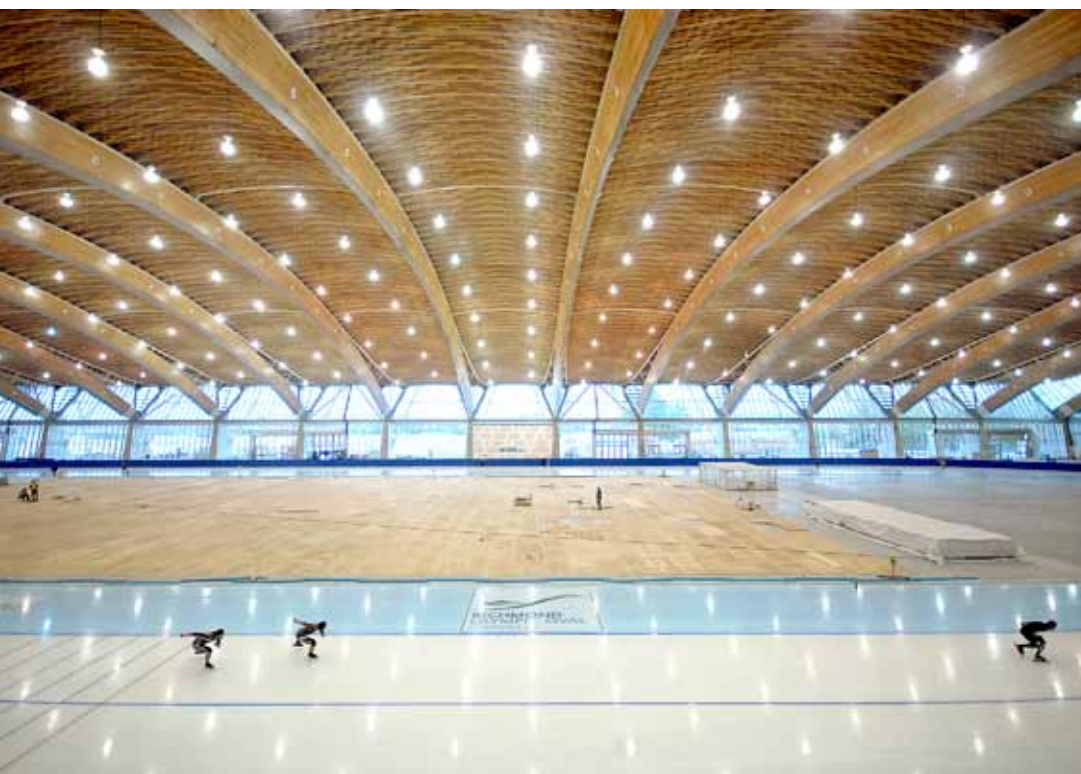




Results of the 2013 BC Adolescent Health Survey

Richmond



Richmond

RESULTS OF THE 2013 BC ADOLESCENT HEALTH SURVEY

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McCreary Centre Society is a non-government not-for-profit committed to improving the health of BC youth through research and community-based projects. Founded in 1977, the Society sponsors and promotes a wide range of activities and research to identify and address the health needs of young people in the province.



Youth health • Youth research • Youth engagement



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Key findings

Local findings from the 2013 BC Adolescent Health Survey showed that most youth 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 Richmond and the province as a whole, and identified some groups of students who may need additional support.

Richmond's ethnic and cultural makeup is very different to that of the province as a whole, with half of Richmond students being of East Asian heritage (compared to 18% provincially). Local students are twice as likely as their peers across BC to speak a language other than English at home and to have a parent who works abroad.

Consistent with provincial findings, students were less likely to rate their mental health as good or excellent than their overall health.

Ten percent of students (5% of males vs. 14% of females) reported not accessing mental health services in the past year when they thought they needed to. The most common reason was not wanting their parents to know.

There were local improvements in some injury prevention behaviours, as youth were more likely to wear a seat belt than their peers previously. Also, 3% of Richmond youth who had tried alcohol had driven after drinking, which was a decline from 13% in 2008.

Less than half of Richmond students (46%) slept for eight hours or more on the night before taking the survey. Sixty percent of females and 48% males were doing homework and 87% of females and 80% of males were online or on their phone after they were supposed to be asleep.

Fewer students reported going to bed hungry because there was not enough money for food at home. In 2013, 6% went to bed hungry sometimes, and 1% went to bed hungry often or always. This was a decrease from 2008 when 11% went to bed hungry sometimes, and 3% went to bed hungry often or always.

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 (12% vs. 2% of those who did not go to bed hungry).

The percentage of youth who were overweight or obese increased from 2008 to 2013 (from 20% to 25% for males and from 8% to 15% for females), after remaining stable between 2003 and 2008.

Only 11% of 12–17 year olds exercised for the recommended 60 minutes a day in the past week, compared to 17% provincially. Additionally, students in Richmond were more likely to have not exercised at all in the past week (14% vs. 9% across BC).

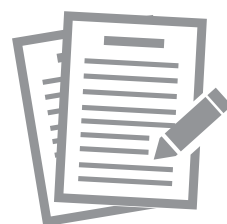
Local students were less likely than those across the province to be sexually active. They were also less likely to have had sex, to report an STI or to have been involved in a pregnancy than their local peers in 2008.

The decrease in alcohol and marijuana use seen provincially was not seen in Richmond. However, Richmond rates of use remained below those across BC, and local students were waiting longer to try these substances than in 2008.

Although the percentages of female students who experienced some forms of bullying (i.e., teasing and social exclusion) rose from 2008, both male and female students felt safer in every location at their school in 2013 than they had previously.

Students in 2013 were less likely than their peers in 2008 to report being the victims of sexual abuse or sexual harassment.

A number of protective factors were identified which appeared to contribute to better health outcomes and well-being for even the most vulnerable youth in Richmond. These included family, school and community connectedness; cultural engagement; supportive and caring adults; sleep; good nutrition and feeling listened to and valued.



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 (seven more than when the survey was last conducted in 2008).

In addition to a provincial report (*From Hastings Street to Haida Gwaii* available at www.mcs.bc.ca), 16 reports at the Health Service Delivery Area level will be published over the coming year. This report focuses on students in the Richmond Health Service Delivery Area (Richmond School District is the only school district in this HSDA).

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

Richmond School District (SD 38) participated in the BC AHS in 2003, 2008, and 2013 using the same consent procedures each time. This allows for the inclusion of data about trends over the past decade. The results presented in this report provide the most comprehensive and representative picture of youth health in Richmond.



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 Richmond 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

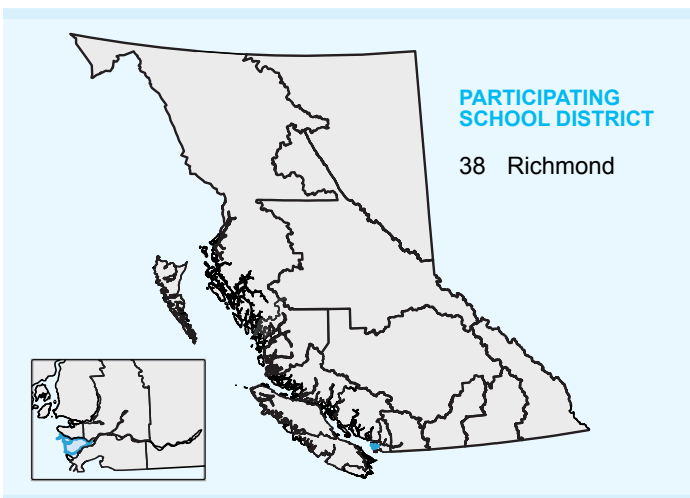
Vancouver Island Health Authority

- 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

RICHMOND HEALTH SERVICE DELIVERY AREA



ONLINE

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

Youth in Richmond

Ethnic & cultural background

Students in Richmond most commonly reported that they were of East Asian heritage (50%), which was above the provincial rate of 18%.

Provincially, more than half of students identified as having European heritage (53%), compared to a quarter of local students. This represented a local decrease from 31% in 2008.

Family background	
East Asian	50%
European	25%
Southeast Asian	16%
South Asian	10%
African	3%
Latin/South/Central American	3%
West Asian	3%
Aboriginal	2%
Other	2%
Australian/Pacific Islander	1%
Don't know	2%

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.

There was also a decrease in the percentage of youth identifying as having an Aboriginal background, from 4% in 2008 to 2% in 2013. There was an increase in the percentage of local youth identifying as Southeast Asian (16% vs. 10% in 2008). Students were less likely to indicate not knowing their background in 2013 than 2008 (2% vs. 4%).

NEW CANADIANS

Thirty-seven percent of students were born outside of Canada, which although above the provincial rate of 19%, was a local decrease from 2003 and 2008 when around half of youth were born abroad. Among local students born outside Canada, 17% had lived here less than 2 years, 16% were international students, and 4% were refugees.

LANGUAGE

Similar to 2008, 25% of students spoke only English at home, which was below the provincial rate of 51%. Thirty-five percent sometimes spoke a language other than English at home, and 40% spoke another language at home most of the time (compared to 21% provincially).

Sexual orientation & gender identity

Students in Richmond were less likely to identify as completely straight in 2013 than in previous years. For example, 77% identified as completely straight in 2013, compared to 84% in 2008. Instead, females were more likely to identify as mostly straight (10% vs. 7% in 2003) and males were more likely to identify as bisexual (2% vs. 1% a decade ago).

Similar to provincial results, males were more likely to identify as completely straight than females (80% vs. 75%), and less likely to identify as mostly straight (5% vs. 10%). However, unlike the provincial results where there was no gender difference in identifying as gay or lesbian, local males were more likely to identify as gay. Furthermore, although provincially females were more likely to identify as bisexual, there was no gender difference among Richmond students.

Reflecting the provincial picture, 1% of youth identified as transgender. The percentage of Aboriginal students who identified as Two Spirit could not be released due to risk of deductive disclosure.

Sexual orientation	
Completely straight	77%
Mostly straight	7%
Bisexual	3%
Gay or lesbian	1%
Questioning	1%
Don't have attractions	11%

Home life

Similar to the rest of the province and to local rates over the past decade, 94% of students reported living with at least one parent (including a step-parent).

The majority of youth (84%) reported that their parents or guardians worked locally. Twelve percent had at least one parent who worked outside of Canada, which was twice the provincial rate of 6%. Four percent of youth reported that their parents did not work, which was consistent with the rest of BC.

Who youth lived with most of the time	
Mother/stepmother	87%
Father/stepfather	70%
Sibling(s)/stepsibling(s)	62%
Grandparent(s)	12%
Both parents at different times	6%
Other adult(s) related to me	5%
Other adult(s) not related to me	2%
Other children or youth	2%
Foster parent(s)	1%
Two mothers/two fathers	NR
I live alone	NR
Other adult(s) not related to me	NR

Note: Youth could choose more than one response.
NR: The percentage could not be released due to the risk of deductive disclosure.

In this report

PARENT refers to students' parent or guardian. ➔

Stable home

Having a stable home has been shown to be a protective factor in the lives of youth.

Eight percent of students had run away in the past year. The percentage of males who ran away was similar to the provincial rate but females in Richmond were less likely to have run away than females in the province as a whole (7% vs. 11%).

Twenty-three percent of Richmond students had moved from one home to another in the past year, and 5% had moved three or more times, which reflected the provincial picture.

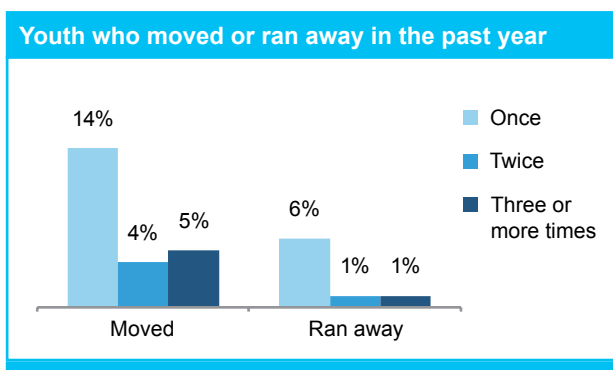
When compared to youth who had moved house, youth who had stayed in the same home for the past year were more likely to be taking part in community life, such as participating at least once a week in informal sports like road hockey, hiking, or biking (51% vs. 46%).

Youth who had immigrated to Canada were more likely than Canadian-born students to have changed address in the past year (31% vs. 18%). As with Canadian-born students, those who had immigrated here and had not moved home in the past year were more likely to be engaged in community life. For example, they were more likely to have taken part in informal sports on a weekly basis (50% vs. 41% who had moved at least once in the past year).

Government care

Two percent of Richmond students had ever lived in foster care, and 2% had lived in a group home. Two percent were currently living in government care.

Reflective of youth in care across the province, nearly half of local students with care experience had moved in the past year. Local students with care experience were more likely to have moved than those who had not been in care (47%* vs. 21%).



Def.

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



I'm upset about parent's divorce coming up—I'm upset that I have to move houses and schools."

As with other young people, if youth with government care experience had lived at one address for the past year there appeared to be health benefits. For example, they were more likely than those who had moved to rate their general health as good or excellent, and were twice as likely to report feeling happy most or all of the time, or to be able to identify an adult in their neighbourhood or community who cared about them.

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

Caretaking responsibilities

On an average school day, 40% of local male students and 50% of female students had some caretaking responsibilities, such as caring for pets or other animals (28% of males vs. 34% of females) and caring for a relative (such as a relative with a disability or a younger sibling; 17% of males vs. 23% of females). Rates for caring for a relative were similar to the province but students in Richmond were less likely to be caring for pets or other animals (31% vs. 52% provincially).

Transportation

Students were asked about what method of transport they usually used to get to school. Fifty-five percent used active means, including walking, biking or skateboarding, which was above the provincial rate (42%). Fifty-six percent got to school by car, and 16% took a bus or other public transit (below 28% provincially). One percent usually hitchhiked to school.

When asked about transportation in general, 85% of Richmond youth used public transit, which was above the provincial rate of 73%. Similar to the provincial rate, 2% had hitchhiked somewhere in the past month (3% of males vs. 1% of females).

Twenty-seven percent of Richmond youth held some sort of driver's licence. Specifically, 20% had a learner's licence and 7% had a novice licence.



Physical health

Consistent with provincial findings, most students (86%) rated their health as good or excellent. This percentage was higher than in 2008 (83%), and a return to 2003 rates.

Females in Richmond were more likely than males to rate their health as good (59% vs. 51%), and less likely to rate it as excellent (26% vs. 35%). Males were more likely to rate their health as poor (3% vs. 1% of females), which was a gender difference not seen provincially.

In fact, local males were more likely than males across the province to report poor health (3% vs. 1%), and less likely to rate their health as excellent (35% vs. 43%).

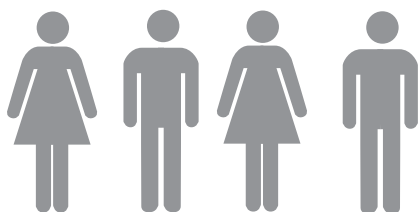
Health conditions & disabilities

Twenty-one percent of male and female students had at least one health condition or disability. This was lower than the provincial rate for females, as provincially 30% of females reported at least one condition.

There were no gender differences in the various types of health conditions and disabilities which youth reported, except females were more than three times as likely to report having a mental health condition (10% vs. 3% of males).

When students were asked about specific conditions such as Depression and Anxiety Disorder, the percentage reporting a mental health condition more than doubled (see page 17 for more details).

Among youth with a health condition or disability, 36% of males and 50% of females had a condition that at least sometimes prevented them from doing things their peers could do.



Youth with a health condition or disability	
Long term or chronic condition (e.g., diabetes or asthma)	9%
Mental or emotional health condition	7%
Sensory disability	3%
Allergies severe enough to require an epinephrine injection	3%
Learning disability	3%
Behavioural condition	2%
Physical disability	NR

Note: Youth could choose more than one response.

Foregone medical care

In the past year, 9% of students did not get medical help when they thought they needed it. This was similar to both the 2008 local rates and the 2013 provincial results.

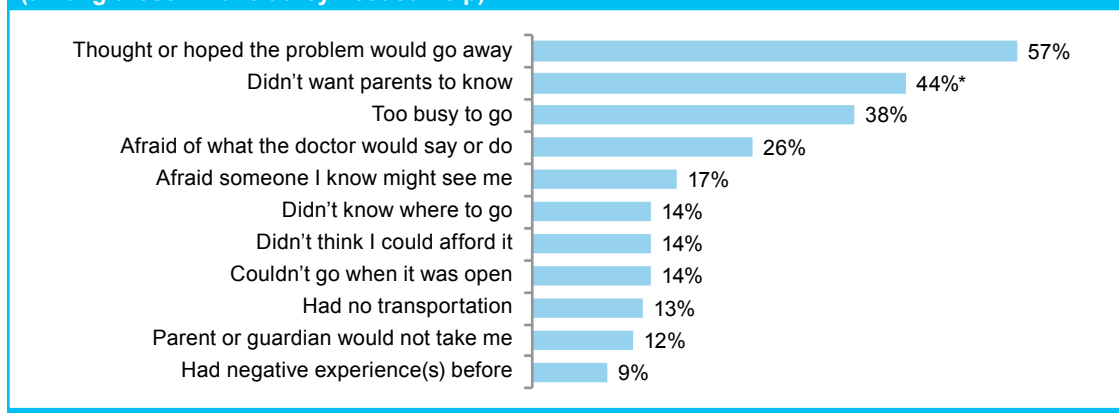
Among students who did not access needed medical care, the most common reason for not doing so was thinking or hoping the problem would go away. Other common reasons included not wanting parents to know, and being too busy to go. Not wanting parents to know was a concern for more students in 2013 than in 2008 (44% vs. 23%).

Females were more likely than males to have missed out on needed care because they thought or hoped the problem would go away (68%* vs. 42%*). In addition, females were more than three times as likely to not go because their parents would not take them.

Dental visits

Similar to the picture across the province, 84% of local students had visited the dentist in the past 12 months, 5% had last visited more than 24 months ago and 2% had never been to the dentist. For 7% of students, their last visit to the dentist had been for pain.

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



* 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.



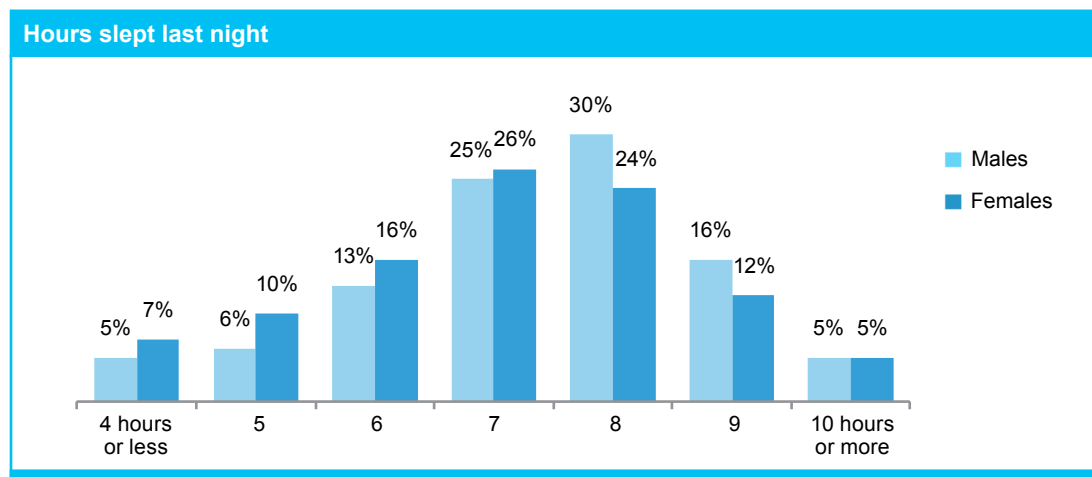
My family says medical checkups here are expensive so I have to wait until I return to my home country where there are cheaper opportunities for care.”

Sleep

It is recommended that adolescents get between 8.5 and 9.25 hours of sleep each night. In Richmond, 46% of students (51% of males vs. 42% of females) slept for eight hours or more on the night before taking the survey, while 6% slept for four hours or less.

Older students slept less than younger ones. For example, 28% of students who were 17 years old slept for eight or more hours on the night before taking the survey, compared to 84% of students age 12 and younger.

Comparable to the provincial rate, 84% of local students (80% of males vs. 87% of females) were doing something such as homework or using their cellphone after the time they were expected to go to sleep. For example, 54% of local students (48% of males vs. 60% of females) were doing homework after the time they were normally expected to go to sleep, which was higher than the provincial rate of 45%.



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



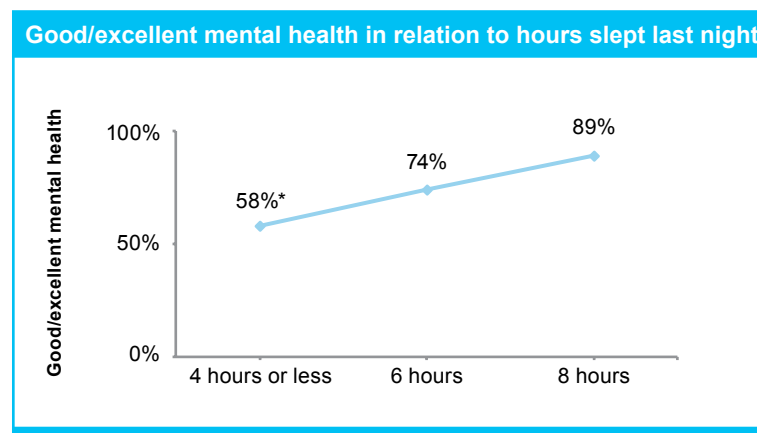
You should educate kids on how to manage time wisely so that they get enough sleep and don't stress out."

Some students were at particular risk of not getting enough sleep. For example, 35% of students who had been physically or sexually abused slept eight or more hours the night before taking the survey, compared to 48% 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.

Similarly, youth who had been abused who slept for at least eight hours were half as likely to have self-harmed in the past year (21% vs. 42% who slept fewer hours), and to have foregone necessary mental health services (15% vs. 32%).

Also, no local lesbian, gay, or bisexual student who slept for eight or more hours had self-harmed in the past year, compared to 44%* of those who slept fewer hours.



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



Mental health

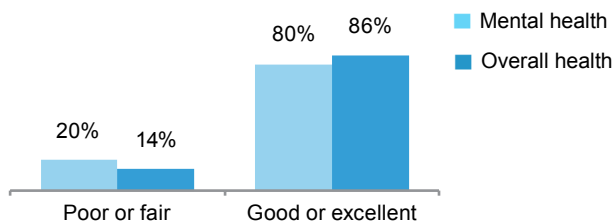
Most youth (80%) rated their mental health as good or excellent, which was comparable to the percentage across the province. Males were more likely than females to rate their mental health as excellent (44% vs. 31%), whereas females were more likely to rate it as good (47% vs. 39% of males).

Consistent with provincial findings, students were less likely to rate their mental health as good or excellent than their overall health.

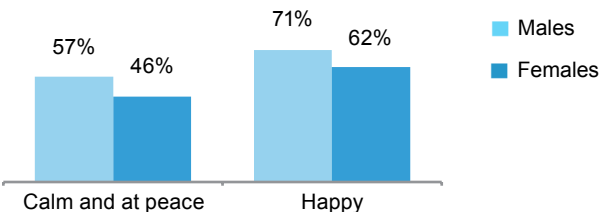
The majority of students felt good about themselves (86% of males vs. 73% of females) and felt they were as competent as most of their peers (89% of males vs. 80% of females).

Most students reporting 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 (75% vs. 69%). Males were also more likely than females to feel happy and to feel calm and at peace most or all of the time in the past month.

Mental health and overall health ratings



Students who felt calm and happy in the past month (youth who felt this way 'most of the time' or 'all the time')



Mental health is a growing problem and I hope there is more education... Maybe more school presentations would help there be less of a stigma.”

Mental health conditions

Students were asked about specific mental health conditions. They most commonly reported having Depression, Anxiety Disorder, and/or Attention Deficit/Hyperactivity Disorder (ADHD). Females were more likely to have Depression or Anxiety Disorder, whereas males were more likely to report ADHD or an addiction to alcohol or other drugs.

Students in Richmond were less likely than their peers across the province to report having any sort of mental health condition (15% vs. 19% provincially), and to specifically report having Depression (7% vs. 10%), Anxiety (6% vs. 8%), or ADHD (4% vs. 6%).

Stress & despair

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

Students were asked the extent to which they felt so sad, discouraged or hopeless that they wondered if anything was worthwhile. Fifty-nine percent reported feeling some level of despair in the past month, which was an increase from 52% in 2008 but similar to the percentage in 2003.

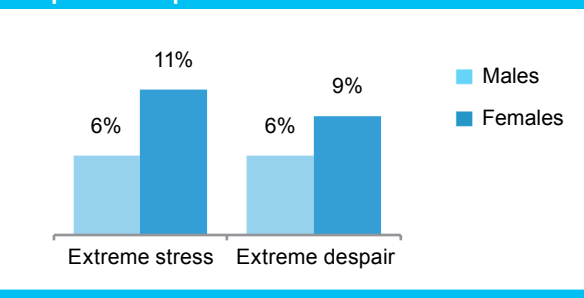
As was the case with extreme stress, percentages of students reporting extreme despair were comparable to those in the province as a whole. These extreme levels of stress and despair generally increased with age.

Most commonly reported conditions

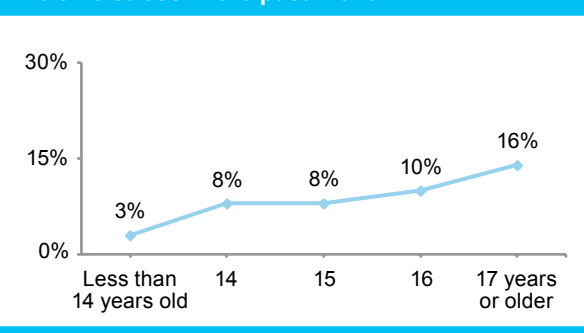
	Males	Females
Depression	4%	10%
Anxiety Disorder/Panic Attacks	4%	8%
ADHD	6%	2%

Note: Youth could choose more than one response.

Students who experienced extreme stress and despair in the past month



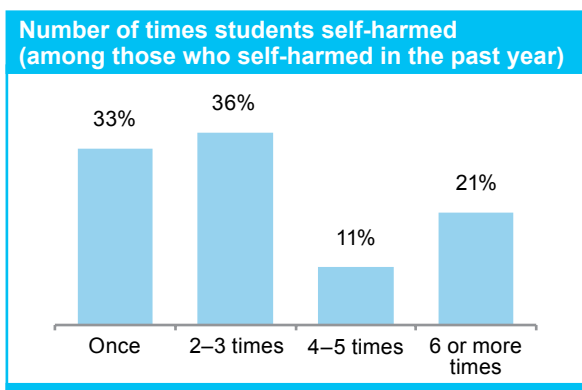
Extreme stress in the past month



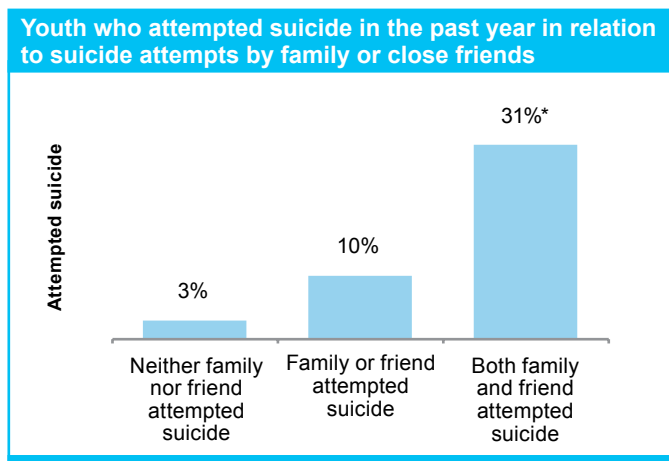
I work really, really hard and lose a lot of sleep and feel exhausted all the time... I don't know how to deal with it."

Self-harm

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



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

Six percent of males seriously thought about killing themselves in the past year, which was similar to the rate among males in the province as a whole. Thirteen percent of females had these suicidal thoughts, which was lower than the 17% among females across BC.

For both males and females, rates of suicidal ideation decreased from 2003 to 2008, and remained at those lower levels in 2013. Three percent of males and 7% of females reported attempting suicide in the past year, with similar rates to the province as a whole, and to local rates over the past decade.

A known risk factor for attempting suicide is having had a family member or close friend attempt or die by suicide. Nine percent of students reported that a family member had tried to kill themselves at some point, and 18% reported that a close friend had attempted suicide.

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.

“

Both of my best friends drink and cut themselves.”

63% of youth who did not access needed mental health services had not done so because they did not want their parents to know (vs. 48% in 2008).

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

Compared to youth in the province as a whole, students were less likely to see themselves having a home of their own in five years (22% vs. 26% provincially) and were more likely to anticipate being in school (57% vs. 52%).

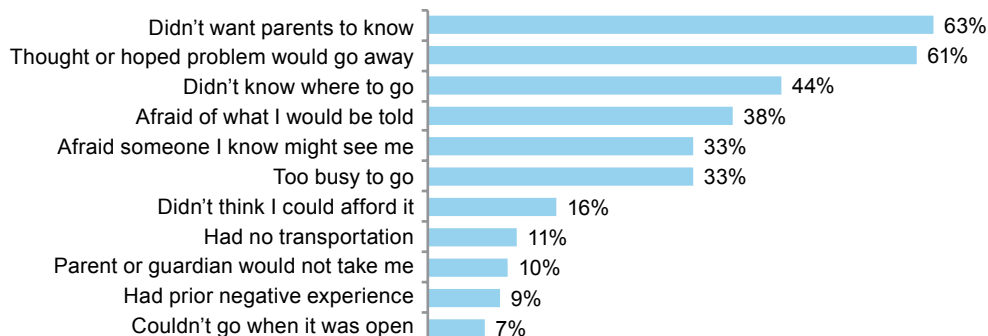
Foregoing mental health services

Ten percent of students (5% of males vs. 14% of females) reported not accessing mental health services in the past year when they thought they needed to. This rate was similar to that in the province as a whole and to the percentage five years earlier (for both males and females).

As was the case provincially, the most common reasons for not accessing needed mental health services included not wanting their parents to know, thinking or hoping the problem would go away, not knowing where to go, and feeling fearful of what the mental health professional would tell them.

The only gender difference was that males were more likely than females to report being too busy to go (53%* vs. 28%). This rate for males was higher than the percentage for males across the province (27%), while the rate for females was comparable to the provincial level.

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



Note: Youth could choose more than one response.

“

I feel like I might suffer from anger issues and Depression, but I fear of my parents knowing.”

Injuries & injury prevention

Injuries

In the past year, 21% of male and female students were injured seriously enough to require medical attention. This was an increase from 18% in 2008 and a return to the local 2003 rate, but remained lower than the current provincial rate of 27%.

Most youth were injured playing or training for sports or other recreational activity (64%). Additionally, 8% of injuries happened when youth were walking or running outside, 5% when riding a bicycle, and 4% when snowboarding or skiing. Five percent of students were using a cellphone or portable electronic device when they were injured.

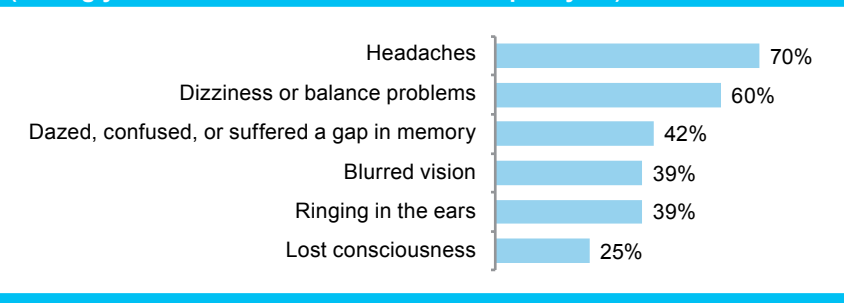
Concussions

Eleven percent of students had a concussion in the past year. Eight percent had one concussion, 2% had two, and 1% had three or more. The most common symptoms experienced were headaches and/or dizziness or balance problems.

Def.

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

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



Note: Youth could choose more than one response.

19% of Richmond youth who had experienced a concussion in the past year had not accessed needed medical help.

Injury prevention

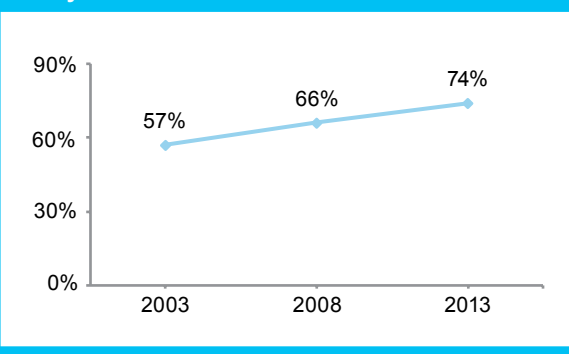
Similar to youth across the province, local students were more likely to wear a seat belt than in previous years, and 74% of male and female youth always wore their seat belt when riding in a motor vehicle. However, while provincially 1% of students never wore a seat belt, the rate was 2% among local students.

Richmond youth were more likely to take injury prevention seriously in some activities over others. For example, 72% always wore a helmet when snowboarding or skiing, while 36% always wore one when riding a bike.

Wearing a helmet was linked to a lower chance of having a concussion or other serious injury. For example, 9% of youth who always wore a helmet when riding a bike had a concussion in the past year, which was half the rate of those who never wore a helmet (18%).

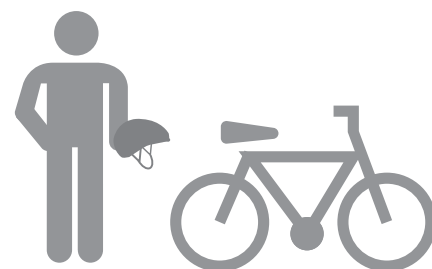
Three percent of Richmond youth who had tried alcohol had ever driven after drinking, which was below the provincial rate of 5% and a decline from 13% in 2008. It was more common for local youth to have driven

Always wore a seat belt



after using marijuana, which 14% of marijuana users had ever done (a decrease from 21% in 2008), and 8% had done in the past month. Both of these rates were similar to those reported in the province overall.

Seventeen percent of all Richmond students had been a passenger in a vehicle with a driver who had been drinking or using marijuana, and 6% had done so in the past month. Females were more likely to have ever ridden with an impaired driver (19% vs. 14% of males).



Nutrition

Ninety-five percent of youth reported eating fruit or vegetables at least once on the day before taking the survey, which was consistent with the provincial rate and a local increase from 91% in 2008.

Canada's Food Guide recommends that males aged 14–18 should eat eight servings of fruit and vegetables daily and females should eat seven servings. Youth aged 13 and younger need six servings. Consistent with students across the province 36% of Richmond youth had fruit or vegetables only once or twice the previous day.

In 2013, females were more likely than males to have eaten vegetables or green salad (87% vs. 81%) and sweets (79% vs. 74%), while males were more likely to have consumed fast food (48% vs. 37%), water (98% vs. 96%), pop or soda (40% vs. 24%), and energy drinks (6% vs. 3%) the previous day.

Local youth were more likely than those across the province to have eaten traditional foods from their background (62% vs. 38%), and were less likely to have consumed food grown or caught by them or their family (8% vs. 12% provincially), pop or soda (32% vs. 35%), or coffee or coffee-based beverages (21% vs. 27%).

What youth ate and drank yesterday			
	2008	2013	Change from 2008
Fruit	79%	86%	↑
Vegetables or green salad	78%	84%	↑
Sweets (cookies, candy, chocolate, etc.)	64%	76%	↑
Fast food (pizza, hot dogs, fries, etc.)	49%	43%	↓
Traditional foods from youth's background	NA	62%	
Food grown or caught by youth or family	NA	8%	
Water	94%	97%	↑
Pop or soda	43%	32%	↓
Energy drinks	9%	4%	↓
Coffee or coffee-based beverages	25%	21%	↓

Note: NA means that the question was not asked.

“ I don't eat that many fruits and vegetables.”

Youth who reported eating fruit or vegetables three or more times on the day before taking the survey were more likely to report feeling calm most or all of the time in the past month (54% vs. 47% who ate them less often). They were also more likely to report feeling happy most or all of the time (69% vs. 63%).

Students who are obese are at risk for low self-esteem and mental health conditions such as Depression. Eating a healthy diet may be a protective factor. For example, 91% of youth who were obese who ate three or more servings of fruit or vegetables felt good about themselves, compared to 62%* who did not eat this many servings.

Youth with a debilitating health condition who had three or more servings of fruit or vegetables were more likely than those who had fewer servings to rate their mental health as good or excellent (48% vs. 33%*).

Breakfast

Consistent with the provincial rate, 11% of Richmond students (13% of females vs. 9% of males) reported never eating breakfast on school days, whereas 58% (61% of males vs. 54% of females) always ate breakfast. Females in Richmond were more likely than their peers across BC to report always eating breakfast at home (54% vs. 48% provincially).

Among youth who did not eat breakfast at home, the reasons were generally similar to those seen provincially. However, 16% reported packing their breakfast and taking it to school, compared to 10% provincially.



Among youth who did not eat breakfast at home, females were more likely than males to report this was because they did not have time (79% vs. 72% of males), they were not hungry in the morning (44% vs. 35%), they felt sick when they ate breakfast (22% vs. 12% of males), they packed their breakfast and took it to school (19% vs. 11%), and that they were trying to control their weight (14% vs. 6% of males).

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 (85% vs. 73%), better nutrition (such as eating fruit or vegetables three or more times yesterday; 63% vs. 52%), and to have slept for eight or more hours the previous night (55% vs. 34%).

Going to bed hungry

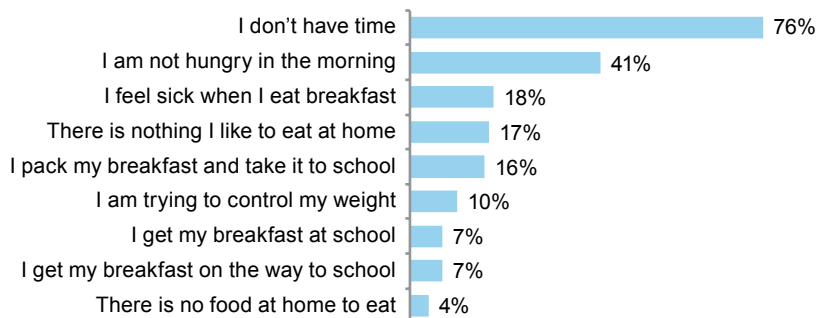
Consistent with the province, 93% of youth in Richmond never went to bed hungry because there was insufficient money for food at home. Six percent went to bed hungry sometimes, and 1% did so often or always. This was a local decrease from 2008 when 11% went to bed hungry sometimes, and 3% went to bed hungry often or always.

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 (12% vs. 2% of those who did not go to bed hungry).

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.

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



Note: Youth could choose more than one response.

Body weight & body image

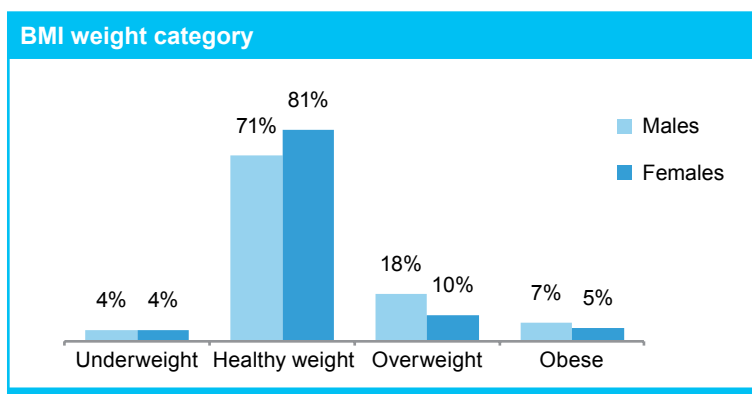
Body weight

Students' body mass index (BMI) was calculated from their self-reported height and weight measurements. According to their BMI, 77% of youth were a healthy weight for their age and gender, while 4% were underweight, 14% were overweight, and 6% were obese. Males were more likely than females to be overweight, but there was no gender difference for being underweight or obese.

Percentages of youth in the various weight categories were similar between Richmond and the province as a whole.

The percentage of youth who were overweight or obese increased from 2008 to 2013 (from 20% to 25% for males, and from 8% to 15% for females), after remaining stable between 2003 and 2008.

BMI weight category did not appear to affect exercise participation. For example, there was no difference in the average number of days that youth exercised between youth in different BMI categories.



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



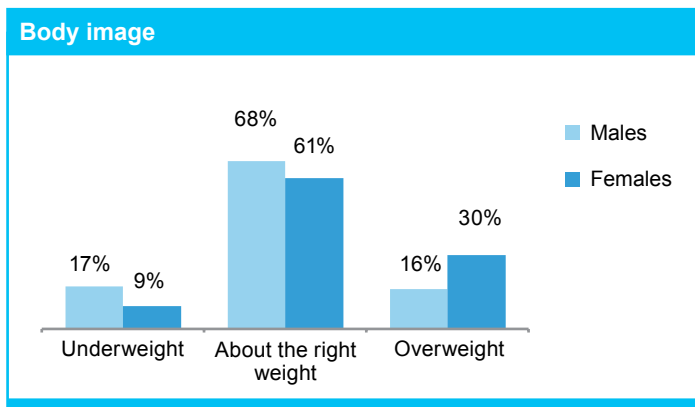
I feel bad about my weight and I skip meals every now and then.”

24% of healthy weight females thought they were overweight, compared to 6% of healthy weight males.

Body image

Students were also asked how they saw themselves. Sixty-four percent felt they were about the right weight, whereas 13% thought they were underweight and the remaining 23% felt they were overweight.

Similar to results seen in 2008, 35% of healthy weight males were trying to gain weight (vs. 6% of healthy weight females), and over half (53%) of healthy weight females were trying to lose weight (vs. 15% of healthy weight males).



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

Eating behaviours

Twenty-eight percent of youth (23% of males vs. 33% of females) had binge eaten in the past year, and 6% had done so weekly. Local males were more likely than their peers across the province to have binge eaten in the past year (23% vs. 19%), while there was no difference for females.

Consistent with the province, 8% of youth had vomited on purpose after eating (purged) in the past year, and 1% had done so weekly. There were no gender differences in purging behaviour, unlike in the province overall where females were more likely than males to have purged.

Youth who reported poorer mental health were more likely to binge eat in the past year. For example, 13% of youth who rated their mental health as poor or fair had binge eaten on a weekly basis in the past year, compared to 5% of youth with good or excellent mental health. Also, 18% of students who did not feel happy during the past month binge ate on a weekly basis compared to 4% of students who felt happy most or all of the time. Similar relationships were found between mental health and purging.



Sometimes I feel fat when I look at the mirror.”

Sexual behaviour

Oral sex

Fifteen percent of students reported ever having oral sex, which was a decrease from 19% in 2008. The percentage of students who ever had oral sex was lower in this region than in the province as a whole (23%).

Although equal percentages of males and females indicated having oral sex, males were more likely to have received oral sex (14% vs. 10% of females), whereas females were more likely to have given it (12% vs. 8% of males). The rate of ever having oral sex increased with age.

CONDOM USE

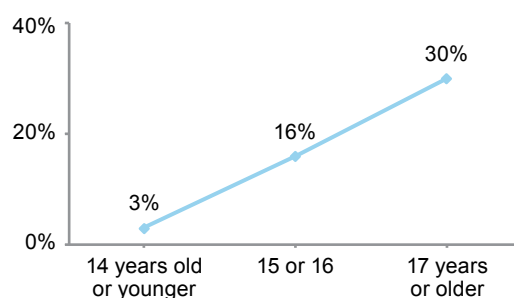
Twenty percent of students who had oral sex reported that they or their partner had used a condom or other barrier the last time they had oral sex, with similar rates for males and females, and comparable to the rate seen in the province.

Sex (excluding oral sex)

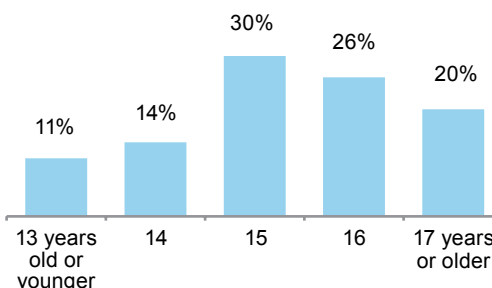
Twelve percent of local male and female students indicated ever having sex, other than oral sex or masturbation, which was lower than the provincial rate of 19%. In Richmond, there was a decrease in the percentage of students who ever had sex from 2003 and 2008 (16%).

Consistent with the pattern for oral sex, older students were more likely than younger ones to have had sex. For example, 27% of 17-year-olds reported having had sex compared to 12% of 15-year-olds.

Ever had oral sex



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



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

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

AGE YOUTH FIRST HAD SEX

Youth who had ever had sex most commonly reported first doing so at age 15. This was similar to the 2013 provincial picture.

After a local increase from 2003 to 2008, the percentage of students who first had sex at age 14 or younger decreased to 25% in 2013 (compared to 43% in 2008).

PARTNERS

Fifty-nine percent of students who ever had sex had one sexual partner during the past year, while 18% had three or more partners.

Ninety percent had exclusively opposite gender partners in the past year.

SUBSTANCE USE

Comparable to the province as a whole, 20% of Richmond students who had ever had sex reported using alcohol or other substances before they had sex the last time. The rate reflected a decline from 29% five years earlier.

CONDOM USE

Similar to students across the province, 73% of students who ever had sex reported that they or their partner had used a condom or other latex barrier the last time they had sex, with similar rates for males and females. The percentage of males who had used a condom was similar to 2003 and 2008, while condom use among females increased over the last decade, from 58% in 2003 to 72%* in 2013.

CONTRACEPTION

When students were asked about what efforts they or their partner made to prevent pregnancy the last time they had sex, they most commonly reported using condoms (69%), withdrawal (33%—which is not a reliable method of birth control), and birth control pills (31%). In addition, 9% of students reported using emergency contraception to prevent pregnancy the last time they had sex. These results were generally similar to those found locally in 2003 and 2008.

Students in Richmond were less likely than those across BC to have used birth control pills to prevent pregnancy the last time they had sex (31% vs. 47%).

Pregnancy

Overall, 1% of youth reported ever being pregnant or causing a pregnancy, which was comparable to the rate across BC. This percentage was similar to that seen a decade ago, but lower than that reported in 2008 (2%).

Sexually transmitted infections

Few youth had been told by a doctor or nurse at some point that they had a sexually transmitted infection (STI). The rate of STIs in this region has decreased since 2008, and was comparable to the provincial rate (1% of all students).

Tobacco use

Fourteen percent of youth in Richmond had ever tried smoking tobacco, which was below the provincial rate of 21%. Locally, this was a reduction from 2008 (18%) and 2003 (28%).

In 2013, males were more likely to have tried smoking than females. This was not the case in 2003 and 2008 when there was no gender difference.

Youth in Richmond started smoking later than youth across the province. Among those who had ever tried smoking, 15% first did so at 12 years or younger, compared to 21% provincially. There were also local improvements. For example, 6% of those who had tried smoking had first done so when they were 11 or 12 years old, compared to 13% in 2008.

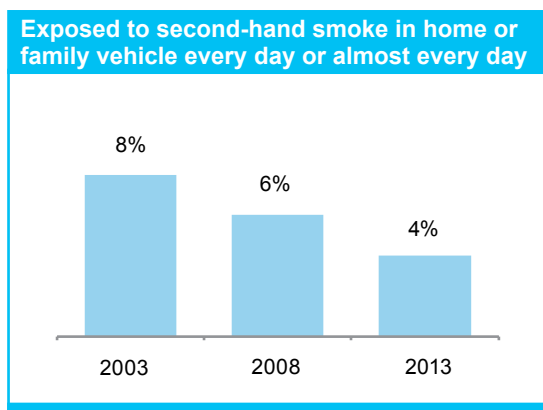
Forty percent of youth who had tried smoking reported smoking in the past month (49% of males vs. 28%* of females). This rate was unchanged from 2003, and was similar to the provincial rate.

Youth used a variety of different tobacco products in the past month, with males generally more likely than females to have used them. Among those who had ever smoked, half smoked cigarettes (56% of males vs. 42%* of females), 17% smoked cigars or cigarillos (nearly three times as many males as females), and 12% used electronic cigarettes with nicotine (more than twice as many males as females). Also, while 10% of males had used chewing tobacco, no

females had done so. Males and females were equally likely to have used a hookah in the past month (22% of youth who had ever smoked).

Among youth who had ever smoked, 26% had successfully quit in the past year, and 15% had tried to quit but had started again. These percentages were comparable to the provincial rates.

Being exposed to smoking is considered to be a risk factor for starting to smoke. Students in Richmond were less likely than their peers across the province to be exposed to tobacco smoke inside their home or family vehicle at least sometimes (16% vs. 21%). Four percent were exposed to tobacco smoke daily or almost daily, which was a decrease from 2008 and 2003.



17% of males had ever smoked compared to 11% of females.

Alcohol, marijuana, & other drug use

Alcohol

Students in Richmond were less likely to have tried alcohol than their peers across the province (35% vs. 45%). Unlike the provincial picture, there was no local decrease in ever having tried alcohol between 2008 and 2013. However, fewer local youth had tried drinking than ten years previous, when 45% had done so.

Youth in Richmond who had tried alcohol were waiting longer to first drink than their peers five years earlier. They also had their first drink later than youth across the province. For example, fewer youth first drank when they were 13 years old (15% vs. 20% provincially), and more were waiting until they were 17 years old (7% vs. 4%).

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

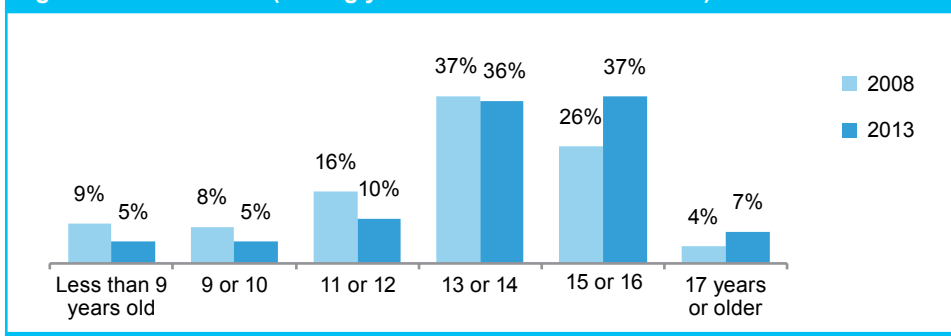
Richmond youth who had tried alcohol, 56% first drank before turning 15 years old, which was a decrease from 70% in 2008.

Thirty percent of youth who had tried alcohol reported having five or more drinks within a couple of hours on at least one occasion in the past month, compared to 39% across the province. There was no difference between males and females, and this local rate was unchanged since 2003.

Overall, 13% of local youth drank last Saturday. Specifically, 9% had liquor, 7% had beer, 6% had coolers, and 3% drank wine. Among youth who drank last Saturday, 59% had mixed different types of alcohol, (with 20% having mixed three or four different types), and 11% mixed alcohol with energy drinks.

Among youth who drank last Saturday, 59% of females had four or more drinks and 60%* of males had five or more drinks, which is considered binge drinking. Neither of the percentages were different from the provincial rates.

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



Note: The difference between 2008 and 2013 was not statistically significant for ages 13 or 14.

Marijuana

Seventeen percent of students had ever tried marijuana (20% of males vs. 14% of females), which was below the 2013 provincial rate (26%). Fewer local students had tried marijuana compared to the rate in 2003 (24%), although there was no change between 2008 and 2013.

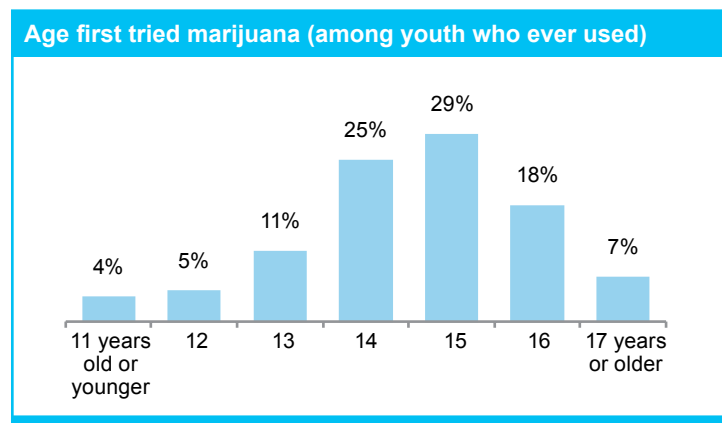
Among those who had tried marijuana, 46% had first used it at age 14 or younger, with females more likely than males to have waited until after they turned 15 (64% vs. 47%). Compared to youth across the province who had tried marijuana, those in Richmond waited longer to first use it. Fifty-four percent first used marijuana at age 15 or older compared to 41% provincially.

Youth in Richmond also waited longer to use marijuana than their peers a decade ago. For example, 47% of youth who had tried marijuana first used it when they were 15 or 16, compared to 34% in 2003.

Fifty-nine percent of Richmond youth who had tried marijuana used it in the past month. This rate was unchanged since 2003. Twenty-six percent had used it regularly (six or more times in the past month), which was higher than in 2008 (20%). Males were more likely to be regular users than females (34% vs. 17%).

Similar to 2008, 6% of local youth (8% of males vs. 4% of females) used marijuana last Saturday, and 4% (5% of males vs. 2% of females) used both alcohol and marijuana that day.

Also similar to youth across the province, local students who used marijuana most commonly got it from a youth outside their family (77% of males vs. 90% of females). Twenty-three percent got it from an adult outside their family (33% of males vs. 9% of females), and 7% got it from a youth or adult in their family.



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

Substances other than alcohol & marijuana

Richmond youth had tried a variety of substances other than alcohol and marijuana, but the use of many of them had decreased since 2008. Fewer youth had tried prescription pills without a doctor's consent (10% vs. 14% in 2008), mushrooms (3% vs. 5%), ecstasy (4% vs. 6%), amphetamines (1% vs. 2%), inhalants (2% vs. 4%), and heroin (1% vs. 2%). The number of local youth who had tried crystal meth was too small to report.

There was no change locally between 2008 and 2013 in the use of hallucinogens (3%), cocaine (4%) or steroids without a doctor's prescription (1%). For the first time, the survey included questions about ketamine or GHB, which 2% of Richmond youth had tried.

The rates of trying most substances were similar to the province overall, but youth in Richmond were less likely to have tried mushrooms (3% vs. 5% provincially). The most common substances other than alcohol and marijuana that Richmond youth had tried were prescription pills without a doctor's consent, ecstasy/MDMA, and cocaine (5% of males vs. 3% of females).

Consequences of substance use

Almost half of youth who had used alcohol or other substances reported negative consequences in the past year (48%). Females were more likely than males to report getting injured (13% vs. 7%), while males were more likely to have damaged property (10% vs. 4%), got in trouble with police (9% vs. 4%), and/or got into a fight.

In the past year, a total of 4% of Richmond youth were either told or felt that they needed help for their substance use. Two percent needed help for their alcohol use, 2% for their marijuana use, and 1% for their other drug use. Males were more likely to have felt they needed help for their marijuana use (3% vs. 2% of females).

Reported reasons for using

For the first time, the survey asked students who had used alcohol or other drugs what their reasons for doing so were the last time they used. The most common reasons were wanting to have fun, wanting to experiment and because their friends were doing it. There were no gender differences in reasons for use.

**Consequences of substance use in the past year
(among youth who had used alcohol or other substances during that time)**

Was told I did something I couldn't remember	35%
Passed out	26%
Argued with family members	12%
Got injured	10%
School work or grades changed	10%
Lost friends or broke up with a girlfriend or boyfriend	7%
Damaged property	7%
Got in trouble with police	6%
Got into a physical fight	5%
Had sex when I didn't want to	4%
Overdosed	2%
Had to get treatment for alcohol or drug abuse	NR

Note: Youth could choose more than one response.

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

I wanted to have fun	60%
I wanted to try it/experiment	33%
My friends were doing it	32%
Because of stress	22%
I felt down or sad	17%
I felt like there was nothing else to do	10%
To manage physical pain	6%
I thought it would help me focus	4%
I was pressured into doing it	3%
Because of an addiction	2%
Other	21%

Note: Youth could choose more than one response.

School

School connectedness

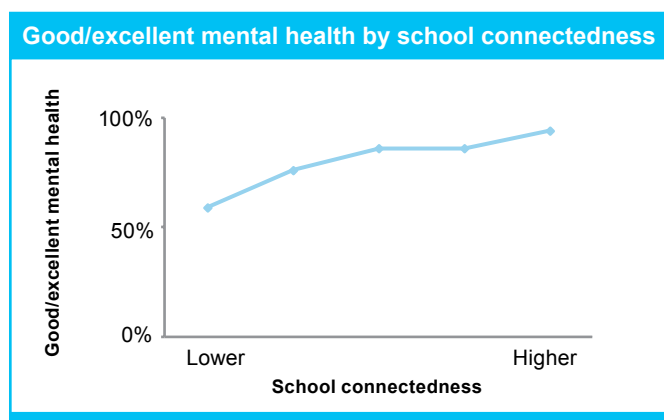
School connectedness was measured using a scale which included students' feelings about school and their school community. Students in Richmond reported similar levels of school connectedness as students across the province.

Most students felt like they were a part of their school (63%), were happy to be at school (66%), and felt safe there (75%). The majority also felt that they were treated fairly by school staff (71%), they got along with their teachers (70%), and their teachers cared about them (61%). However, less than half (42%) felt that school staff other than teachers cared about them.

The percentages of students who felt like they were a part of their school and were happy at their school were similar to those seen in 2003 and 2008. After increasing from 71% in 2003, the percentage of students who felt safe at school remained at the 2008 level.

School connectedness had positive associations. For example, youth who had been teased, excluded, and/or assaulted in the past year were more likely to have only positive aspirations for the future if they felt more connected to their school. Similarly, youth with a mental or emotional health condition were more likely to have post-secondary plans if they felt more connected to their school.

Youth who had a close friend attempt suicide were less likely to have considered or attempted suicide themselves if they felt more connected to school.



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

Older students were generally more likely than younger ones to have skipped class.

School safety

Students in Richmond felt safer in every area of their school in 2013 than in previous survey years.

Male and female students felt equally safe in each area of their school except the washrooms, where males were less likely than females to feel safe (84% vs. 89%).

In terms of overall feelings of safety at school, 27% strongly agreed that they felt safe at school. These youth were less likely to have missed school in the past month (45% vs. 69%* of those who felt less safe), and were more likely to have post-secondary plans. Youth who felt safest at school were also more likely to rate their mental health as good or excellent (88% vs. 61%*).

School absences

Overall, 48% of students in Richmond had missed classes on at least one day in the past month. This was lower than the provincial rate of 57%. Illness was the most common reason for missing school. Similar to the provincial picture, Richmond females were more likely than males to miss school

due to illness (41% vs. 34%). Males and females were equally likely to have missed school for other reasons including skipping (16%), family responsibilities (8%), bullying (2%), and work (1%).

Weapon carrying

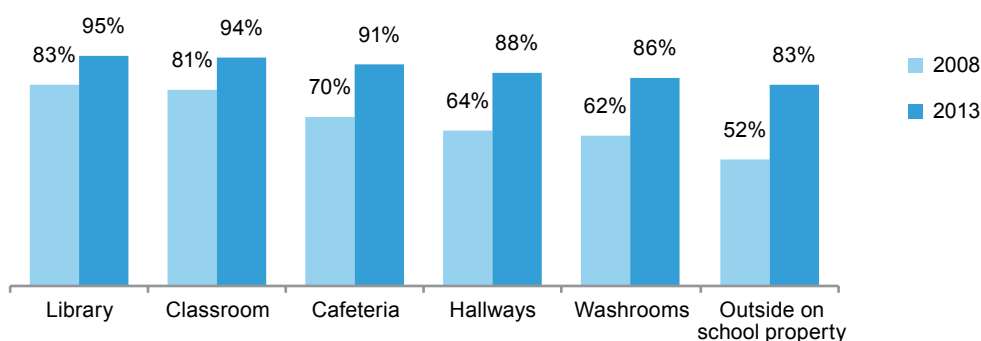
Three percent of students in Richmond (5% of males vs. 1% of females) carried a weapon, such as a knife or bat, to school in the past month. One percent reported that they always carried a weapon at school.

Educational aspirations

Richmond students were more likely than students across the province to expect to graduate from high school (91% vs. 89%). They were also more likely to anticipate continuing their education beyond high school, such as through university, college, or trade school (89% vs. 86%).

Eight percent of local students had not yet decided what their plans were.

Locations where students always or usually felt safe at school

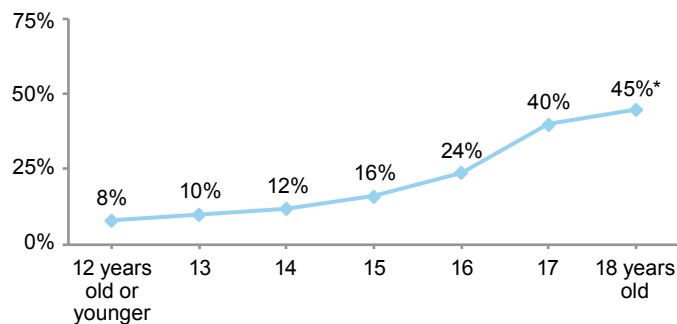


Employment

A total of 22% of male and female students worked at a paid job during the school year. This was lower than the 2013 provincial rate (29%), and down from local rates in both 2008 (36%) and 2003 (31%).

Throughout BC, males were more likely than females to work 21 or more hours a week. However, this gender difference did not exist locally.

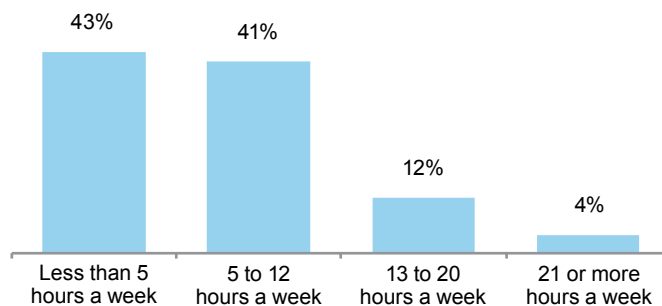
Students who worked at a paid job during the school year



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

Note: Not all differences between ages were statistically significant.

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



Bullying & discrimination

In-person bullying

Students were asked about a range of bullying experiences they may have had in the past year, either as the perpetrator or victim. Youth were asked specifically about their bullying experiences with other youth at school or on the way to or from school. (Cyberbullying is discussed on page 46 in the section about technology use.)

TEASING

In the past year, 37% of students in Richmond (33% of males vs. 41% of females) had been teased at least once to the point where they felt bad or extremely uncomfortable. This percentage reflected an increase from 31% in 2008. Eleven percent of students (9% of males vs. 13% of females) experienced teasing on three or more occasions in the past year, which was comparable to the provincial picture.

SOCIAL EXCLUSION

Similar to students across BC, 33% of Richmond students (25% of males vs. 40% of females) reported being socially excluded at least once in the past year. Locally, there was an increase among female students experiencing exclusion from 34% in 2008. There was no change for males.

Ten percent of local students (7% of males vs. 13% of females) were excluded three or more times in the past year.

Among males, social exclusion was more commonly reported by older youth, whereas there were no differences across age for females.

ASSAULT

In the past year, 6% of students (9% of males vs. 4% of females) reported being physically attacked or assaulted at least once. This was similar to the percentage in 2008 but reflected a local decrease from 9% in 2003.

The rate of male students who had been assaulted was consistent with the provincial percentage, but local females were less likely to have been assaulted than females across BC (4% vs. 5%). One percent of Richmond students were physically attacked or assaulted on three or more occasions in the past year.



I was bullied before and am somewhat now as well.
I'm still scared to be around those people today."

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

Impacts of bullying

Youth who were teased, excluded, or assaulted in the past year were more likely to report skipping class in the past month (19% vs. 13% who had not experienced any of these types of bullying).

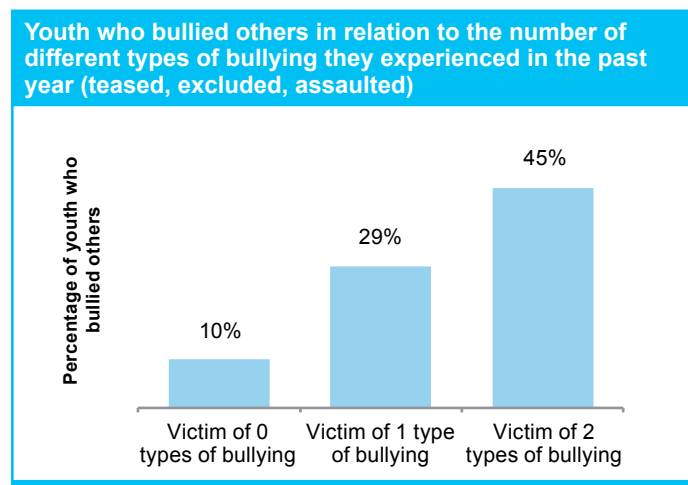
Also, 5% reported that they had not participated in extracurricular activities (e.g., sports, dance, art, clubs) because they were worried about being bullied.

This was more common among those who had already been bullied. For example, 24% of youth who had been assaulted reported not participating in activities due to fear of bullying, compared to 4% who had not been assaulted. Similar patterns were seen among youth who had been socially excluded (12% vs. 1%) and teased (11% vs. 1%).

Perpetrators

In the past year, 14% of local students (16% of males vs. 12% of females) reported having teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 15% had socially excluded another youth, and 2% had physically attacked or assaulted another youth. While there was no gender difference in socially excluding someone, males were more likely to have physically assaulted someone.

Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 26% of students who had been teased in the past year teased 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 (25% vs. 10% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (22% vs. 1% of those who had not been assaulted).



Discrimination

Youth in Richmond identified a number of different discrimination experiences. Females were more likely than males to report being discriminated against because of their physical appearance (21% vs. 15%), being seen as different (15% vs. 11%), their age (10% vs. 6%), and their gender/sex (8% vs. 3%).

The percentage of youth in Richmond who felt discriminated against because of their race, ethnicity, or skin colour was higher than seen provincially (14% vs. 11%), while the rate of students who felt discriminated against because of a disability was lower (2% vs. 3%).

There were some changing local trends in discrimination. For example, students were more likely in 2013 than in previous years to have felt discriminated against because of their sexual orientation (4% vs. 3% in 2003) or because of their physical appearance (18% vs. 13% in 2008).

Perceived reasons for being discriminated against in the past year	
Physical appearance	18%
Race, ethnicity, or skin colour	14%
Being seen as different	13%
Age	8%
Income or family income	5%
Sexual orientation (being or thought to be gay or lesbian)	4%
Gender/sex	6%
A disability	2%

Physical abuse, sexual abuse, & sexual harassment

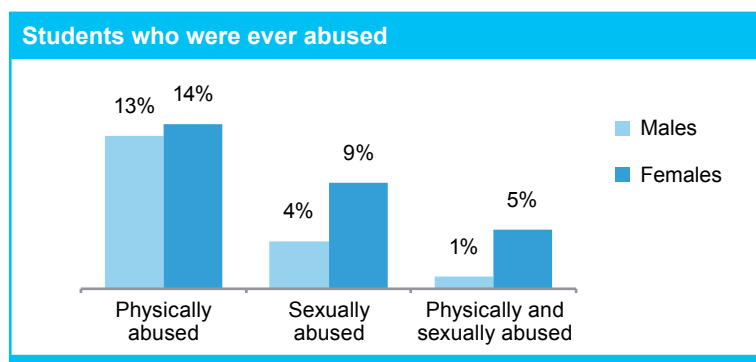
Physical abuse

Consistent with the provincial rate, and unchanged locally for males and females from previous years, 14% of students in Richmond had been physically abused at some point in their life. Unlike the province overall, males were as likely as females to have been physically abused.

Sexual abuse

When youth were asked specifically if they had ever been sexually abused, 4% of students recognized they had experienced this type of abuse. Youth were also asked about other forms of sexual abuse they might not have recognized as abuse. For example, 3% were forced into sexual activity against their will by another youth, and 1% by an adult.

When all these forms of sexual abuse were considered, a total of 7% of students had been sexually abused. This was a local decrease from 9% in 2008, and lower than the provincial rate for females (9% vs. 13% provincially).



Note: The gender difference for physical abuse was not statistically significant.

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

Sexual harassment

In the past year, 31% of males experienced verbal sexual harassment, which was similar to the provincial rate and a local decrease from 2003 (36%). Twenty percent had been harassed once or twice and 11% had experienced it three or more times.

Thirty-five percent of females experienced verbal sexual harassment, which was lower than the provincial rate (46%), and a local decrease from 42% in 2003 and 48% in 2008. Twelve percent had experienced this three or more times.

Unlike in the province as a whole there was no difference between the percentage of females and males who had been verbally sexually harassed.

Rates of being physically sexually harassed also decreased for males. Consistent with the provincial picture, 11% experienced physical sexual harassment in the past year compared to 17% in 2008 and 2003. Eight percent had been harassed once or twice, and 3% had this experience three or more times.

Eighteen percent of females experienced physical sexual harassment in the past year, and 4% experienced it three or more times. This was lower than the provincial rate of 26%, and a decrease from 2008 (31%) and 2003, but higher than the rate for males.



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. Provincially, 17% of students exercised for an hour a day in the past week. This rate was higher than in Richmond where 11% of students in this age bracket (16% of males and 7% of females) met these guidelines. Additionally, students in Richmond were more likely to have not exercised at all in the past week (14% vs. 9% across the province).

Younger students were more likely than older ones to have met the physical activity guidelines. For example, 17% of students aged 13 had exercised for an hour daily in the past week compared to 7% of students aged 17.

Canadian Guidelines recommend that individuals aged 18 and older take part in 150 minutes of moderate to vigorous physical activity each week. Similar to youth across BC, 61%* of students aged 18 and older met these recommendations by participating in 60 minutes of exercise on at least three days in the past week.

Physical activity was associated with better health outcomes. For example, those who exercised daily during the past week were more likely to have slept for eight or more hours on the previous night (56% vs. 45% of students who exercised on fewer days).

Physical activity may also be 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 than those who exercised on fewer days to feel good about themselves (72% vs. 60%) and their abilities (83% vs. 70%).



Sports

During the past year, students in Richmond were less likely than students throughout BC to have participated weekly in informal sports (such as road hockey, hiking, and skateboarding; 50% vs. 58% provincially); organized sports (48% vs. 55%); and yoga, dance, or exercise classes (15% vs. 18%).

After a rise in participation in weekly organized sports and dance, yoga, or exercise classes between 2003 and 2008, the percentage of Richmond students participating in these activities returned to 2003 levels. The decrease in participation in informal sports seen between 2003 (64%) and 2008 (59%) continued in 2013.

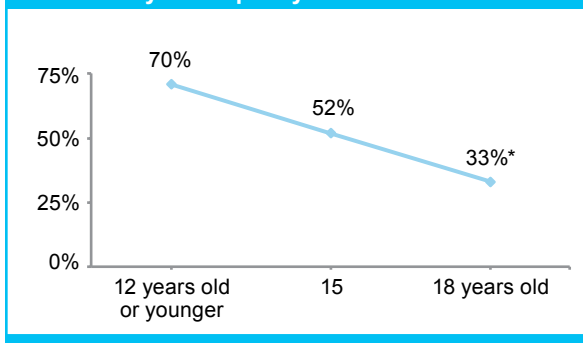
Similar to provincial results, males were more likely than females to be involved in informal sports on a weekly basis (56% vs. 45%), while females were more likely than males to be taking weekly dance, yoga, or exercise classes (24% vs. 5%).

Male students throughout BC were more likely than their female peers to participate weekly in organized sports. This gender difference was not seen in Richmond because local males were less likely than those provincially to participate weekly in organized sports (52% vs. 59%).

There were health benefits to being involved in sports and exercise classes. For example, youth who took part in informal sports on a weekly basis were more likely than those who did not take part to rate their mental health as good or excellent (83% vs. 76%).

Similarly, among youth who had lived in Canada for five years or less, those who took part in informal sports on a weekly basis were more likely than those who participated less often to rate both their overall health and their mental health as good or excellent.

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



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



I personally participate in soccer out of school 4 times a week.”

52% of students did not participate in sports and other activities because they were too busy (compared to 46% across BC).

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 (46% of males vs. 58% of females). The next most common reason was not being able to get there or home, with females reporting this reason more than males (19% vs. 13%). However, males and females were equally likely to report that they did not participate in activities because the activity was not available in their community (14%), that they could not afford it (14%), or because they were worried about being bullied (5%).

2010 Winter Olympics

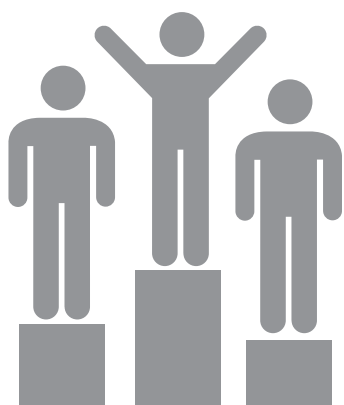
Three years after the 2010 Winter Olympic and Paralympic Games, 15% of students (17% of males vs. 13% of females) reported that they were more physically active as a result of the Games. This was comparable to the 2013 provincial rate. However, the percentage of students who felt they had more sports opportunities as a result of the Games was higher in Richmond than throughout BC (10% vs. 6%).

In 2013, 2% of students felt they had more job prospects as a result of the Games. This was a decrease from 7% in 2008 when students were asked about the effect of the build-up to the Games.

Gambling

While the legal gambling age in BC is 19, 8% of Richmond students (14% of males vs. 3% of females) had gambled in the past 12 months and almost all of these were aged 18 and younger. This was lower than the provincial rate of 10%, and represented local decreases from 31% in 2008 and 45% in 2003.

Similar to both the 2013 provincial and 2008 local results, 3% of Richmond students had gambled more than once a month in the past year.



Technology use

Ninety-four percent of females and 87% of males owned a cellphone or other portable electronic communication device. Ninety-eight percent of these students had used their device on the previous school day.

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

Females were more likely than males to use their cellphone to communicate with friends, parents, and for chatting online or social networking, whereas males were more likely to use their phone to engage in sexting (8% vs. 4%).

Used cellphone to...	Did this on last school day	When activity took place		
		Before school	During school	After school
Communicate with friends	87%	41%	60%	72%
Play games/entertainment/music	85%	31%	45%	70%
Communicate with parent(s)/guardian(s)	80%	16%	28%	69%
Find information	75%	18%	57%	50%
Chat online or social networking	74%	28%	42%	64%
Communicate with teachers	9%	1%	4%	6%
Engage in sexting	6%	1%	2%	5%
Bully others	2%	NR	1%	1%

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

Note: Youth could choose more than one response.

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

Def.

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

19% of females and 10% of males had met someone through the Internet who made them feel unsafe.

Seventy-nine percent of youth were online or on their phone after they were supposed to be asleep. The most common activities included surfing the Internet (63%), chatting online or social networking (57%), and using their phone to talk or text (54%).

Technology use after students were expected to go to sleep

	Males	Females
Surfing the Internet	63%	62%
Chatting online or social networking	52%	62%
Using a phone to chat or text	45%	62%
Online gaming	39%	23%

Note: The difference between males and females who surfed the Internet was not statistically significant.

Note: Youth could choose more than one response.

Online safety

Similar to 2008, 13% of students (10% of males vs. 15% of females) reported that they had been cyberbullied in the past year. Females in Richmond were less likely than females across the province to have had this experience (15% vs. 19%) but males were as likely as their peers elsewhere to have been cyberbullied.

Eight percent of males and 4% of females reported that they had cyberbullied someone else in the past year.

Students without a cellphone

Nine 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 more likely to feel like a part of their school, to be happy at school, and to feel other school staff cared about them.

However, students with a phone were more likely to report there was an adult outside their family that they could talk to if faced with a serious problem (29% vs. 21% without a phone).



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.

Sixty-six percent of Richmond students reported that the activities they were involved in were at least quite a bit meaningful to them. This was a local increase from 61% in 2008, but lower than the 2013 provincial rate of 70%.

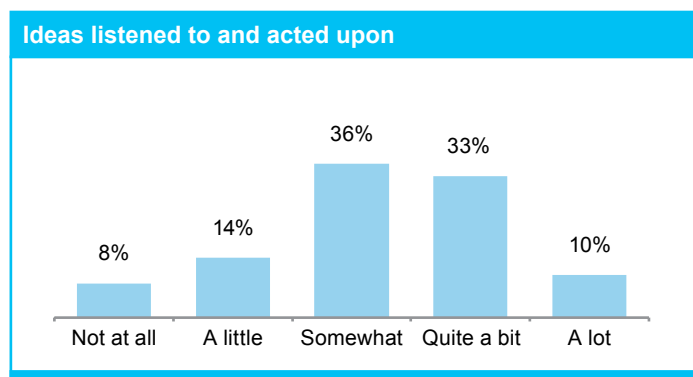
When asked if they felt their ideas were listened to and acted upon in these activities, 43% of local students felt they were to a significant extent. This was similar to both the 2008 local results and 2013 provincial picture.

There were many positive associations for youth who felt that they were valued within the activities they took part in and who felt that those activities were meaningful. For example, students who felt their ideas were

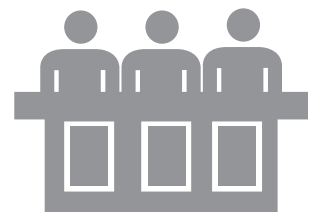
listened to at least quite a bit were more likely to rate their overall health as good or excellent (90% vs. 74% of students who did not feel their ideas were listened to).

Among youth who had moved house in the past year, those who felt their activities were more than somewhat meaningful to them were more likely to report positive self-esteem, such as always feeling good about themselves (83% vs. 65%* who felt their activities were less meaningful). Similarly, youth who had moved were more likely to report their mental health as good or excellent if they felt listened to in their activities (88% vs. 62%).

Students who had lived in Canada for five years or less were more likely to feel connected to their community if they felt that the activities they engaged in were meaningful to them (43% vs. 24%* of new Canadians who did not feel the activities they engaged in were meaningful), or if they felt their ideas were listened to within these activities (50% vs. 20% who did not feel listened to).



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



Family relationships

The BC AHS asked youth about their sense of connectedness to their family. Similar to the provincial results, most students felt their family paid attention to them (77%), they had fun together (68%), and their family understood them (61%).

Fifteen percent felt that their family did not understand them, 12% felt their family did not have fun together and 7% felt their family did not pay attention to them. Males were more likely than females to feel that their family did not have fun together (14% vs. 10%).

There was an association between family relationships and injury prevention. For example, students who felt that 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 (11% vs. 19%).

In addition, when students felt that their family paid attention to them, they were more likely to report their mental health as good or excellent (85% vs. 52% of those who did not feel their family paid attention), and were less likely to have seriously considered suicide in the past year (6% vs. 34%).

Among youth who had been socially excluded at school or on their way to or from school, those with higher levels of family connectedness were more likely to feel good about themselves and to report good or excellent mental health than those who felt less connected.

Among youth who had moved three or more times in the past year, those with higher levels of family connectedness all reported good or excellent mental health, and that they usually felt good about themselves, which was not the case among those with lower connectedness.

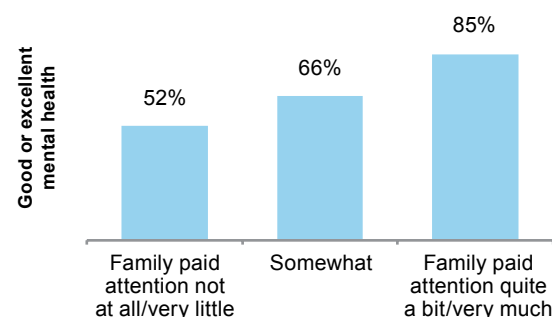
Def.

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

“

My family are awesome.”

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



Students were asked on the survey if there was an adult in their family they could turn to if faced with a serious problem. In Richmond, 71% of males and 66% of females indicated that there was. Students who had such an adult in their lives were less likely to miss out on accessing needed mental health services (5% vs. 20% who did not feel they could turn to an adult relative). 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 (77%* vs. 40%*).

Similar to the province, 66% of males and 72% of females had asked a family member for help in the past year. Youth who had been bullied were less likely than those who had not been bullied to have found their family members to be helpful. However, when youth who had been bullied did find their family helpful they were more likely to feel good about themselves (79% vs. 53%* of those who did not find their family to be helpful) and their abilities (84% vs. 65%*). Youth who had been bullied and had this support were also less likely than those without this support to have self-harmed (15% vs. 42%*), seriously considered suicide (12% vs. 41%*), and to have attempted suicide (5% vs. 25%*) in the past year.

Parental monitoring

Consistent with students across BC, 74% of Richmond youth reported that their parents always or mostly knew what they were doing in their free time, although 1 in 10 reported that their parents never or rarely knew what they were doing.

Students whose parents knew what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep (51% vs. 63% of those whose parents were not monitoring their spare time). They were also more likely to have slept eight or more hours on the night before taking the survey (52% vs. 21%).

Three quarters (75%) of Richmond youth ate an evening meal with their parents most or all of the time, while 12% never or rarely did. Youth who ate their evening meals with their parents were more likely to report eating fruit or vegetables three or more times yesterday (62% vs. 48% who never or rarely ate with their parents). They were also more likely to feel good about themselves (82% vs. 67%) and their abilities (86% vs. 71%).



Supportive & caring adults outside the family

Youth were asked about their relationships with adults outside their family. Local males and females were equally likely to have an adult to turn to for help and to have an adult in their neighbourhood or community who cared about them. This was not the case provincially, where females were more likely to be able to identify such adults.

Adult to turn to for help

Locally, 28% of youth felt they had an adult outside their family they could turn to if faced with a problem. This was lower than the provincial rate of 32%.

Students who could identify a supportive adult outside of their family were more likely to feel as competent as their peers (89% vs. 82% without this support) and to have only positive aspirations for their future (92% vs. 86%).

Among those who had been physically or sexually abused, having only positive aspirations for the future was more common among those who had an adult outside of their family to talk to (93% vs. 79% without such an adult in their lives).

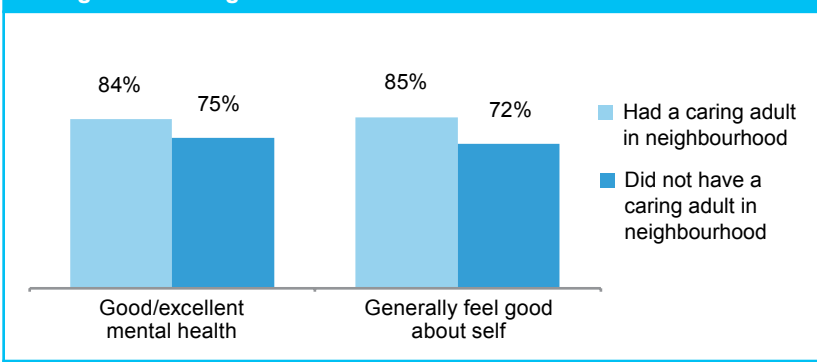
Local adult who cares

Fifty-one percent of students in this region reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. This was lower than the provincial rate of 61%.

Male and female youth were equally likely to report that there was an adult in their neighbourhood or community who cared about them.

Feeling cared about by an adult in the neighbourhood was associated with positive mental health.

Caring adult in neighbourhood and mental health outcomes



Help seeking

When students in Richmond needed help, they most commonly approached friends and family members. This was similar to students throughout BC, although Richmond students were more likely to have approached their friends for help (77% vs. 73% provincially).

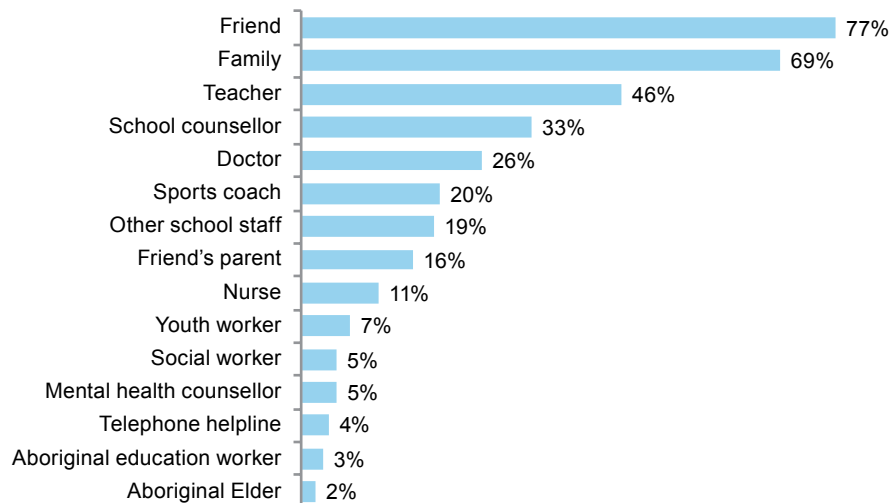
Students also sought support from a variety of different professionals, most commonly teachers, school counsellors, doctors, and sports coaches. Richmond students were more likely than students across the province to have approached a teacher, school counsellor, or other school staff, but were less likely to have approached a sports coach for help.

There were some gender differences among Richmond youth. Females were more likely to have sought help from their friends (83% vs. 70% of males) and family (72% vs. 66%), whereas males were more likely to have sought help from a doctor (28% vs. 24% of females).

The majority of male and female students found the people they approached to be helpful, although some vulnerable groups were less likely to feel this way. For example, youth with a mental or emotional health condition who asked a doctor for help were less likely than their peers without such a condition to have found the doctor to be helpful (94% vs. 73%*). They were also less likely to have found their friends or family members to be helpful.

When youth found the adults in their lives to be helpful, there were health benefits. For example, youth with a mental or emotional health condition who had asked their school counsellor for help and found this experience helpful were more likely to feel good about their abilities than those who did not find it helpful.

People youth approached for support in the past year



Peer relationships

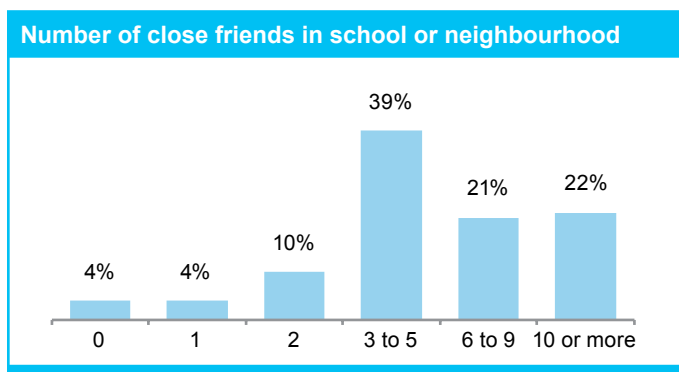
Twenty-seven percent of students in Richmond had been in a romantic relationship in the past year, down from 49% in both 2003 and 2008. Among these students, 6% of male and female youth had been the victim of dating violence.

While the percentage of students in a dating relationship was lower in Richmond than in the rest of BC (39% provincially), the rates of violence within relationships were comparable. The local rate of dating violence was similar to the percentages reported in 2003 and 2008.

In total, 96% of local students reported having at least one close friend. Females were more likely than males to have three to five close friends (43% vs. 34%), whereas males were more likely to have ten or more close friends (27% vs. 18% of females).

There were positive associations with having more than just one or two close friends. For example, students who had three or more close friends in their school or neighbourhood were more likely than those with fewer friends to rate their overall health as good or excellent (88% vs. 76%).

Among youth with a debilitating health condition, students with at least three friends were more likely than those with fewer friends to report positive mental health, such as feeling good about themselves.

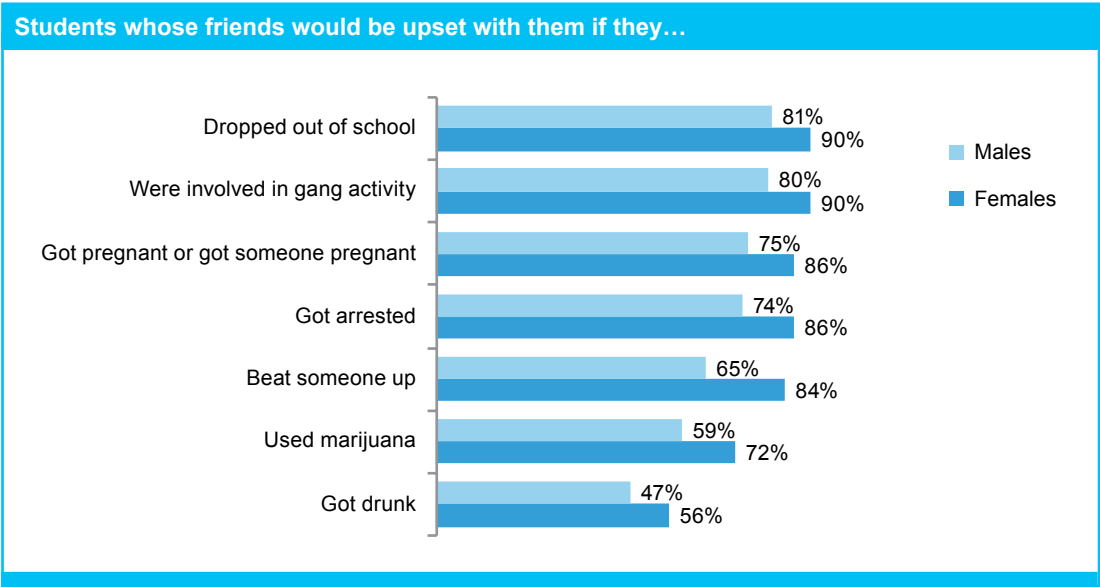


82% of local students had three or more close friends

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, and using marijuana. They generally had friends who would be upset with them for engaging in

most of these behaviours. Compared to their peers throughout BC, students in Richmond were more likely to have friends who would be upset with them if they beat someone up (75% vs. 71%), got drunk (52% vs. 44%), or used marijuana (66% vs. 58%).



Having pro-social peers was a protective factor for local youth. For example, students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone than those whose friends would not be upset with them for this reason (1% vs. 6%).

In addition, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (91% vs. 82% of those whose friends would not be upset with them for this reason).

Also, students who drank in the past month were three times 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	81%	86%	↑
Were involved in gang activity	NA	85%	
Got pregnant or got someone pregnant	70%	81%	↑
Got arrested	70%	80%	↑
Beat someone up	62%	75%	↑
Used marijuana	65%	66%	--
Got drunk	43%	85%	↑

Note: NA means that the question was not asked.

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

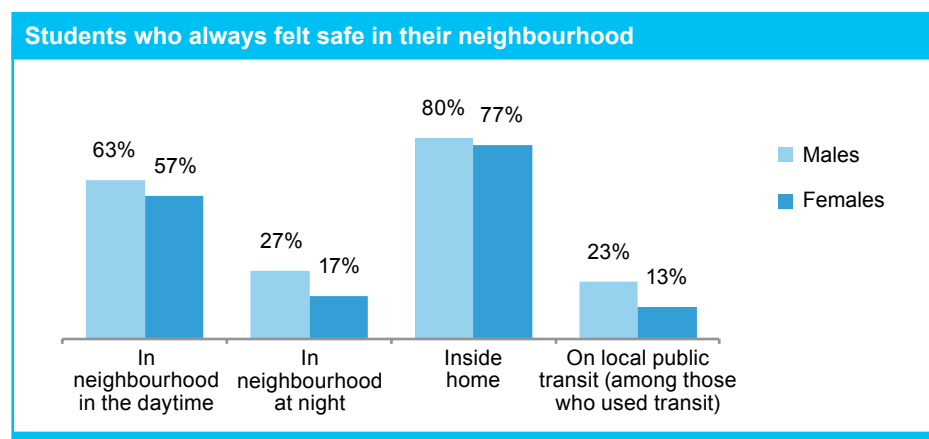


Neighbourhood safety

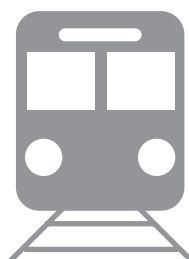
Reflective of the picture across the province, 79% of Richmond youth always felt safe inside their home. However, local youth were less likely than their peers across the province to always feel safe in their neighbourhood in the daytime (60% vs. 64% provincially), or at night (22% vs. 28%).

Among youth who used transit, 17% always felt safe (23% of males vs. 13% of females), and 3% never did. Youth in Richmond were as likely to always feel safe on transit as students across the province.

Males were more likely than females to always feel safe in their neighbourhood in the daytime, at night, and on transit.



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



Youth who always felt safe in their neighbourhood during the day were more likely to get outside and participate in informal sports such as road hockey, skateboarding, or cycling on a weekly basis compared to those who did not feel safe. They were also more likely to describe their health as good or excellent (90% vs. 71%*).

Feeling safe was associated with positive mental health among vulnerable youth. For example, Richmond students who had been physically abused were less likely to always feel safe in their neighbourhood at night (14% vs. 23% of youth who were not abused) or during the day (50% vs. 61%), or to feel safe on public transit (10% vs. 19%).

However, if these students did feel safe in their neighbourhood during the day they were more likely to report good or excellent health and to envision only positive circumstances for themselves in five years' time. Similarly, among youth who had immigrated to Canada, those who always felt safe were less likely to have attempted suicide in the past year and were more likely to take part in informal sports on a weekly basis, compared to their peers who felt safe less often.



I was mugged about 2 weeks ago and had my phone stolen.”



Community connectedness & cultural engagement

Community connectedness

Students were asked how much they felt like a part of their community. In Richmond, 42% of students reported that they felt quite a bit or very much connected to their community (48% of females vs. 36% of males). Females were more likely to feel connected to their community than females province-wide (48% vs. 41%), but there was no difference among males.

There were many benefits associated with feeling like a member of the community. For example, youth who felt like a part of their community were more likely to feel good about themselves and to feel that they were skilled and competent, compared to their peers who did not feel like part of the community.

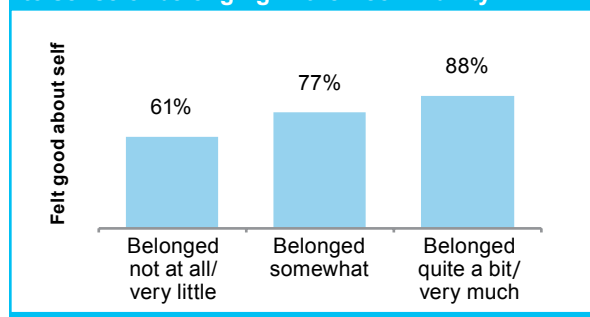
Youth who had been bullied also specifically benefitted from feeling a part of their community. For example, youth who had been teased in the past year were more likely to rate their overall health as good or excellent

if they felt connected to their community (91%), than if they only somewhat felt that way (79%), or did not feel connected (62%). Similarly, the more connected youth who had been socially excluded felt to their community, the more likely they were to feel good about themselves (78% vs. 46% 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. Similar to youth across the province, 8% of Richmond youth participated in cultural or traditional activities at least weekly. Youth who were involved in traditional activities on a weekly basis were more likely to see only a positive future for themselves (93% vs. 86% of those who never participated in such activities).

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



I would like to fundraise, volunteer, do charity work, but I never get the chance to because I'm too young."

Summary list of protective factors

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

PROTECTIVE FACTOR	EXAMPLE
Stable home	When compared to youth who had moved house, youth who had stayed in the same home for the past year were more likely to be taking part in community life such as participating at least once a week in informal sports like road hockey, hiking, or biking (51% vs. 46%).
Eight or more hours of sleep	The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent.
Good nutrition	Ninety-one percent of youth who were obese who ate three or more servings of fruit or vegetables felt good about themselves, compared to 62%* who did not eat this many servings.
Sports and exercise	Among youth who had immigrated to Canada, those who took part in weekly informal sports were more likely than those who did not participate to rate their mental health as good or excellent, as well as their overall health.
Feeling safe at home, in school, and the community or neighbourhood	Youth who always felt safe in their neighbourhood during the day were more likely to get outside and participate in informal sports on a weekly basis compared to those who did not feel safe.
Feeling connected to school	Youth who had a mental or emotional health condition were more likely to have post-secondary aspirations if they felt more connected to their school.
Feeling engaged in activities	Youth who had moved house were more likely to rate their mental health as good or excellent if they felt listened to in their activities (88% vs. 62% of those who did not feel listened to).
Feeling like family pays attention to them	Students whose 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 (11% vs. 19%).

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

Students whose parents knew what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep (51% vs. 63% of those 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 (52% vs. 21%).

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 (77%* vs. 40%*).

A supportive adult outside family

Among youth who had been physically or sexually abused, those who had a supportive adult outside the family were more likely than those without this support to have only positive aspirations for the future (93% vs. 79%).

Local adult outside their family who cares

Students who felt that an adult in their neighbourhood or community cared about them (outside their family or school) were more likely than those who did not feel cared about by such an adult to report good or excellent mental health (84% vs. 75%) and to feel good about themselves (85% vs. 72%).

Adults who are approached for help are helpful

Youth with a mental or emotional health condition who found their school counsellor helpful were more likely to feel that they were able to do things as well as most other youth, compared to those who did not find their school counsellor helpful.

Having close friends (excluding online friends)

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 (88% vs. 76%).

Having friends with pro-social attitudes

Students who drank in the past month were less likely to report binge drinking if they had friends who would be upset with them for getting drunk, than if their friends would not be upset for this reason.

Community connectedness

Youth who felt like they were a part of their community were more likely to feel good about themselves (88% vs. 61% who did not feel like part of the community).

Cultural engagement

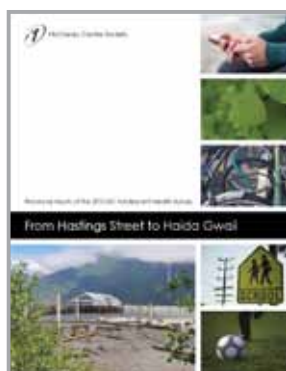
Youth who were involved in traditional activities on a weekly basis were more likely to see only a positive future for themselves (93% vs. 86% of those who never participated in such activities).

How to use these results

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

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

A selection of BC AHS resources



From Hastings Street to Haida Gwaii

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



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



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

YOUTH RESOURCES



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

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



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

