowed for the inclusion of trends over the past five years. The results presented in this report provide the most comprehensive and representative picture of youth health in North Vancouver Island.

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 Vancouver Island 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 Vancouver Island 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 VANCOUVER ISLAND HEALTH SERVICE DELIVERY AREA



### PARTICIPATING SCHOOL DISTRICTS

- 71 Comox Valley
- 72 Campbell River
- 84 Vancouver Island West
- 85 Vancouver Island North



### ONLINE

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

# Youth in North Vancouver Island

## Ethnic & cultural background

In the 2013 BC Adolescent Health Survey, students in North Vancouver Island most commonly reported that they were of European heritage (68%) which was unchanged from 2008 and above the provincial rate of 53%. There was an increase in the percentage of youth identifying as having a Southeast Asian background, from 2% in 2008 to 3% in 2013.

Family background	
European	68%
Aboriginal	17%
East Asian	4%
Latin/South/Central American	3%
Southeast Asian	3%
African	2%
Australian/Pacific Islander	2%
South Asian	NR
West Asian	NR
Other	3%
Don't know	16%

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.

NR: Percentages could not be released due to risk of deductive disclosure.

Sixteen percent of local students did not know their background, which was double the rate for students in BC overall (8%) and unchanged from five years previous.

## ABORIGINAL STUDENTS

Local students were more likely than youth across BC to identify as having an Aboriginal background (17% vs. 10% provincially), with the percentage unchanged from 2008. Among students who identified as Aboriginal, 78% were First Nations, 21% were Métis, and 5% specified another Aboriginal group, such as Mohawk or Blackfoot (youth could select more than one Aboriginal identity if it were applicable).

Similar to the province, 40%\* of Aboriginal youth had ever lived on reserve. Twenty-four percent were currently living there all of the time, while 6% were living there some of the time.

Sixteen percent of Aboriginal youth spoke an Aboriginal language.

## NEW CANADIANS

Seven percent of students were born outside of Canada, which was an increase from 4% in 2008 but below the provincial rate of 19%. Among local students born outside Canada, 36%\* had lived here less than two years and 45%\* were international students.

## LANGUAGE

Students in this region were more likely to speak only English at home than their peers across the province (68% vs. 51%). Twenty-seven percent sometimes spoke a language other than English at home, and 5% spoke another language at home most of the time (compared to 21% provincially).

## Sexual orientation & gender identity

Similar to youth across the province, local students identified with a range of sexual orientations. Males were more likely to identify as completely straight (84% vs. 80% of females), whereas females were more likely to identify as mostly straight (8% vs. 4% of males). There were no other gender differences.

Sexual orientation	
Completely straight	82%
Mostly straight	6%
Bisexual	4%
Gay or lesbian	NR
Questioning	1%
Don't have attractions	6%

NR: Percentages could not be released due to risk of deductive disclosure.

Both male and female students were less likely to identify as completely straight in 2013 (82%) than in 2008 (86%). There was also an increase in the percentage of male students identifying as gay and bisexual from five years previous.

In North Vancouver Island the numbers of students who identified as transgender or Two Spirit were too small to release.

## Home life

Ninety-three percent of students lived with at least one parent (including a step-parent), which was a decrease from five years previously (96%). Compared to youth across the province, local students were less likely to be living with their mother or stepmother (81% vs. 85% of youth across BC), siblings or stepsiblings (47% vs. 58%), or grandparents (6% vs. 9%).

Who youth lived with most of the time	
Mother/stepmother	81%
Father/stepfather	67%
Sibling(s)/stepsibling(s)	47%
Both parents at different times	9%
Grandparents	6%
Other adult(s) related to me	2%
Other adult(s) not related to me	2%
Other children or youth	2%
I live alone	1%

Note: Youth could choose more than one response.

## In this report

**PARENT** refers to students' parent or guardian. ➔

**11%** of youth had run away in the past year.

The majority of youth (89%) reported that their parent(s) or guardian(s) worked locally, 15% had at least one parent who worked somewhere else in Canada, and 3% had a parent who worked abroad. Five percent of youth reported that their parents did not work, which was consistent with the rest of BC.

## Stable home

Similar to the provincial rates, 25% of local students had moved from one home to another in the past year, and 5% had moved three or more times.

Having a stable home has been shown to be a protective factor in the lives of youth. When compared to youth who had moved house, youth who had stayed in the same home for the past year were more likely to feel good about themselves (83% vs. 75%), to have slept for eight or more hours on the night before completing the survey (59% vs. 47%), and to feel there was an adult in their

neighbourhood or community who cared about them (72% vs. 55%). Youth who had not moved were also less likely to have missed out on accessing needed mental health services (9% vs. 18%) or medical care (7% vs. 11% of youth who had moved in the past year).

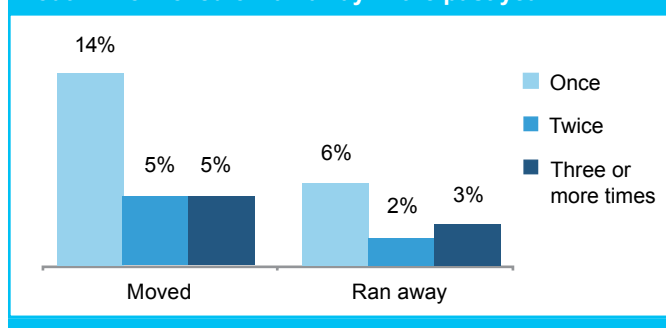
Among youth with a mental or emotional health condition, those who had stayed in the same home for the past year were more likely to report feeling like a part of their community than those who had moved. Also, among students who had been bullied in the past year, those who had not moved were more likely to be involved in organized sports on a weekly basis and to rate their mental health as good or excellent.

## Government care

Similar to the picture across the province, 4% of North Vancouver Island students had ever lived in foster care and 1% had lived in a group home. One percent were currently in government care.

Also reflective of youth in care across the province, more than half of local students with care experience had moved in the past year (52%\*), which was more than double the rate among students who had not been in care (23%).

Youth who moved or ran away in the past year



## Def.

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

**63%** of North Vancouver Island youth used public transit, which was lower than the provincial rate of 73%.

---

As with other youth, there appeared to be health benefits for youth with government care experience living at one address for the past year. For example, they were more likely to rate their overall health as good or excellent and to report feeling calm and at peace in the past month. They were also less likely to report extreme levels of stress or despair in the past month and to have self-harmed, considered suicide, or attempted suicide in the past year.

A young person who is on a Youth Agreement is not considered to be in the care of the Ministry of Children and Family Development. A Youth Agreement supports independent living for 16- to 18-year-olds (and occasionally 15-year-olds) who are homeless and cannot live with their family. The number of local students who reported ever having been on a Youth Agreement was too small to release.

## Caretaking responsibilities

On an average school day, 71% of youth (64% of males vs. 78% of females) had some caretaking responsibilities, such as caring for pets or other animals (62% of males vs. 71% of females) or caring for a relative (e.g., a relative with a disability or younger sibling; 12% of males vs. 22% of females). Local students were more likely than those across the province to be caring for pets or other animals (66% vs. 52%).

Caretaking responsibilities appeared to affect female students' engagement in community life. For example, females who took care of a relative were more likely to miss out on activities because they could not afford them (30% vs. 16% of females without caretaking responsibilities). This relationship was not seen among males.

## Transportation

Students were asked what methods of transport they usually used to get to school. Forty percent (44% of males vs. 35% of females) used active means, including walking, biking or skateboarding. Fifty-six percent got to school by car, and 1% usually hitchhiked to school. Students in this region were more likely than those across BC to usually get to school by bus or public transit (36% vs. 28%).

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 (23% vs. 14% of youth who did not use transit to get to school).

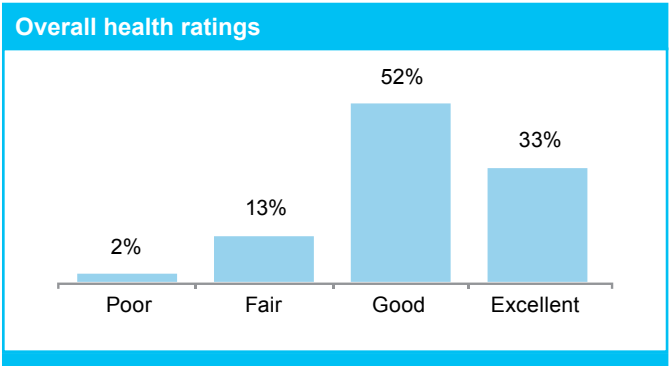
Six percent of students (10% of males vs. 3% of females) had hitchhiked somewhere in the past month. Local males were more likely than those across BC to have hitchhiked in the past month (10% vs. 4%).

Twenty-eight percent of North Vancouver Island youth (32% of males vs. 25% of females) held some sort of driver's licence. Specifically, 17% had a learner's licence and 11% (13% of males vs. 9% of females) had a novice licence.



# Physical health

Most students (85%) rated their health as good or excellent, which was consistent with findings in 2008 and with the provincial picture. Males were more likely than females to rate their health as excellent (38% vs. 28%), whereas females were more likely to rate it as fair (15% vs. 11% of males).



## Health conditions & disabilities

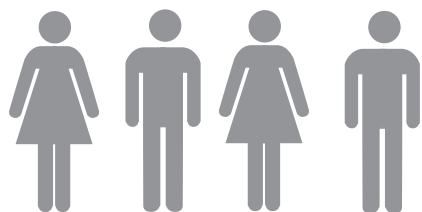
Similar to youth across BC, 29% of students (26% of males vs. 33% of females) had at least one health condition or disability.

Females were more likely than males to report having a mental or emotional health condition (16% vs. 7%) or a long term or chronic condition (13% vs. 7%), whereas males were more likely to report having a sensory disability (4% vs. 2% of females). The percentage of male and female students reporting a mental health condition rose when students were asked about specific conditions (see p. 17).

Among youth with a health condition or disability, 47% (40% of males vs. 52% of females) had a condition that prevented them from doing things their peers could do at least some of the time.

Youth with a health condition or disability	
Mental or emotional health condition	11%
Long term or chronic condition (e.g., diabetes or asthma)	10%
Learning disability	6%
Behavioural condition	5%
Sensory disability	3%
Allergies severe enough to require an epinephrine injection	3%
Physical disability	1%

Note: Youth could choose more than one response.



**11%** of students (9% of males vs. 12% of females) last visited the dentist because of pain.

## Foregone medical care

In the past year, 8% of students (5% of males vs. 10% of females) did not get medical help when they thought they needed it. This was similar to the 2013 provincial rate and reflected a local decrease from five years previous (15% in 2008).

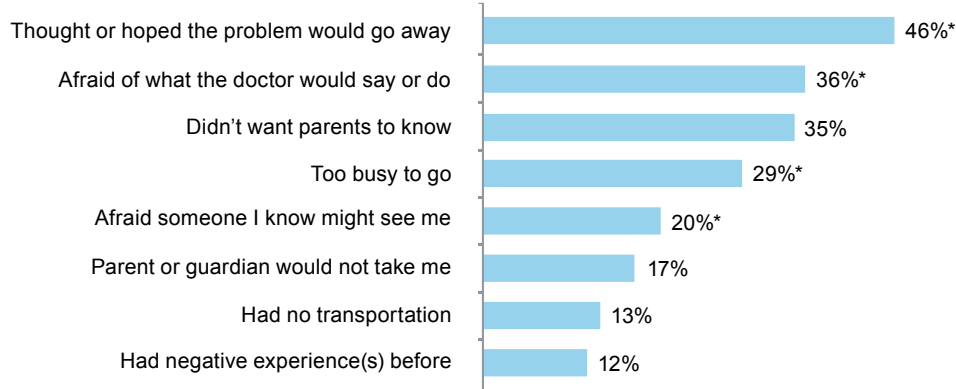
The most common reasons for not accessing care included thinking or hoping the problem would go away, being afraid of what the doctor would say or do, and not wanting their parents to know.

Compared to five years previous, students were more likely to miss out on needed medical help because they were afraid of what the doctor would say or do (36%\* in 2013 vs. 22% in 2008). Additionally, females were more likely to miss out because they did not want their parents to know (41%\* in 2013 vs. 19% 2008).

## Dental visits

Similar to the picture across the province, 82% of local students had visited the dentist in the past 12 months, while 7% had last visited more than 24 months ago, and 1% had never been to the dentist.

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



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

Note: Youth could choose more than one response.

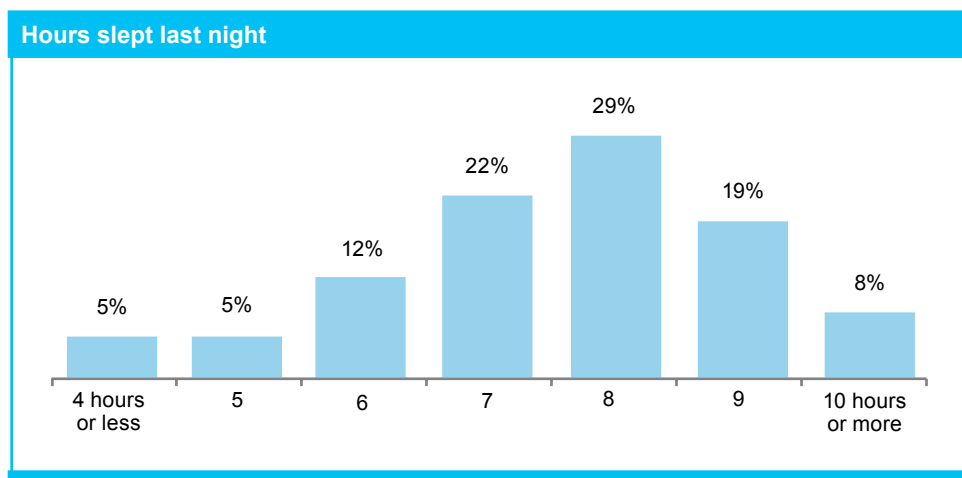


# Sleep

It is recommended that adolescents get between 8.5 and 9.25 hours of sleep each night. Locally, 57% of students slept for eight or more hours on the night before taking the survey, while 5% slept for four hours or less. These results were comparable to those found provincially.

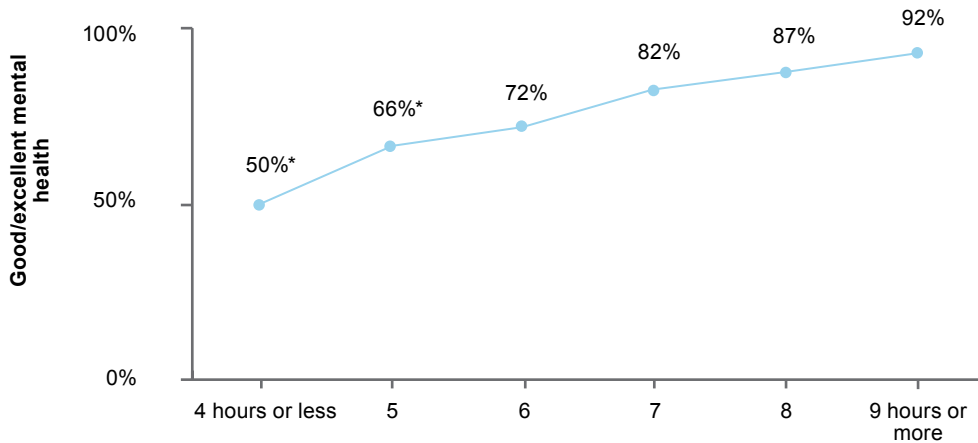
Older students slept less than younger ones. For example, 42%\* of students who were 18 years old slept for eight or more hours the previous night, compared to 66% of students aged 12 and younger.

Comparable to the provincial picture, 79% of local students were doing something such as homework or using their cellphone after the time they were expected to be asleep. For example, 39% of students (33% of males and 45% of females) were doing homework after their expected bedtime.



**11%** of males and 6% of females slept for 10 or more hours the previous night.

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



Note: Not all differences were statistically significant.

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

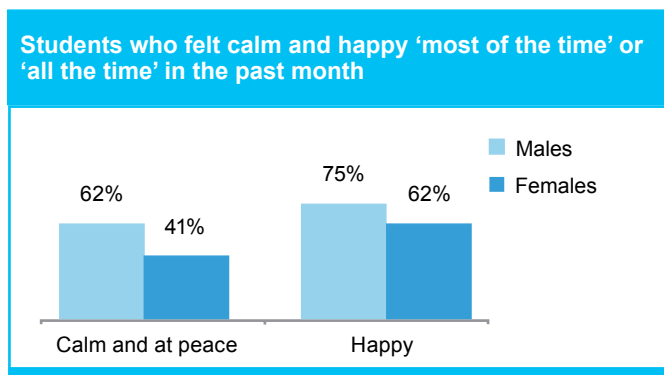
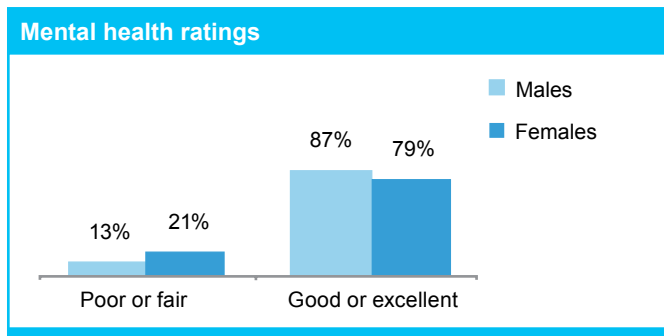
Some students were at particular risk for not getting enough sleep. For example, 40% of students who had been physically or sexually abused slept eight or more hours the night before taking the survey, compared to 61% of students who had not experienced abuse.

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, including the most vulnerable. For example, youth who had been physically or sexually abused who slept for at least eight hours were less likely to have self-harmed in the past year (31%\* vs. 50% who slept for less time) and to have missed out on needed mental health services (16% vs. 36%\*).



# 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, whereas females were more likely to rate it as fair or poor.



Students were as likely to rate their mental health and their overall health as good or excellent, unlike in the province as a whole where they were more likely to rate their overall health this way.

The majority of students felt good about themselves (88% of males vs. 74% of females) and felt they were as competent as their peers (91% 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 (81% vs. 75%).

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.



**I have not had the best mental health. But with help, over the past few weeks I am making a change and getting better!”**



**I was suffering from minor depression but I sought out help and now I'm better."**

## 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 (26% vs. 20%). Females were also more likely to have multiple conditions (10% vs. 6% of males).

Youth most commonly reported having Depression (10%), Anxiety Disorder (9%), Attention Deficit/Hyperactivity Disorder (ADHD; 8%), and/or an addiction to alcohol or other drugs (4%). Females were more likely than males to have Depression (14% vs. 7%) and Anxiety Disorder (13% vs. 5%).

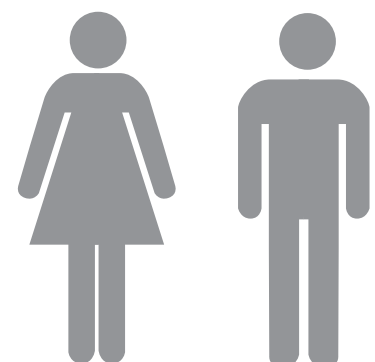
The percentages of males and females reporting ADHD were not significantly different, unlike across the province where ADHD was more common among males. Local students were more likely than those across BC to report having ADHD (8% vs. 6%).

## Stress & despair

Most students (82%) reported feeling at least some stress in the past month. Reflecting the provincial picture, females were more likely than males to experience extreme stress that prevented them from functioning properly (11% vs. 8%).

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

Males and females reported comparable rates of extreme despair, which was inconsistent with findings across the province where these levels were higher among females. Local females were less likely than those throughout BC to report extreme despair (6% vs. 10% provincially). Percentages of extreme despair were similar to those five years earlier.



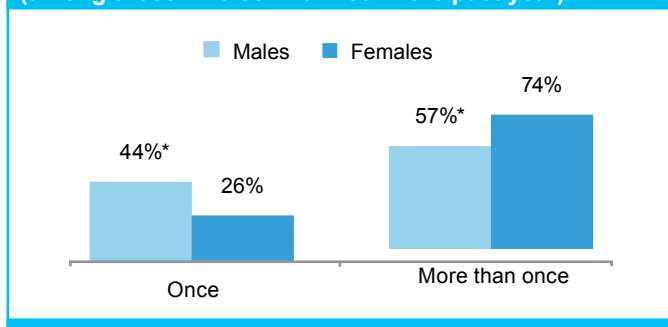
“

When I can't handle my emotions, I cut myself.”

## Self-harm

Similar to findings across BC, 9% of males and 24% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year. Among students who self-harmed, males were more likely than females to have done so once, whereas females were more likely to have done so multiple times.

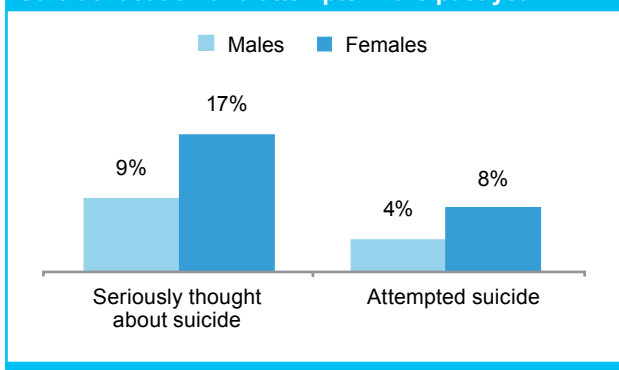
Number of times students self-harmed  
(among those who self-harmed in the past year)



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

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

Suicide ideation and attempts in the past year



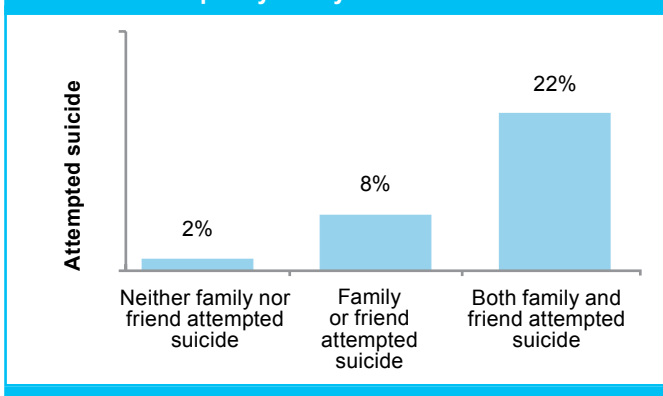
## Suicide

Females were more likely than males to have seriously thought about killing themselves and to have attempted suicide in the past year. Local percentages were similar to those five years earlier and to those across the province.

A known risk factor for attempting suicide is having a family member or close friend attempt or die by suicide. Eighteen percent of students reported that a family member had tried to kill themselves at some point (6% in the past year), and 32% reported that a close friend had attempted suicide (21% 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.

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



“

I was suicidal but am feeling better.”

## 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 (2%), homeless (1%), or dead (2%). Fourteen percent indicated not knowing what the future held for them.

Local students were less likely than those across the province to see themselves attending school in five years (44% vs. 52% provincially), and were more likely to envision having a home of their own (30% vs. 26%).

## Foregoing mental health services

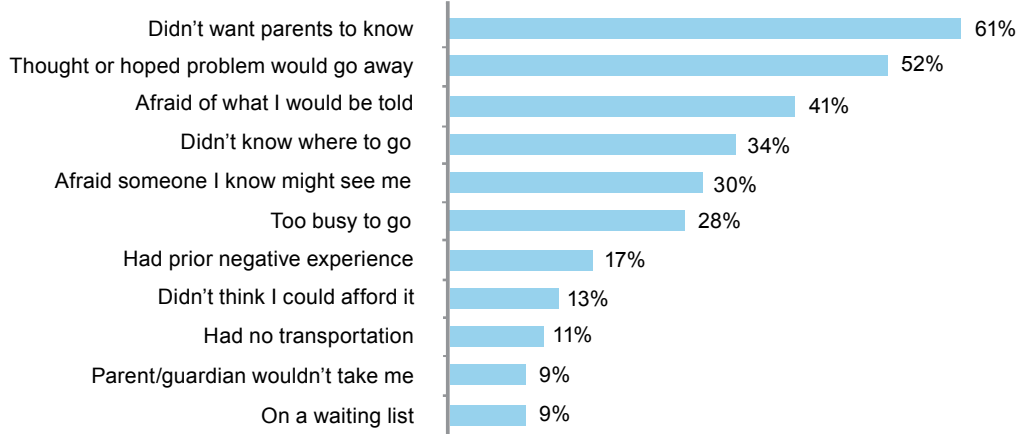
In the past year, 11% of local students (7% of males vs. 15% of females) reported not accessing mental health services when they thought they needed to. These rates were similar to those in the province as a whole and to the local percentages in 2008.

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

Males in North Vancouver Island were more likely than females to miss out on these needed services because they did not know where to go (49%\* vs. 27%\*). Local females were less likely than females across the province to miss out on needed services for this reason (40% provincially).

Reflecting the provincial picture, local students were more likely in 2013 than five years earlier to report not accessing needed mental health services because they did not want their parents to know (61% vs. 47% in 2008).

**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, 31% of students were injured seriously enough to require medical attention, which was higher than the 27% of youth across BC. There was a decrease in injury rates among local males, from 40% in 2008 to 33% in 2013, but rates were comparable over time for females.

Youth were most commonly injured playing or training for sports or other recreational activities (47%). Also, 13% of injuries happened when youth were snowboarding or skiing, 8% when riding a bicycle, and 7% when walking or running outside. Seven percent of students who were injured were using a cellphone or portable electronic device at the time.

## Concussions

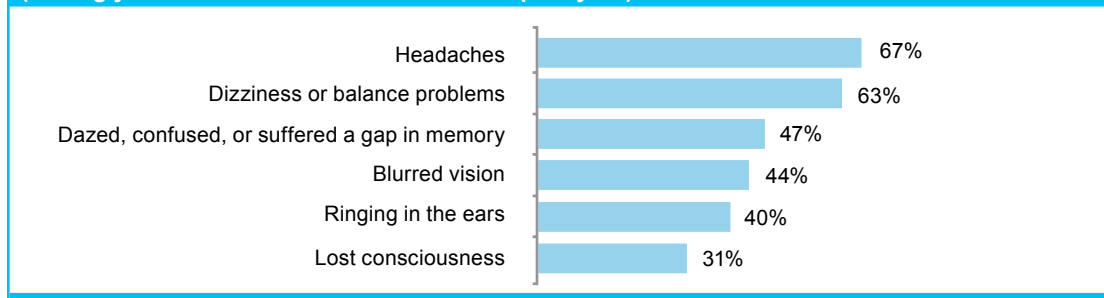
Nineteen percent of students had a concussion in the past year (24% of males vs. 15% of females). Thirteen percent had one concussion, 4% had two, 1% had three, and 2% had four or more. The most common symptoms experienced were headaches and/or dizziness or balance problems.

Mirroring what was seen provincially, 17% of North Vancouver Island youth who had experienced a concussion had not accessed needed medical help.

## Def.

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

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



Note: Youth could select more than one response.



I did not get played in my basketball game because I wasn't fast enough for them anymore with my injury."



**27%\*** of youth who had driven after using alcohol or marijuana in the past month did not have a driver's licence.

---

## Injury prevention

Seven out of 10 local male and female students always wore their seat belt when riding in a motor vehicle. This rate was similar to the provincial percentage and to the local percentage in 2008.

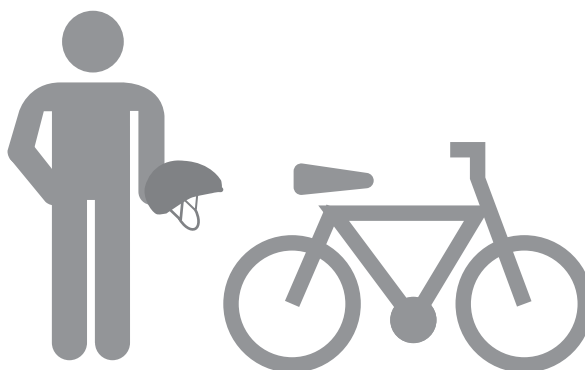
North Vancouver Island youth were more likely to take injury prevention seriously in some activities than others. For example, 73% always wore a helmet when snowboarding or skiing, while 38% always wore one when riding a bike, and 31% always did so when skateboarding or roller-skating.

Wearing a helmet was linked to a lower risk of having a concussion or other serious injury. For example, 14% of youth who always wore a helmet when skateboarding or roller-skating had a concussion in the past year compared to 29% of those who never wore a helmet during this activity.

Six percent of youth who had tried alcohol reported ever drinking and driving. This was similar to the provincial percentage but half the local rate in 2008 (12%).

It was more common for local youth to have driven after using marijuana, which 17% of marijuana users had ever done. This rate was lower than the percentage five years previous (23% in 2008). Similar to the province overall, males were more likely than females to have ever driven after using marijuana (22% vs. 11%) and to have done so in the past month (13% vs. 6%).

Thirty-two percent of local students had been a passenger in a vehicle with a driver who had been either drinking or using marijuana, and 13% had done so in the past month.



# Nutrition

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

Males were more likely than females to have consumed fast food (42% vs. 33%), traditional foods from their background (26% vs. 16%), food grown or caught by them or their family (26% vs. 14%), pop or soda (45% vs. 27%), and energy drinks (8% vs. 4%).

When compared to their peers across the province, local students were more likely to have consumed food grown or caught by them or their family (20% vs. 12% provincially) and coffee or coffee-based beverages (32% vs. 27%), and were less likely to have consumed traditional foods from their background (21% vs. 38%).

Youth who ate fruit or vegetables three or more times the previous day were more likely than those who had fewer servings to report good or excellent mental health (87% vs. 77%) and to feel calm and at peace (55% vs. 45%) and happy (75% vs. 59%) most or all of the time in the past month. They were also less likely than those who had fewer servings to report feeling extreme stress (7% vs. 13%) or extreme despair (4% vs. 7%) in the past month.

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

	2008	2013	Change from 2008
Fruit	85%	87%	--
Vegetables or green salad	76%	81%	↑
Sweets (cookies, candy, chocolate, etc.)	64%	76%	↑
Fast food (pizza, hot dogs, fries, etc.)	49%	38%	↓
Traditional foods from youth's background	NA	21%	
Food grown or caught by youth or family	NA	20%	
Water	93%	95%	--
Pop or soda	42%	36%	↓
Energy drinks	15%	6%	↓
Coffee or coffee-based beverages	30%	32%	--

Note: NA means the question was not asked.

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

“

The fast food I eat is playing a negative role on my health.”

There was a link between diet and exercise, as youth who had eaten three or more servings of fruit or vegetables the previous day were more likely to be engaging in physical activity. For example, 64% played informal sports on a weekly basis compared to 51% who were not eating as healthily, and 61% played organized sports weekly compared to 42% who had fewer servings of fruit or vegetables. They were also more likely to do at least an hour of moderate to vigorous physical activity every day (21% vs. 11%).

Among students who were classified as obese, those who ate three or more servings of fruit or vegetables yesterday were more likely than their peers who had fewer servings to take part in weekly organized sports (49%\* vs. 27%\*).

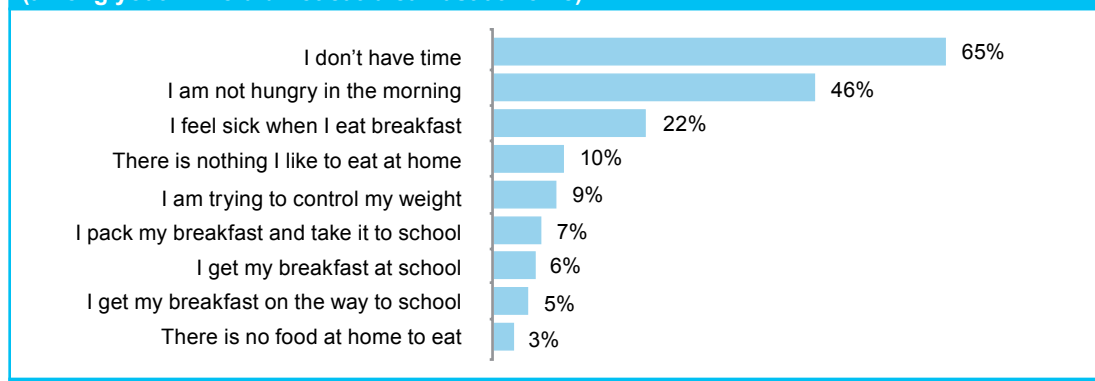
Youth with government care experience who had eaten three or more servings of fruit or vegetables were more likely to rate their general health as good or excellent than youth in care who had not consumed this many servings.

## Breakfast

Consistent with provincial findings, 15% of North Vancouver Island students (11% of males vs. 18% of females) reported never eating breakfast on school days. Forty-eight percent of students (54% of males vs. 42% of females) always ate breakfast on school days, which was lower than the provincial rate (54%) and unchanged from five years previous.

Among youth who did not eat breakfast at home, females were more likely than males to report not doing so because they were not hungry in the morning (51% vs. 40%), they felt sick when they ate breakfast (28% vs. 15%), they were trying to control their weight (12% vs. 4%), and because they packed their breakfast and took it to school.

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



Note: Youth could choose more than one response.





With only 1 parent working it's hard for us to buy good food (even bad food).”

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 (91% vs. 75%), better nutrition (such as eating fruit or vegetables three or more times yesterday; 66% vs. 52%), and to have slept for eight or more hours the previous night (69% vs. 46% who ate breakfast less often or not at all).

### Going to bed hungry

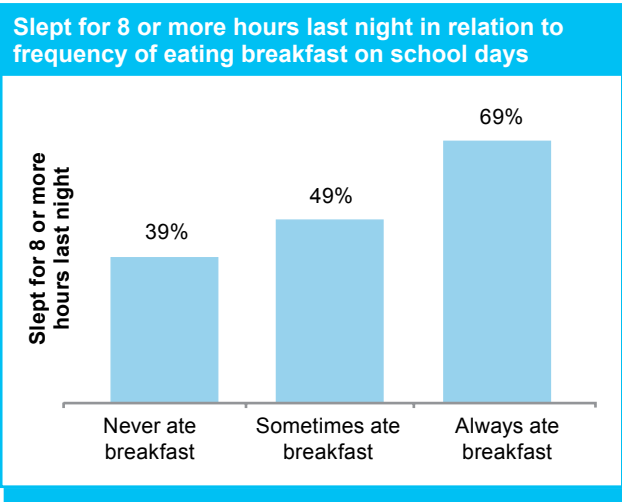
Consistent with the province, 92% of youth in North Vancouver Island never went to bed hungry because there was insufficient money for food at home, while 7% went to bed hungry sometimes, and 1% had this experience often or always.

There was a local increase in the percentage of youth who never went to bed hungry (from 87% in 2008), and a corresponding decrease in the percentage who often or always had this experience (from 3% 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.

### Def.

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

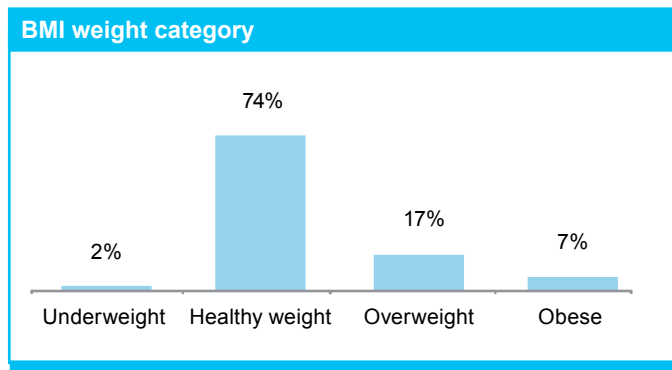


# Body weight & body image

## Body weight

Students' body mass index (BMI) was calculated from their self-reported height and weight measurements. According to their BMI, 74% of North Vancouver Island youth were a healthy weight for their age and gender. Females were more likely than males to be a healthy weight (81% vs. 68%), while males were more likely to be overweight (23% vs. 11%), but there was no gender difference for being underweight or obese.

Youth in this region were less likely to be underweight compared to those in the province as a whole (2% vs. 3%). There was no change in students' BMI from previous years.



**19%** of healthy weight females thought they were overweight, compared to 3% of healthy weight males.

## Body image

Students were also asked how they saw themselves. Seventy percent of youth felt they were about the right weight, whereas 9% thought they were underweight and the remaining 20% felt they were overweight.

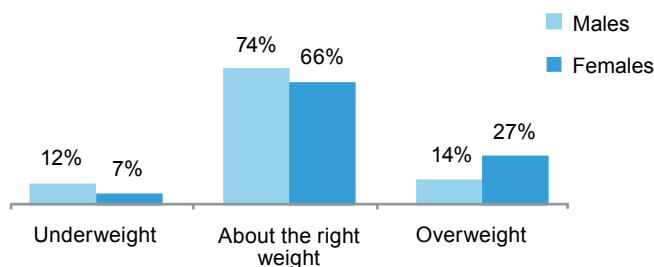
Similar to results in 2008, a quarter of healthy weight males (25%) were trying to gain weight (vs. 4% of healthy weight females), and 46% of healthy weight females were trying to lose weight (vs. 9% of healthy weight males).

## Eating behaviours

Twenty-four percent of youth (17% of males vs. 31% of females) had binge eaten in the past year, with 5% having done so on a weekly basis. Eight percent of youth (5% of males vs. 11% of females) had vomited on purpose after eating (purged) in the past year, and 2% had done so weekly (more females than males). These rates were consistent with those across the province.

Youth who reported poorer mental health were more likely to binge eat or purge in the past year. For example, 8% of youth who rated their mental health as poor or fair had binge eaten on a weekly basis in the past year, compared to 4% of youth with good or excellent mental health. Also, 34% of students who did not feel happy during the past month binge ate in the past year, compared to 20% of students who felt happy most or all of the time. Similar patterns were found between mental health and purging behaviour.

### Body image



**I'm beautiful."**

# Sexual behaviour

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

## Oral sex

Thirty-two percent of students reported ever having oral sex, which was higher than the 2013 provincial rate (23%) and similar to the 2008 local rate. Females were more likely than males to have given oral sex (29% vs. 20%), whereas males were more likely than females to have received it (31% vs. 24%). The rate of having oral sex increased with age.

## CONDOM USE

Reflecting the provincial picture, 17% 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.

## Sex (excluding oral sex)

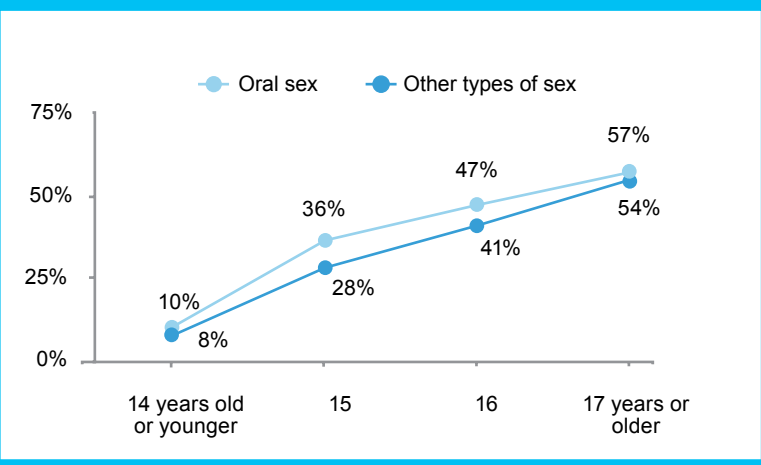
Twenty-seven percent of local male and female students indicated ever having sex, other than oral sex or masturbation, which was similar to the 2008 local rate and higher than the 2013 provincial rate of 19%.

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

## AGE YOUTH FIRST HAD SEX

Youth who ever had sex most commonly reported first doing so at age 15, which was similar to the provincial picture. Locally, the percentage of students who first had sex before age 15 decreased from 48% in 2008 to 40% in 2013.

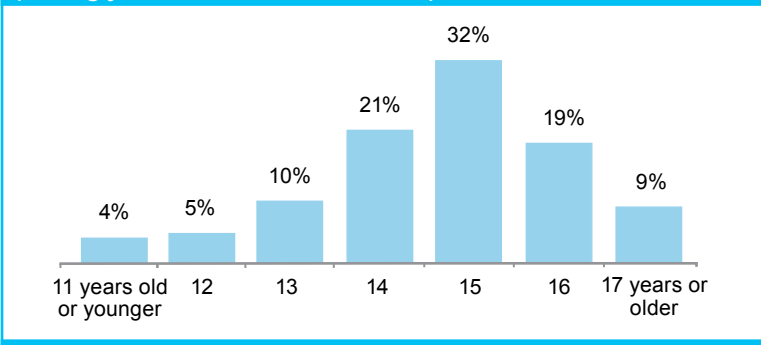
### Ever had sex



Note: Not all differences were statistically significant.

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

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



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



For 6% of students, the last time they had sex was with a same sex partner.

PARTNERS

Among students who had ever had sex, 6% had not had sex during the past year, 52% had one sexual partner during this time, while 20% had two partners, and 22% had three or more partners (27% of males vs. 18% of females). These rates were comparable to those found provincially.

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

SUBSTANCE USE

Comparable to the province as a whole, 26% of students (31% of males vs. 20% of females) who ever had sex reported using alcohol or other substances before they had sex the last time. For females, this represented a local decrease from 33% in 2008.

CONDOM USE

Similar to students across the province and to the local rate in 2008, 67% of 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.

Efforts made to prevent pregnancy during last time students had sex (among students who indicated ever having sex)	
Condoms	61%
Birth control pills	56%
Withdrawal	31%
Emergency contraception	5%
Not sure	4%
Depo Provera	NR
Other method prescribed by doctor or nurse (e.g., IUD, patch, ring)	NR

Note: Youth could choose more than one response.  
Note: Sex refers to sex other than oral sex or masturbation.

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/or withdrawal (which is not a reliable method of birth control). Rates were generally comparable to those five years previous.

Local students were more likely than those across BC to have used birth control pills to prevent pregnancy the last time they had sex (56% vs. 47%).

Pregnancy

Overall, 2% of youth reported ever being pregnant or causing a pregnancy. The rate was 6% among male and female students who had ever had sex, which was comparable to the rate seen in 2008 and to the provincial percentage.

Sexually transmitted infections

Throughout the province, 1% of youth reported that they had been told by a doctor or nurse at some point that they had a sexually transmitted infection (STI). The rate was 2% among youth who ever had sex (including oral sex). Both of these were similar to the local percentages, and to local rates five years previous.

# Tobacco use

Twenty-nine percent of youth (33% of males vs. 24% of females) had ever tried smoking tobacco, which was above the provincial rate of 21%. There was a decrease over time among local females (from 35% in 2008), whereas the rate among males did not change.

Local youth started smoking at a similar age to youth in the province overall. Among those who had ever tried smoking, 21% first did so at age 12 or younger, while 46% waited until they were 15 or older. There were local improvements in the age youth started smoking. For example, more youth waited until they were at least 15 years old before trying smoking than in 2008 (26%).

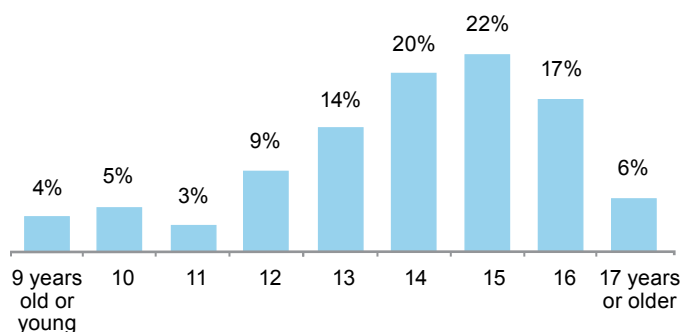
Fifty percent of youth who had tried smoking reported smoking in the past month, which was similar to the local rate in 2008 and to the 2013 provincial percentage. Nine percent of students who had tried smoking had smoked every day in the past month.

Youth used a variety of tobacco products in the past month. Among those who had ever smoked, 47% had smoked cigarettes (40% of males vs. 56% of females), 43% had smoked cigars or cigarillos (51% of males vs. 33% of females), 17% used electronic cigarettes with nicotine, 16% had used a hookah, and 13% used chewing tobacco (more males than females).

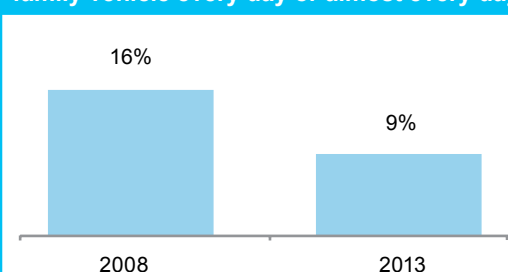
Among youth who had ever smoked, 23% had successfully quit smoking in the past year and 15% had tried to quit but had started again (both similar to the provincial rates). In the past month, 7% of youth who smoked had used a product to help them stop smoking.

Being exposed to smoking is considered to be a risk factor for starting to smoke. Twenty-seven percent of youth were exposed to tobacco smoke inside their home or family vehicle at least sometimes, which was higher than the provincial rate (21%). Nine percent had this experience almost every day or every day, which was a decrease from five years previous.

Age youth first tried tobacco (among youth who ever smoked)



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



# Alcohol, marijuana, & other drug use

## Alcohol

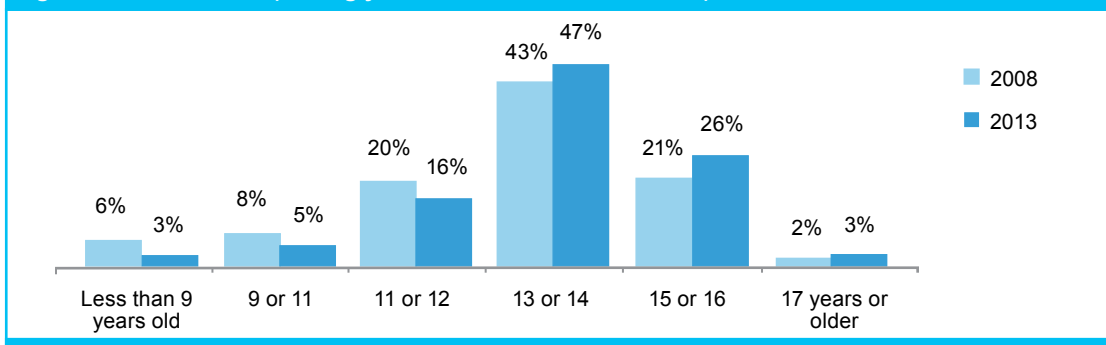
The percentage of youth in this region who had tried alcohol was higher than that across the province (52% vs. 45% provincially). However, there was a local decrease from 63% in 2008.

Delaying the onset of alcohol and marijuana use has been shown to reduce the risk of future substance dependence and other associated challenges. As a result, in 2010 the BC Ministry of Health Services and Ministry of Children and Family Development aimed to see a 10% reduction in the percentage of BC students who first use alcohol or marijuana before the age of 15. Among local youth who had tried alcohol, 71% had their first drink before turning 15. This was a decrease from 77% in 2008, but still higher than the provincial rate (65%).

Forty percent of male and female youth who had tried alcohol reported having five or more drinks within a couple of hours on at least one occasion in the past month. This reflected a local decrease from 48% in 2008 and was similar to the 2013 provincial picture.

Almost a quarter of youth drank on the Saturday before taking the survey (22%). Specifically, 15% had liquor, 13% drank beer (16% of males vs. 10% of females), 10% drank coolers (6% of males vs. 14% of females) and 4% had wine (2% of males vs. 6% of females). Among youth who drank last Saturday, 64% had mixed different types of alcohol, with 24% having mixed three or four different types (16% of males vs. 33% of females). Sixteen percent of youth who drank last Saturday mixed alcohol with energy drinks.

Age first tried alcohol (among youth who ever drank alcohol)



Note: The difference between 2008 and 2013 was not statistically significant for 13 or 14 years old, or 17 years or older.

**13%** of youth used marijuana last Saturday.

Among youth who drank last Saturday, 73% of females had four or more drinks and 64% of males had five or more drinks, which is defined as binge drinking.

## Marijuana

The percentage of local students who had tried marijuana was higher than that seen provincially (37% vs. 26% across BC). The local rate was similar to that in 2008, unlike in the province as a whole where there was a decrease over time.

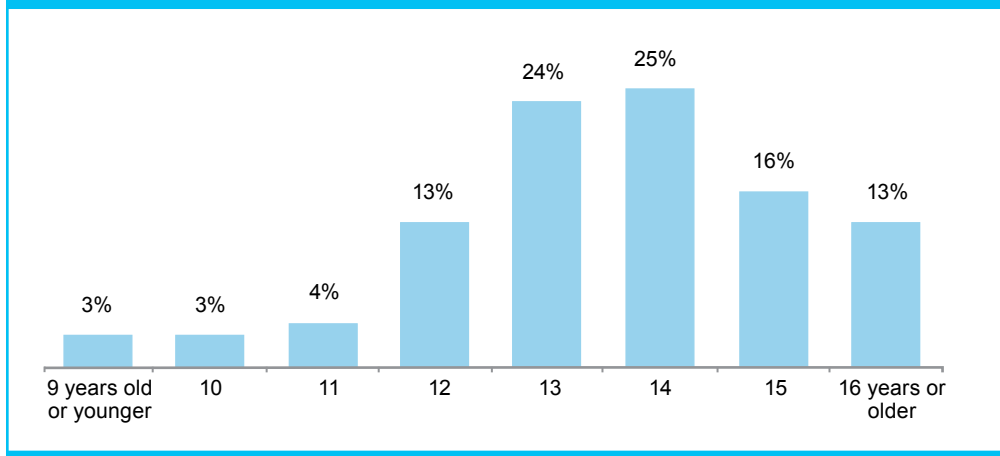
Among those who had tried marijuana, 71% had first used it at age 14 or younger, which was higher than the provincial rate of 59% and similar to the local rate five years ago.

Also similar to results in 2008, 56% of youth who had tried marijuana reported using it in the past month. Thirty percent of students (38% of males vs. 19% of females) had used it on six or more days during that month.

There was a decrease in the percentage of students who had used both alcohol and marijuana on the Saturday before taking the survey, from 15% in 2008 to 8% in 2013.

Reflecting the provincial pattern, local students who used marijuana most commonly got it from a youth outside their family (81%). Eighteen percent got their marijuana from an adult outside their family, 6% from an adult inside their family, and 6% from another youth in their family.

Age first tried marijuana (among youth who ever used)



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



**Have I stopped smoking pot? Yes I have. Have I stopped drinking? Did that too! Am I proud of this? Very!”**

## Substances other than alcohol & marijuana

Students had tried a variety of substances other than alcohol and marijuana. Both males and females most commonly used prescription pills without a doctor's consent (12%), although the use of these decreased from 2008 (17%). There was also a decrease in the use of mushrooms (9% vs. 13%), ecstasy (6% vs. 10%), cocaine (4% in 2013 vs. 6%), inhalants (3% vs. 5%), amphetamines (1% vs. 4%), and crystal meth (1% vs. 2%).

There was no change locally between 2008 and 2013 in the use of hallucinogens (6%), heroin (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.

The percentages of local students who had tried most substances were similar to those in the province overall, but local youth were more likely to have tried mushrooms (9% vs. 5%).

## Consequences of substance use

More than half of youth who had used alcohol or other substances reported negative consequences in the past year (54%).

Females were more likely to have argued with family members (19% vs. 9% of males) or to have done something that they could not remember (43% vs. 32% of males), while males more frequently got into a physical fight (10% vs. 5% females).

In the past year, a total of 5% of students were either told or felt that they needed help for their substance use. Specifically, 2% needed help for their alcohol use, 4% for their marijuana use, and 1% for their other drug use.

### Most common consequences of substance use in the past year (among youth who had used alcohol or other substances during that time)

Was told I did something I couldn't remember	37%
Passed out	31%
Got injured	16%
Argued with family members	14%
Got in trouble with police	13%
Damaged property	10%
School work or grades changed	9%
Lost friends or broke up with girlfriend or boyfriend	9%
Got into a physical fight	8%
Had sex when I didn't want to	6%
Overdosed	2%

Note: Youth could choose more than one response.

## Reported reasons for using

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

Females were more likely to have used substances because they wanted to have fun (72% vs. 62%), because of stress (24% vs. 16% of males), or because they felt down or sad (19% vs. 11%).

Most common reasons for using substances the last time (among youth who ever used alcohol or other drugs)	
I wanted to have fun	67%
My friends were doing it	32%
I wanted to try it/experiment	24%
Because of stress	20%
I felt down or sad	15%
I felt like there was nothing else to do	12%
To manage physical pain	8%
I thought it would help me focus	4%
I was pressured into doing it	4%
Because of an addiction	3%

Note: Youth could choose more than one response.



I used to get drunk to stop feeling emotions.”

# School

## School connectedness

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

Most students felt that they were treated fairly by school staff (75%), they got along with their teachers (70%), and their teachers cared about them (64%). In addition, 48% felt that school staff other than teachers cared about them.

Similar to the 2008 local rate, 58% of students felt like they were a part of their school. Students in 2013 were more likely than those in 2008 to be happy at their school (66% vs. 60%).

School connectedness was associated with health benefits. For example, the more connected students felt to their school, the better their mental health ratings.

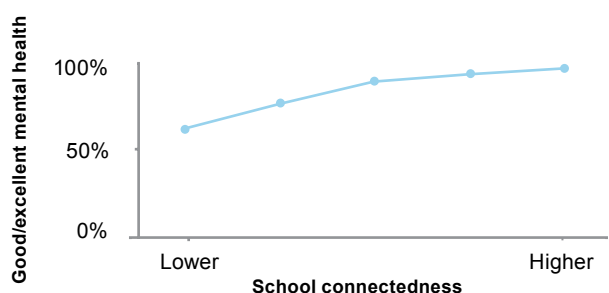
Also, youth who had been physically abused were more likely to have only positive aspirations for the future if they felt more connected to their school. In addition, youth with a mental or emotional health condition were more likely to feel good about themselves if they felt more connected to their school.

## School safety

Students felt safer in every area of their school in 2013 than in 2008. In 2013, males and females felt equally safe in each area of their school.

In terms of overall feelings of safety at school, 76% agreed or strongly agreed that they felt safe at school. These youth were less likely to have missed school in the past month (64% vs. 84% of those who did not feel safe at school), and were more likely to have post-secondary plans (83% vs. 62%\*). Youth who felt safe at school were also more likely to report good or excellent overall health (89% vs. 65%\*) and mental health (88% vs. 54%\*).

Good/excellent mental health by school connectedness



## Weapon carrying

Similar to rates across the province, 6% of students (9% of males vs. 3% of females) carried a weapon, such as a knife or bat, to school in the past month. Two percent of students reported that they always carried a weapon at school, with males more likely than females to have done so.

## School absences

Overall, 67% of local students had missed classes on at least one day in the past month, with illness the most common reason (46% of males vs. 52% of females) both locally and throughout BC. However, the rate of missing classes due to illness was higher locally (49% vs. 42% across the province).

Females were more likely than males to miss school because of family responsibilities (19% vs. 13%), while males were more likely to miss school because of work (4% vs. 2% of females). Males and females were equally likely to have missed school because of skipping (24%) and bullying (4%). These rates were similar to those found throughout BC, with the exception that local students were more likely to have missed school because of family responsibilities (16% vs. 13% provincially).

Older students were more likely than younger ones to have missed school due to skipping, and less likely to have missed school due to illness.

## Educational aspirations

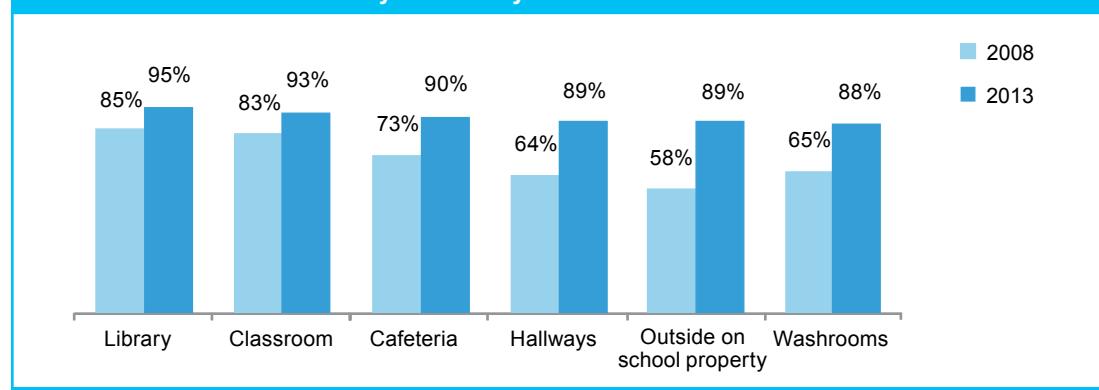
Less than 1% of students did not expect to graduate from high school. Six percent planned to finish high school but not pursue post-secondary education, which was higher than the rate across BC (3% provincially) but lower than the local percentage five years previous (10% in 2008).

Most youth (79%) anticipated continuing their education beyond high school, such as through university, college, or trade school (compared to 86% across BC). Males were less likely than females to have post-secondary plans (76% vs. 83%), as was the case across the province.

Eight percent of students had not thought about their school plans, while 6% did not know what their school plans were (compared to 17% in 2008).

Students who had been physically assaulted by another youth in the past year were more likely than those who had not had this experience to have plans that did not extend beyond high school (14% vs. 5%). Students who were doing weekly volunteer work in their community were more likely to anticipate continuing their education beyond high school (90% vs. 74% of students who did not volunteer).

Locations where students always or usually felt safe at school





# Bullying & discrimination

## In-person bullying

Students were asked about a range of bullying experiences they may have had in the past year, either as a 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 p. 46 in the section about technology use.)

### TEASING

In the past year, 39% of local students (35% of males vs. 43% of females) had been teased at least once to the point where they felt bad or extremely uncomfortable. These rates were consistent with the province and reflected a local increase from 34% in 2008.

Fifteen percent of students experienced teasing on three or more occasions in the past year. Males were more likely than their peers across BC to experience teasing on three or more occasions (15% vs. 9% provincially), whereas the rates were comparable among females.

For females, rates of being teased peaked at 14 years old, while for males the rates were comparable across age groups.

## SOCIAL EXCLUSION

Similar to students across BC, 34% of local students (27% of males vs. 42% of females) reported being socially excluded at least once in the past year. There was no change in rates of exclusion from five years previous. Ten percent of students (8% of males vs. 13% of females) were socially excluded on three or more occasions.

For females, rates of being socially excluded peaked at 15 years old, while male students were less likely to be excluded at older ages than younger ones.

### ASSAULT

Similar to results in 2008, 10% of students (14% of males vs. 7% of females) reported being physically attacked or assaulted in the past year, and 2% had this experience three or more times (more males than females). Males were more likely than their peers across the province to report being physically attacked or assaulted (10% of males provincially).

“

I get bullied every day from guys and girls.”

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

## Impacts of bullying

Youth who had been teased, excluded, or assaulted in the past year were more likely to report skipping class on three or more occasions in the past month (9% vs. 6% who had not experienced any of these types of bullying).

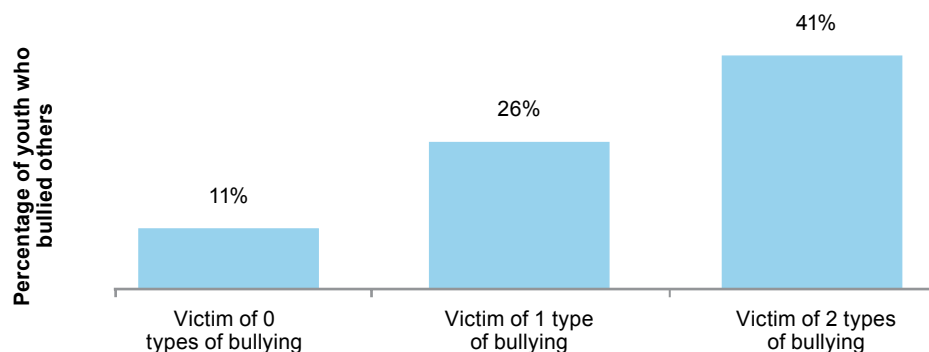
Six percent of youth reported not participating in extracurricular activities (e.g., sports, dance, art, or clubs) because they were worried about being bullied.

Youth who had been bullied were more likely to report not participating in activities because they were worried about being further bullied. For example, 19% of youth who had been physically assaulted missed out on activities for fear of being bullied, compared to 4% of youth who had not been assaulted.

## Perpetrators

In the past year, 13% of students (16% of males vs. 10% of females) reported they had teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 13% of students had socially excluded another youth, and 5% of students (7% of males vs. 2% of females) had physically attacked or assaulted another youth. These percentages were consistent with those across BC. However, provincially, females were more likely than males to have excluded others, whereas locally males and females were equally likely to have excluded someone.

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



Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 22% of students who had been teased in the past year reported teasing others during this same time frame, compared to 7% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (23% vs. 8% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (23% vs. 3% of those who had not been assaulted).

## Discrimination

Youth identified a number of different discrimination experiences. Males were more likely than females to report being discriminated against because of their race, ethnicity, or skin colour (10% vs. 6%). Females were more likely than males to report being discriminated against because of their physical appearance (24% vs. 18%), their age (14% vs. 6%), and their gender or sex (9% vs. 3%).

Perceived reasons for being discriminated against in the past year	
Physical appearance	21%
Being seen as different	15%
Age	10%
Race, ethnicity, or skin colour	8%
Income or family income	6%
Sexual orientation (being thought to be gay or lesbian)	6%
Gender/sex	6%
A disability	3%

Note: Youth could choose more than one response.

# Physical abuse, sexual abuse, & sexual harassment

## Physical abuse

Thirteen percent of students (10% of males vs. 17% of females) had been physically abused at some point in their life. This was consistent with rates across the province and reflected a local decrease from 20% in 2008.

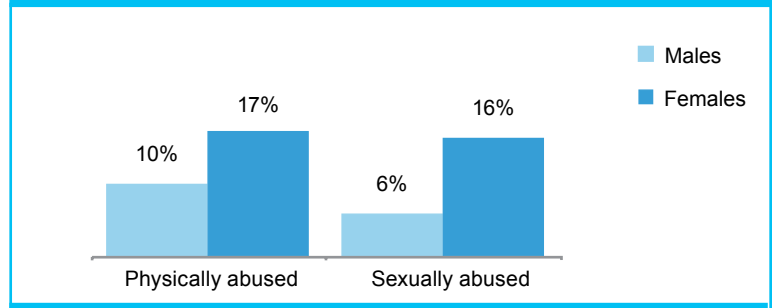
## Sexual abuse

When youth were asked specifically if they had ever been sexually abused, 7% of students (3% of males vs. 11% 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. Five percent of students (3% of males vs. 7% of females) were forced into sexual activity against their will by another youth, and 3% of females were forced into sexual activity by an adult (no local males reported being forced to have sex by an adult). In addition, 2% of students were the younger of an illegal age pairing the first time they had sex.

When all these forms of sexual abuse were considered, a total of 11% of students (6% of males vs. 16% of females) had been sexually abused. This was consistent with the provincial rate and reflected a local decrease from 14% in 2008.

Students who were ever abused



Note: Sexual abuse included being forced into sexual activity by another youth or adult, or being the younger of an illegal age pairing the first time they had sex.

## Females were more likely than males to have experienced verbal or physical sexual harassment in the past year.

---

### Sexual harassment

In this section, local percentages were similar to those across the province.

Thirty-five percent of males had experienced verbal sexual harassment in the past year (including 14% who experienced it three or more times). This was a decrease from 44% in 2008. Twelve percent of males had been physically sexually harassed in the past year, which was unchanged from five years previous.

Among local females, 47% had experienced verbal sexual harassment (including 16% who experienced it three or more times).

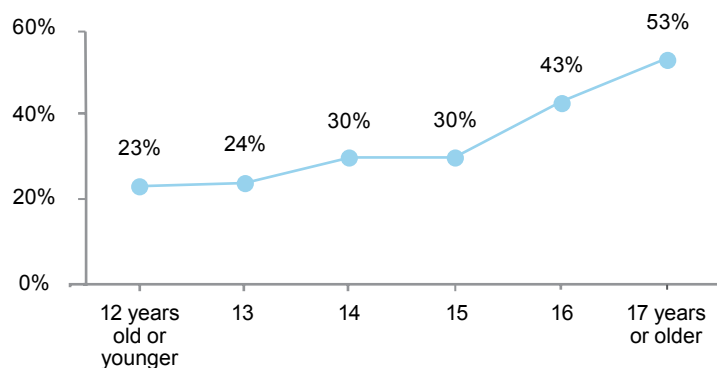
This percentage reflected a decrease from 58% in 2008. Twenty-four percent of female students were physically sexually harassed in the past year. This rate also was a local decrease from 41% in 2008.



# Employment

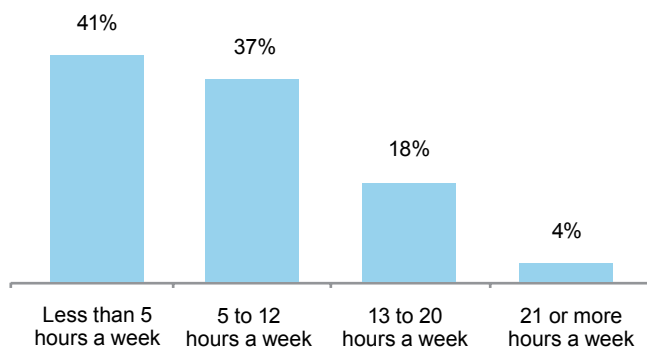
A total of 36% of students worked at a paid job during the school year. This percentage was higher than the provincial rate of 29% but reflected a local decrease from 46% in 2008.

Students who worked at a paid job during the school year



Note: Not all age differences were statistically significant.

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



**4%** of employed students in North Vancouver Island worked 21 or more hours each week.

# Physical activity, sports, & leisure

## Physical activity

The Canadian Physical Activity Guidelines recommend that youth aged 12 to 17 do an hour of moderate to vigorous physical activity every day. Similar to the provincial picture, 17% of students in this region (22% of males vs. 13% of females) met these guidelines. Seven percent of students reported not having exercised at all during the past week.

Younger students were generally more likely than older ones to have met the physical activity guidelines. For example, 23%\* of students aged 12 or younger had exercised for an hour daily in the past week, compared to 12% of 16-year-olds.

Canadian Guidelines recommend that individuals aged 18 and older take part in 150 minutes of moderate to vigorous physical activity each week. Similar to the provincial rate, 65%\* of local students in this age category met these recommendations by participating in 60 minutes of exercise on at least three days in the past week.

Physical activity was associated with better health. For example, students who exercised daily during the past week were more likely to feel connected to their community (44% vs. 35% of students who exercised on fewer days) and to rate their overall health as good or excellent (92% vs. 83%).

Physical activity was also beneficial for those with challenges in their lives. For example, among local youth who had been teased, excluded, and/or assaulted, those who exercised on at least three days in the past week were more likely to feel good about their skills and abilities compared to those who exercised on fewer days (84% vs. 71%).



## Sports

During the past year, 59% of students played informal sports on a weekly basis (such as road hockey, hiking, and skateboarding), while 53% participated weekly in organized sports, and 19% participated in yoga, dance, or exercise classes on a weekly basis. These results were similar to those found across BC.

Weekly participation rates declined from 2008, when 72% of students participated weekly in informal sports, 60% in organized sports, and 24% took yoga, dance, or exercise classes.

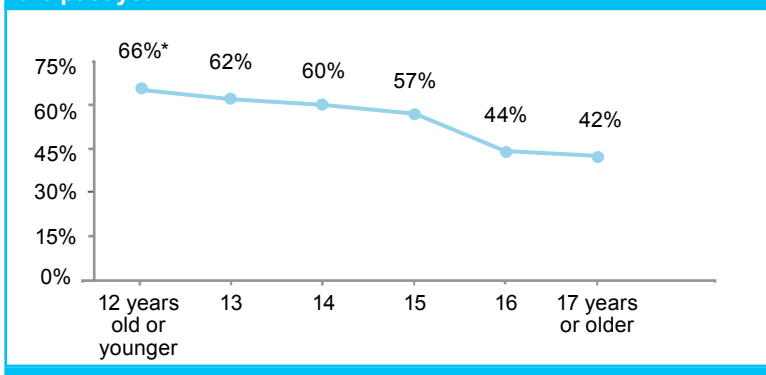
Males were more likely than females to be involved on a weekly basis in informal sports (67% vs. 51%), while females were more likely to be taking weekly dance, yoga, or exercise classes (32% vs. 7% of males).

Consistent with the provincial picture, older students were generally 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 were more likely than those who did not take part to report good or excellent mental health (88% vs. 76%). Also, youth who took part in weekly organized sports were more likely than those who did not participate to have slept for eight or more hours the previous night (66% vs. 45%).

Among youth who had been physically and/or sexually abused, those who took part in informal sports on a weekly basis were more likely than those who did not take part to report good or excellent overall health (80% vs. 63%\*).

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



Note: Not all differences were statistically significant.

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



I work out because I want to be fit and get healthier.”



## Barriers to participation

Students were asked about the reasons they might not have participated in sports and other activities in the past year. The most common reason was being too busy, although not being able to afford to participate was a reality for 14% of males and 19% of females.

Local students were more likely than those across BC to have missed out on participating in sports and other activities because the activity was not available in their community (18% vs. 14%), and were less likely to have missed out because they were too busy (42% vs. 46%).

Barriers to participation in activities		
	Males	Females
Too busy	35%	48%
Activity wasn't available in community	16%	20%
Couldn't get there or home	14%	20%
Couldn't afford to	14%	19%
Worried about being bullied	5%	7%

Note: Not all age differences were statistically significant.

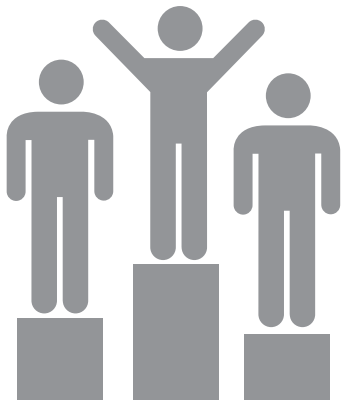
## 2010 Winter Olympics

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 results across the province. Also similar to the provincial picture, 5% of North Vancouver Island students felt they had more sports opportunities as a result of the Games.

## Gambling

While the legal gambling age in BC is 19, 11% of North Vancouver Island students (17% of males vs. 5% of females) had gambled in the past 12 months, and most of these youth were aged 18 or younger. This was similar to the 2013 provincial rate and represented a local decrease from 43% in 2008.

Three percent of students gambled more than once a month in the past year, with males more likely than females to have gambled this often. This rate was comparable to the provincial percentage and to the local rate in 2008.



[My community] should get a new skate park!  
Or finish building the old one.”

# Technology use

Eighty-nine percent of students in North Vancouver Island (85% of males vs. 93% of females) owned a cellphone or other portable electronic communication device. The majority of these students (97%) had used their device on the previous school day.

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

Females were more like than males to use their cellphone to communicate with friends (91% vs. 83%) and to communicate with parent(s) (80% vs. 70%), whereas males were more than twice as likely as females to use their phone to engage in sexting (18% vs. 7%).

Seventy-five percent of students were online or on their phone after they were supposed to be asleep. Activities included using a phone to talk or text (53% of males vs. 63% of females), chatting online or social networking (57%, with similar rates for males and females), surfing the Internet (54%), and online gaming (42% of males vs. 19% of females).

Used cellphone to...	Did this on last school day	When activity took place		
		Before school	During school	After school
Communicate with friends	87%	47%	64%	69%
Play games/entertainment/music	83%	36%	48%	67%
Communicate with parent(s)/guardian(s)	75%	20%	44%	55%
Chat online or social networking	75%	36%	44%	62%
Find information	71%	20%	54%	44%
Sexting	12%	3%	4%	11%
Communicate with teachers	6%	1%	3%	4%
Bully others	3%	1%	2%	2%

Note: Sexting is the sending of explicit photographs or messages via cellphone or other similar device.

Note: Youth could choose more than one response.

## Def.

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

## Online safety

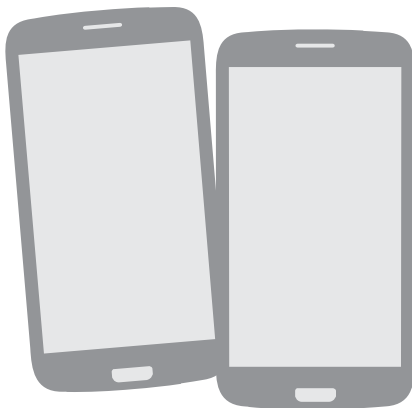
Seventeen percent of students reported that they had been cyberbullied in the past year (10% of males vs. 24% of females), while 8% reported that they had cyberbullied someone else.

Students who had been cyberbullied were more likely to miss out on extracurricular activities because they were worried about being bullied (16% vs. 4% who had not been cyberbullied).

Additionally, females were more likely than males to have met someone through the Internet who made them feel unsafe (16% vs. 9%).

## Students without a cellphone

Eleven percent of students reported that they did not have a cellphone or other such device. There were some differences between these students and those who had a phone. For example, students without a cellphone were less likely than their peers with a phone to have considered suicide or to have self-harmed in the past year. However, those with a cellphone were more likely to have an adult outside their family they felt comfortable talking to (39% vs. 28%), and to have asked a friend and/or family member for help in the past year (79% vs. 66%).



# Youth engagement

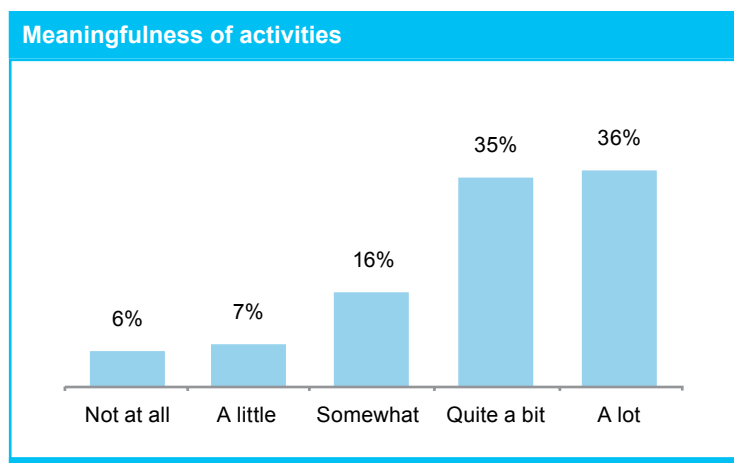
Students were asked about their level of engagement in the activities they took part in. Specifically, they were asked about how meaningful they felt their activities were and how much they felt their ideas were listened to and valued within these activities.

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

When asked if they felt that their ideas were listened to and acted upon in these activities, 41% of students felt that they were to a significant extent. This percentage was also similar to the provincial picture, but lower than the 2008 local rate of 47%.

There were positive associations for youth who felt valued within the activities they took part in. For example, students who felt their ideas were listened to at least quite a bit were more likely to rate their overall health as good or excellent (92% vs. 72% of those who felt listened to only a little or not at all).

Among youth who had been teased, excluded, or assaulted in the past year, those who felt their activities were at least quite a bit meaningful were more likely to feel good about themselves than those who felt their activities were not as meaningful (77% vs. 53%\*). Similarly, youth who had been bullied were more likely to rate their mental health as good or excellent if they felt engaged in meaningful activities (80% vs. 56%).



**More activities open and accessible to youth would be nice.”**

# Family relationships

The BC AHS asked youth about their sense of connectedness to their family. Similar to the province, most local students reported that their family paid attention to them (73%), they had fun together (65%), and their family understood them (58%). Males were more likely than females to feel that their family understood them (64% vs. 52%) and paid attention to them (77% vs. 69%).

Nine percent of students felt their family did not pay attention to them, 13% felt their family did not have fun together, and 19% of students (15% of males vs. 22% of females) felt that their family did not understand them.

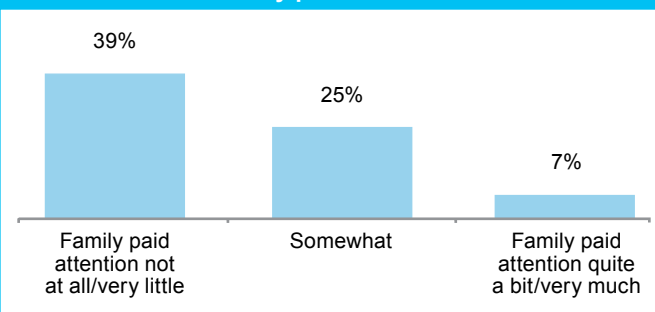
There was an association between family relationships and injury prevention. For example, students who felt their family paid attention to them were less likely than those who did not feel this way to have been a passenger in a vehicle with someone who had been drinking (18% vs. 30%\*) or using marijuana (18% vs. 37%). In addition, when students felt that their family paid attention to them, they were more likely to report always wearing a seat belt when riding in a motor vehicle (74% vs. 55%\* who felt their family did not pay attention to them).

Students who felt their family understood them were less likely to have ever tried alcohol (45% vs. 68%), marijuana (30% vs. 55%), or other drugs (14% vs. 35%), such as mushrooms, cocaine, or prescription pills without a doctor's consent.

Among youth with a mental or emotional health condition, those with higher levels of family connectedness all reported planning to continue their education beyond high school, participating in informal sports on a weekly basis, and having only positive aspirations for their future (such as attending school, having a job, or being engaged in their community). This was not the case among those with lower levels of family connectedness.

Students were asked if there was an adult in their family they could turn to if faced with a serious problem. In North Vancouver Island, 73% of male and female students indicated that there was, which was consistent with the provincial rate. Students who had such an adult in their lives were less likely to miss out on needed mental health services (5% vs. 27% of students who did not feel they could turn to an adult relative).

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



## Def.

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

**Students who felt their family paid attention to them were less likely to have seriously considered suicide or attempted suicide in the past year.**

---

In addition, lesbian, gay, or bisexual youth who felt they had an adult in their family to talk to were more likely than those without this support to rate their mental health as good or excellent, and were less likely to have self-harmed in the past year.

### Parental monitoring

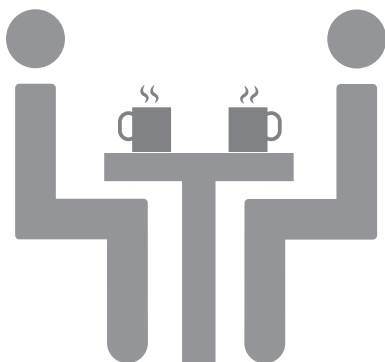
Consistent with students across BC, 76% of students reported that their parents always or mostly knew what they were doing in their free time (73% of males vs. 80% of females). Eleven percent of youth reported that their parents never or rarely knew what they were doing.

Students whose parents were aware of what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep (55% vs. 67% of students whose parents were not monitoring their spare time). They were also more likely to have slept for eight or more hours on the night before taking the survey (61% vs. 36%).



Consistent with findings across the province, 74% of youth in this region ate an evening meal with their parents most or all of the time in the past month. Parental presence at meal times was linked to positive health. For example, youth who ate their evening meals with their parents at least sometimes were more likely to feel good about themselves (84% vs. 57% of youth who rarely or never ate with their parents) and to rate their overall health as good or excellent (87% vs. 69%). They were also more likely to have had fruit or vegetables three or more times on the day before taking the survey (61% vs. 42%).

Among youth who had been teased in the past year, those who ate evening meals with their parents at least sometimes were more likely than those who ate together less often to plan to continue their education beyond high school (81% vs. 63%\*) and to have slept for eight or more hours the previous night (51% vs. 38%).



# Supportive & caring adults outside the family

## Adult to turn to for help

Thirty-seven percent of local youth (34% of males vs. 41% of females) felt they had an adult outside their family they could turn to if faced with a problem. This rate was higher than that seen across the province (32%).

Students who felt they had a supportive adult outside their family were more likely than those without this support to feel like a part of their community (42% vs. 34%) and to have post-secondary plans (83% vs. 77%).

Having a supportive adult outside the family was also protective for youth with challenges in their lives. For example, among those who had been teased, socially excluded, or assaulted, those who had an adult outside of their family to talk to were more likely than those without this support to feel good about themselves (77% vs. 69%) as well as their skills and abilities (85% vs. 79%), and to have only positive aspirations for the future (91% vs. 84%).

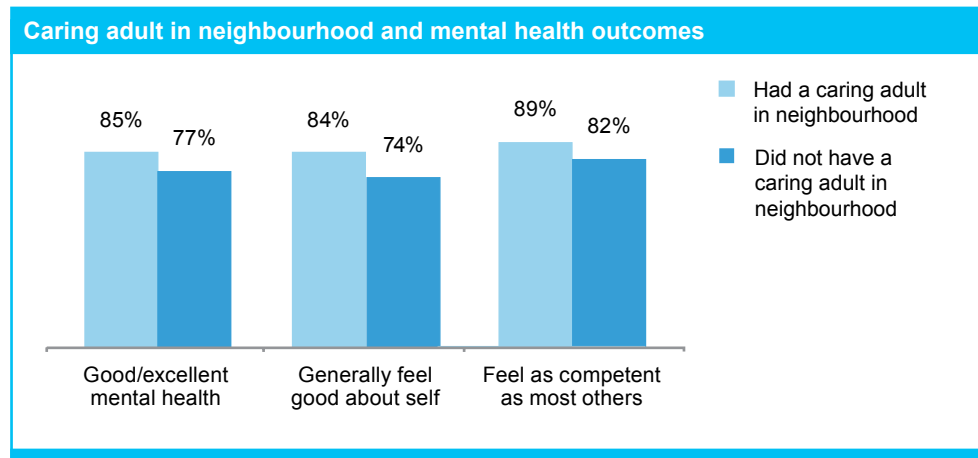


## Local adult who cares

Sixty-eight percent of students (64% of males vs. 72% of females) 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 61%.

Feeling cared about by an adult outside the family was associated with positive mental health, including students feeling good about themselves and about their skills and abilities.

Students with an adult in their community who cared about them were more likely to feel that the activities they engaged in were meaningful (75% vs. 62% who could not identify a local adult who cared about them) and to feel that their ideas were listened to and acted upon (47% vs. 29%).



# Help seeking

When students needed help, they most commonly approached friends and family members. This was similar to students throughout BC, although local students were less likely to ask their friends (68% vs. 73% provincially) or family (65% vs. 69%) for help.

Students also sought support from a variety of professionals, most commonly teachers, school counsellors, sports coaches, and doctors. Females were more likely than males to have sought help from a friend (76% vs. 59%), school counsellor (29% vs. 21%), or a mental health counsellor (11% vs. 7%).

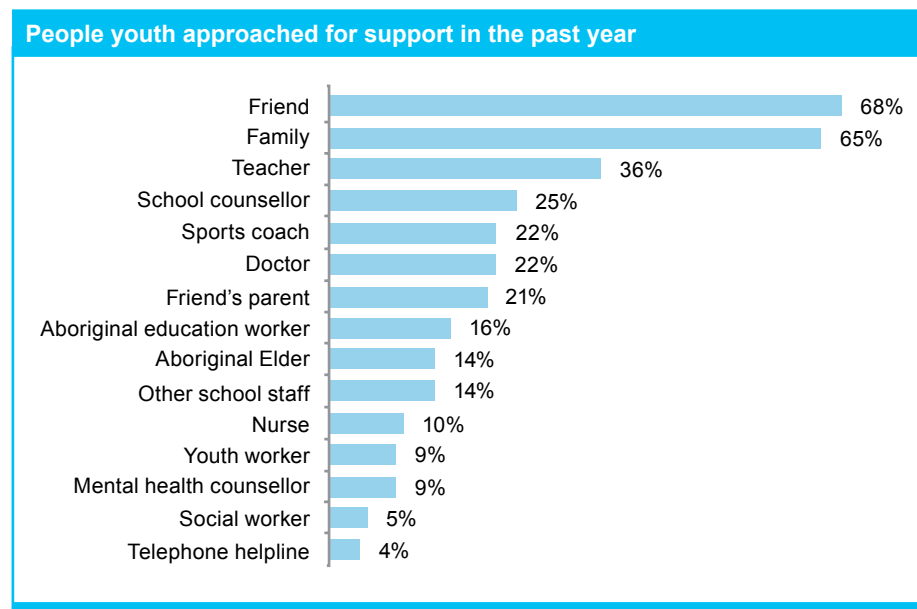
Local students were more likely than those in the province as a whole to seek the help of a mental health counsellor (9% vs. 6%) and were less likely to seek the help of a doctor (22% vs. 25%) or teacher (36% vs. 41%).

The majority of male and female students generally found the people they approached for assistance to be helpful, although some youth were less likely to feel this way. For example, youth who had been physically and/or sexually abused who asked a school counsellor for help were less likely than their peers who had not been abused to have found the counsellor helpful (78% vs. 88%).



When youth found the adults in their lives to be helpful, there were health benefits. For example, youth who had been abused who had asked their school counsellor for help and found this experience helpful were less likely than those who did not find their school counsellor helpful to have seriously considered suicide in the past year.

In addition, youth who had been teased, socially excluded, and/or assaulted and found their teacher to be helpful were less likely than those who did not find their teacher helpful to have self-harmed in the past year.



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

# Peer relationships

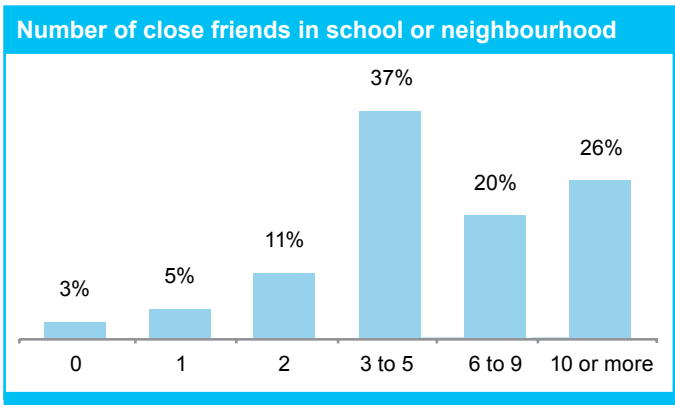
In this section, findings were similar to the provincial results unless noted.

Forty-nine percent of students had been in a romantic relationship in the past year, which was higher than the provincial rate of 39%. Among local students in a romantic relationship, 6% of male and female youth had been the victim of dating violence. While the percentage of students in a romantic relationship had decreased from five years previous (64% in 2008), the rate of dating violence was similar to previous survey years.

In total, 97% of local students reported having at least one close friend. Males were more likely than females to report having ten or more close friends (31% vs. 20%).

There were positive associations with having more than just one or two close friends. For example, students who had three or more close friends in their school or neighbourhood were more likely than those with fewer friends to rate their overall health as good or excellent (87% vs. 76%). They were also less likely to have been teased, excluded, or assaulted in the past year (49% vs. 62%).

Having more than two close friends appeared to be protective for youth who had been bullied. For example, students with three or more friends who had been socially excluded were more likely than those with fewer friends to feel good about themselves (74% vs. 51%\*) and about their skills and abilities (84% vs. 66%\*).



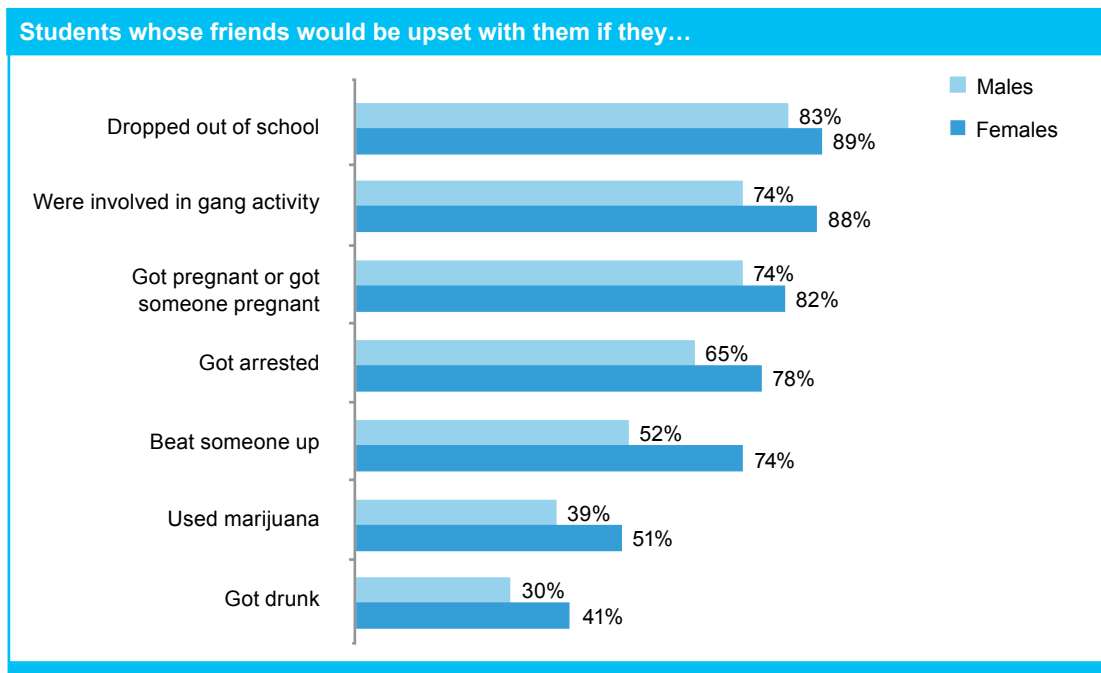
Note: Percentages do not equal 100% due to rounding.

**82%** of local students had three or more close friends.

## 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. Females were more likely than males to have friends who would be upset with them for getting involved in these behaviours.

Local students were less likely than those throughout BC to have friends who would be upset if they got arrested (72% vs. 78%), were involved in gang activity (81% vs. 85%), beat someone up (63% vs. 71%), used marijuana (45% vs. 58%), or got drunk (35% vs. 44%).



**Sometimes I feel out of place within my group of friends. Not always, but some days I'd rather hang out with myself or a teacher b/c my friends can be cruel."**

Having pro-social peers was a protective factor. For example, local students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone than those whose friends would not be upset with them for this reason (3% vs. 9%). In addition, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (83% vs. 59% of those whose friends would not be upset with them for this reason).

Also, students who drank alcohol in the past month were less likely to have binge drunk if they had friends who would be upset with them for getting drunk (compared to 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	85%	86%	--
Were involved in gang activity	NA	81%	
Got pregnant or got someone pregnant	74%	78%	--
Got arrested	62%	72%	↑
Beat someone up	49%	63%	↑
Used marijuana	46%	45%	--
Got drunk	27%	35%	↑

Note: NA means that the question was not asked.

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



# Neighbourhood safety

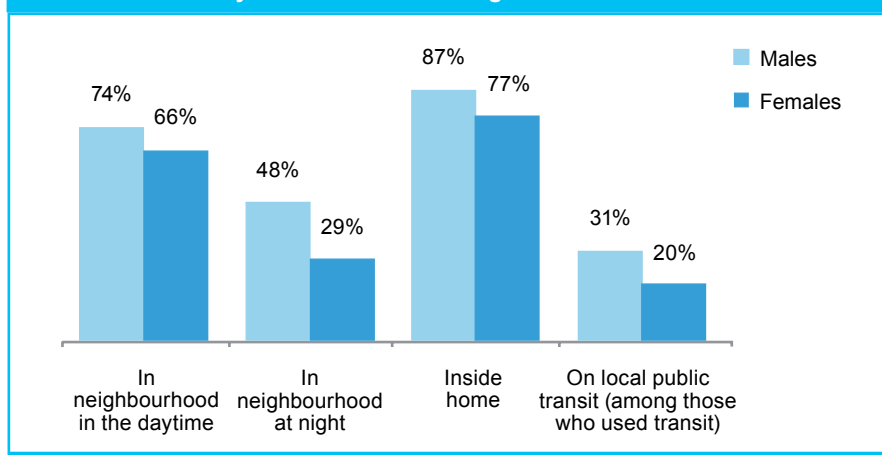
Reflecting the provincial picture, 82% of North Vancouver Island youth always felt safe inside their home. Local youth were more likely than their peers across the province to always feel safe in their neighbourhood during the day (70% vs. 64%) and during the night (38% vs. 28% provincially). Among youth who used transit, 25% always felt safe doing so (above 17% provincially) while 6% never did.

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

Youth who always felt safe in their neighbourhood during the day were less likely than those who never or rarely felt safe to have seriously considered suicide in the past year (8% vs. 34%\*) and to have missed out on needed medical care. They were also more likely to rate their mental health as good or excellent (88% vs. 65%\* who never or rarely felt safe).

Feeling safe was associated with positive mental health among vulnerable youth. For example, local students with a debilitating health condition were less likely than those who had no health condition to always feel safe in their neighbourhood in the day-time (52% vs. 75%) or at night (24% vs. 41%). However, if students with a debilitating health condition did feel safe in their neighbourhood during the day, they were more likely to have slept for eight or more hours last night and were less likely to have considered suicide than those who rarely or never felt safe.

Students who always felt safe in their neighbourhood



# Community connectedness & cultural engagement

## Community connectedness

Students were asked how much they felt like a part of their community. In North Vancouver Island, 37% of students reported that they felt quite a bit or very much connected to their community, which was similar to the rate seen across BC.

There were many benefits associated with students feeling like a part of their community. For example, these youth were more likely than those who did not feel connected to play sports or volunteer weekly, and to feel good about themselves and their abilities.

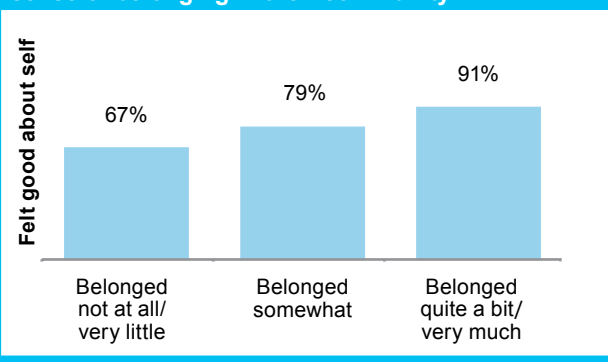
Vulnerable youth also specifically benefitted from feeling like a part of their community. For example, youth who had been physically or sexually abused were more likely to rate their mental health as good or excellent if they felt connected to their community (75%\*) than if they did not feel connected (50%\*).

Similarly, the more connected that youth who had been abused felt to their community, the more likely they were to feel good about themselves (75%\* vs. 49%\* of those who were very little or not at all connected).

## Cultural engagement

In addition to feelings about their community, students were asked about their engagement in their culture. Five percent of youth participated in cultural or traditional activities at least weekly, which was lower than the 7% across BC. Youth who were involved in traditional activities on a weekly basis were more likely than those who were never involved to have volunteered in their community each week (43%\* vs. 11%) and to report good or excellent mental health.

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





# Summary list of protective factors

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

## PROTECTIVE FACTOR

## EXAMPLE

### Stable home

Youth who had not moved in the past year were more likely than those who had moved to feel there was an adult in their neighbourhood or community who cared about them.

### Eight or more hours of sleep

Youth who had been physically or sexually abused who slept for at least eight hours were less likely to have self-harmed in the past year (31%\* vs. 50% who slept for less time).

### Good nutrition

Youth who ate fruit or vegetables three or more times the previous day were more likely than those who had fewer servings to report good or excellent mental health and to feel calm and at peace as well as happy most or all of the time in the past month.

### Sports and exercise

Students who exercised daily during the past week were more likely to rate their overall health as good or excellent than those who exercised less often.

### Feeling safe at home, in school, and the community or neighbourhood

If youth who had been teased in the past year felt safe in their neighbourhood during the day, they were less likely than those who rarely or never felt safe to have attempted suicide.

### Feeling connected to school

Youth with a mental or emotional health condition were more likely to feel good about themselves if they felt more connected to their school.

### Feeling engaged in activities

Students who felt their ideas were listened to at least quite a bit were more likely than those who felt listened to only a little or not at all to rate their overall health as good or excellent.

### Feeling connected to family

Youth who felt their family paid attention to them were less likely than those who did not feel this way to have ever been a passenger in a vehicle with someone who had been drinking.

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

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

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

Lesbian, gay, or bisexual youth who felt they had an adult in their family to talk to were more likely than those without this support to rate their mental health as good or excellent, and were less likely to have self-harmed in the past year.

**A supportive adult outside family**

Among students who had been teased, socially excluded, or assaulted, those who had an adult outside of their family to talk to were more likely than those without such an adult to have only positive aspirations for the future.

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

Students who felt they had a supportive adult outside their family were more likely than those without this support to feel like a part of their community (42% vs. 34%) and to have post-secondary plans (83% vs. 77%).

**Helpful sources of support**

Youth who had been physically and/or sexually abused who had asked their school counsellor for help and found this experience helpful were less likely than those who did not find their school counsellor helpful to have seriously considered suicide in the past year.

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

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

**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**

Youth who had been abused were more likely to rate their mental health as good or excellent if they felt quite a bit or very much connected to their community than if they did not feel connected.

**Cultural engagement**

Youth who were involved in traditional activities on a weekly basis were more likely than those who were never involved to report good or excellent mental health.

# How to use these results

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

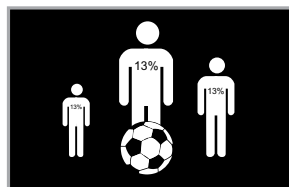
If you would like to join our community mailing list to receive updates about when new reports are released, when webinar presentations are scheduled, and other news related to the BC Adolescent Health Survey, please contact [community@mcs.bc.ca](mailto:community@mcs.bc.ca).

## A selection of BC AHS resources



### *From Hastings Street to Haida Gwaii*

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



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



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

## YOUTH RESOURCES



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

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



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



