



Results of the 2013 BC Adolescent Health Survey

South Vancouver Island



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RESULTS OF THE 2013 BC ADOLESCENT HEALTH SURVEY

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



Youth health • Youth research • Youth engagement

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Key findings

South Vancouver Island 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.

There were some positive local trends. For example, in comparison to five years earlier local students felt safer at school, and the percentage who did not expect to graduate decreased to virtually none. Also, there was a decrease in the percentage of South Vancouver Island students who went to bed hungry because of a lack of money for food.

There were many local improvements in health risk behaviours. For example, there were decreases in the percentage of youth trying alcohol, marijuana, or tobacco. However, just over half of youth who had ever tried smoking had smoked in the past month (51%), and this was an increase in recent smoking from 44% in 2008 and 38% in 2003.

Mental health was another area of concern highlighted in the survey, as 21% of local students had at least one mental health condition. Females were more likely than males to have at least one condition (25% vs. 16%) and to have multiple conditions (10% vs. 4%).

Among students who felt they needed help for their mental health challenges, there was an increase in the percentage of local students who did not access services because they did not want their parents to know and because they did not know where to go.

Results also showed the link between sleep and mental health, and highlighted that 77% of local students were online and/or on their phone after the time they were supposed to be asleep.

There were some differences between youth in this region and the province as a whole. For example, the local percentage of students who reported having oral sex (26%) was unchanged from 2008, but remained higher than the provincial rate (23%). Condom use among those who had oral sex was also lower in this region than in the province as a whole (11% vs. 17%).

The survey identified protective factors that appear to be linked to better outcomes for even the most vulnerable youth. These included physical activity, nutrition, and sleep. Findings also highlighted the importance of supportive relationships with peers and adults, including family, teachers and other professionals.



Introduction

Between February and June 2013, 29,832 students in Grades 7–12 completed the BC Adolescent Health Survey 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 South Vancouver Island Health Service Delivery Area.

School Districts that make up the South Vancouver Island Health Service Delivery Area are Greater Victoria (SD 61), Sooke (SD 62), Saanich (SD 63), and Gulf Islands (SD 64). All of these school districts participated in the BC Adolescent Health Survey in 2003, 2008 and 2013. 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 South Vancouver Island.

When reading this report, it is important to keep in mind that the survey was administered in English to youth in public schools. This means that youth who were absent that day, had limited English language comprehension, or were not attending a mainstream class are not included in these results.

All comparisons and associations included in this report are statistically significant at $p < .05$. This means there is up to a 5% likelihood that these results occurred by chance. Comparisons between South Vancouver Island and the province are statistically significant at $p < .01$. Differences in tables or charts that are not statistically significant are noted.



SYMBOLS USED IN THIS REPORT

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

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



ONLINE

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

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

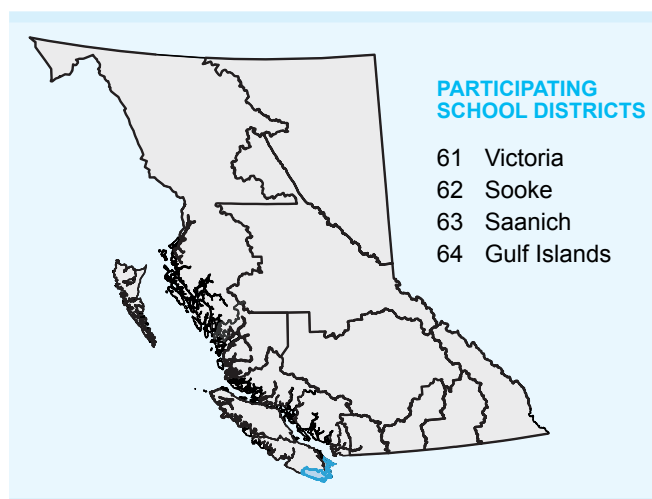
Vancouver Island Health Authority

- 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

SOUTH VANCOUVER ISLAND HEALTH SERVICE DELIVERY AREA



QUOTES

Quotes from South Vancouver Island students who participated in the survey are included throughout this report.

Youth in South Vancouver Island

Ethnic & cultural background

In the 2013 BC Adolescent Health Survey, students in South Vancouver Island most commonly reported that they were of European heritage (68%). This was above the provincial rate of 53% but represented a gradual local decrease from 75% in 2003.

Compared to local findings in previous years, a greater percentage of youth identified as East Asian, South Asian, Southeast Asian, and Australian/Pacific Islander.

| Family background | |
|------------------------------|-----|
| European | 68% |
| East Asian | 11% |
| Aboriginal | 8% |
| Latin/South/Central American | 5% |
| South Asian | 4% |
| African | 3% |
| Australian/Pacific Islander | 3% |
| Southeast Asian | 3% |
| West Asian | 2% |
| Other | 2% |
| Don't know | 11% |

Note: Youth could choose more than one response.

Note: If youth did not feel any of the listed options represented their background, they could choose to write in their own identity. Most of these students wrote Canadian.

ABORIGINAL STUDENTS

Eight percent of students identified as Aboriginal. Among these students, 62% were First Nations, 38% were Métis, and 6% were Inuit (youth could select more than one Aboriginal identity if applicable).

Fourteen percent of Aboriginal youth had ever lived on reserve, and 11% spoke an Aboriginal language.

NEW CANADIANS

Sixteen percent of students in South Vancouver Island were born outside of Canada, which was below the provincial rate of 19%. It represented a local increase from 12% in 2008 and 10% in 2003. Among local students born outside Canada, 43% had lived here less than two years, 44% were here as international students, and 3% were refugees.

LANGUAGE

The majority of students (64%) spoke only English at home, which was above the provincial rate of 51%, but similar to the local rate in 2008.

Twenty-seven percent of youth reported sometimes speaking a language other than English at home, and 10% spoke another language at home most of the time (compared to 21% provincially).

1% of students lived alone.

Sexual orientation & gender identity

Similar to the provincial results, males were more likely to identify as completely straight (84% vs. 75% of females), whereas females were more likely to identify as mostly straight (9% vs. 5% of males) as well as bisexual (6% vs. 1% of males).

Local female students were more likely than their peers across BC to identify as bisexual (6% vs. 4%).

Students in South Vancouver Island were less likely to identify as completely straight in 2013 than in previous years (e.g., 79% in 2013 vs. 84% in 2008.) Females were also more likely to identify as bisexual (6% in 2013 vs. 4% in 2008) and as lesbian.

Students were asked if they identified as transgender. The percentage who identified this way was too small to release. Similarly, the percentage of Aboriginal students who identified as Two Spirit could not be released due to risk of deductive disclosure.

| Sexual orientation | |
|------------------------|-----|
| Completely straight | 79% |
| Mostly straight | 7% |
| Bisexual | 4% |
| Gay or lesbian | 2% |
| Questioning | 1% |
| Don't have attractions | 7% |

Home life

Similar to the rest of the province and to previous years, 94% of students lived with at least one parent (including a step-parent). Local youth were less likely to be living with their mother or stepmother (82% vs. 85% of youth across BC), their grandparents (5% vs. 9%), or their siblings or step-siblings (53% vs. 58%), and were more likely to be living with both of their parents at different times (12% vs. 8%).

The majority of youth (92%) reported that their parent(s) or guardian(s) worked locally. This was above the provincial rate of 88%. Seven percent reported that at least one parent worked somewhere else in BC or Canada and 5% had a parent who worked outside of Canada. Three percent of youth reported that their parents did not work, which was lower than the provincial rate of 4%.

| Who youth lived with most of the time | |
|---------------------------------------|-----|
| Mother/stepmother | 82% |
| Father/stepfather | 67% |
| Sibling(s)/step-sibling(s) | 53% |
| Both parents at different times | 12% |
| Grandparent(s) | 5% |
| Other adult(s) related to me | 3% |
| Other adult(s) not related to me | 3% |
| Other children or youth | 2% |
| Foster parent(s) | 1% |
| Two mothers/two fathers | 1% |
| I live alone | 1% |
| My own child or children | NR |

Note: Youth could choose more than one response.

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

In this report

PARENT refers to students' parent or guardian. ↱

Stable home

Ten percent of students had run away in the past year (12% of females vs. 8% of males), which was similar to the provincial rate.

Having a stable address has been shown to be a protective factor in the lives of youth. Twenty-two percent of students in South Vancouver Island had moved from one home to another in the past year and 4% had moved three or more times, which was consistent with 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 feel like a part of their community (38% vs. 33%), to report sleeping for eight or more hours the previous night (57% vs. 49%), and to feel that an adult in their neighbourhood or community cared about them (64% vs. 53%). Youth who had not moved were also more likely to report feeling good about themselves (83% vs. 73% who had moved in the past year) and their abilities (88% vs. 81%).

Having a stable home was particularly important for vulnerable youth. For example, youth who had a mental or emotional health condition who had stayed in the same home were less likely than those who had moved to report binge drinking in the past month (31% vs. 47%*), and were more likely to report good or excellent general health (70% vs. 51%*) and to plan to continue their education beyond high school (82% vs. 66%*).

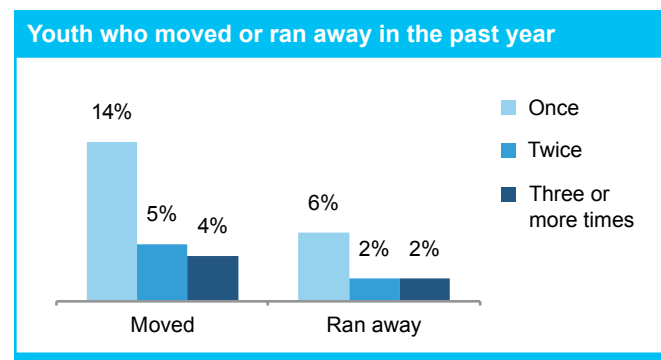
Government care

Similar to the picture across the province, 2% of South Vancouver Island students were currently living in government care. Additionally, 3% had ever lived in foster care, and 2% had ever stayed in a group home.

Reflective of youth in care across the province, more than half of local students with care experience had moved in the past year. Local students with care experience were more likely to have moved in the past year than those who had not been in care (54%* vs. 21%).

As with other youth, 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 to report positive mental health such as feeling calm and at peace all or most of the time in the past month (47%* vs. 27%* who had moved in the past year).

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



Def.

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

1% of students usually got to school by hitchhiking.

Caretaking responsibilities

On an average school day, 66% of students (62% of males vs. 70% of females) had some caretaking responsibilities, such as caring for pets or other animals (60%) and caring for a relative (e.g., a relative with a disability or a younger sibling; 16%). Students in South Vancouver Island were more likely to take care of pets or other animals than their peers across the province, but were less likely to be taking care of a relative.

Caretaking responsibilities appeared to affect female students' engagement in community life. For example, South Vancouver Island females who took care of a relative were more likely to miss out on extracurricular activities (71% vs. 62% of females without these responsibilities). They were also specifically more likely to miss out on activities because they could not afford them (25% vs. 17% of females without caretaking responsibilities) or because they were too busy (59% vs. 51%). This was not seen for males with caretaking responsibilities.

Transportation

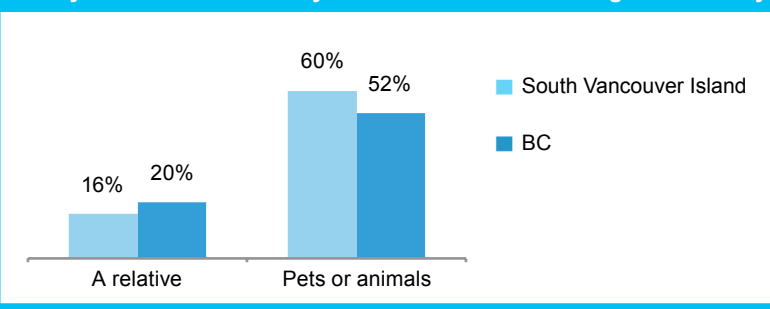
Students were asked what method of transport they usually used to get to school. Forty-one percent of local students used active means, including walking, biking or skateboarding, which was similar to the provincial rate. Local students were less likely than those across the province to get to school by car (51% vs. 58%), and were more likely to take the bus or other public transit (41% vs. 28% provincially).

Youth who were dependent on transit to get to school were more likely to have missed out on extracurricular activities because they could not get there or home (17% vs. 12% of youth who did not use a bus to get to school).

When asked about transportation in general, 82% of local youth used public transit (79% of males vs. 84% of females), which was above the provincial rate of 73%. Similar to the provincial picture, 3% of males and females had hitchhiked at least once in the past month.

Twenty-seven percent of South Vancouver Island youth held some sort of driver's licence. Specifically, 17% had a learner's licence and 10% had a novice licence.

Who youth most commonly took care of on an average school day



Physical health

Consistent with provincial findings, most students (89%) rated their health as good or excellent. Females were more likely to rate their health as good (57% vs. 49% of males), and males were more likely to rate it as excellent (41% vs. 30% of females).

The percentage of local students who rated their health as good or excellent was higher than in 2008 (85%), and similar to the percentage in 2003.

Health conditions & disabilities

Thirty-two percent of females and 24% of males had at least one health condition or disability, which was similar to the provincial picture.

There were no gender differences in the various types of health conditions and disabilities which youth reported, except females were almost three times as likely to report having a mental or emotional health condition (17% vs. 6% of males).

| Youth with a health condition or disability | |
|---|-----|
| Mental or emotional health condition | 12% |
| A long term or chronic condition (e.g., diabetes or asthma) | 10% |
| Learning disability | 5% |
| Behavioural condition | 3% |
| Sensory disability | 3% |
| Allergy severe enough to require an epinephrine injection | 2% |
| Physical disability | 1% |

Note: Youth could choose more than one response.

When asked about specific mental health conditions such as depression and anxiety, a higher percentage reported having such a condition than recognized that they had a mental or emotional health condition (see page 15 for more details).

Among youth with a health condition or disability, 35% of males and 58% of females had a condition that sometimes or always prevented them from doing things their peers could do.



28% of students had at least one health condition or disability.

Foregone medical care

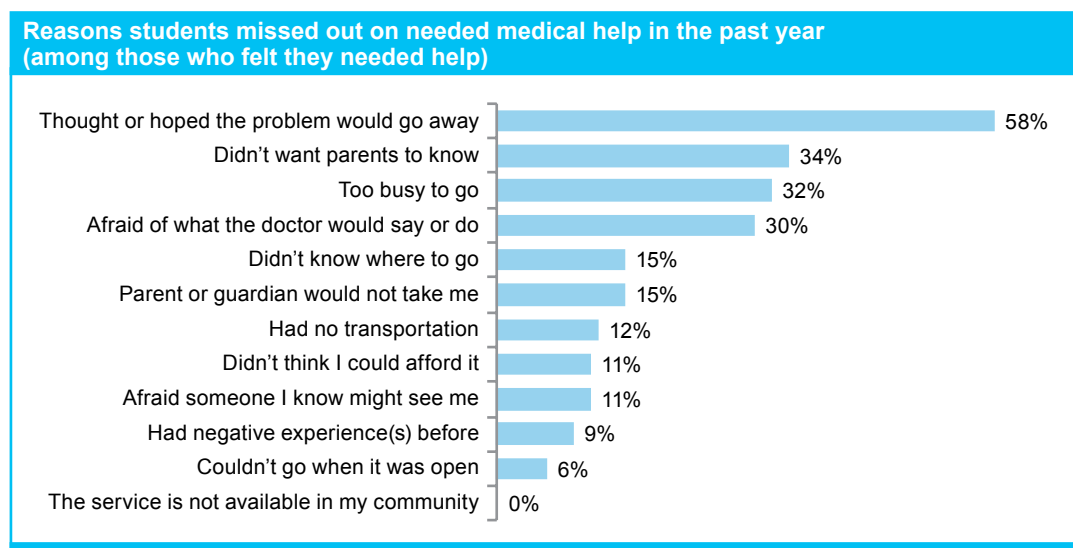
In the past year, 10% of students did not get medical help when they thought they needed it, which was similar to the provincial rate. Local students were less likely to miss out on needed medical care in 2013 than five years earlier (14% in 2008).

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

South Vancouver Island students were more likely than five years prior to have missed out on needed help because they did not want their parents to know (34% in 2013 vs. 20% in 2008), were fearful of what the doctor would say or do (30% vs. 22%), were afraid that someone they knew might see them (11% vs. 6%), and because they did not think they could afford it (11% vs. 6%).

Dental visits

Similar to results 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.



Note: Youth could choose more than one response.

Sleep

The National Sleep Foundation recommends that adolescents have 8.5 to 9.25 hours of sleep each night. The BC AHS included a question which asked how many hours of sleep students got on the night before they took the survey. In South Vancouver Island, 55% of students (59% of males vs. 52% of females) slept for eight hours or more, while 4% slept for four hours or less.

Older students slept less than younger ones. For example, 43% of students who were 18 years old slept for eight or more hours on the night before taking the survey, compared to 76% of students aged 12 or younger.

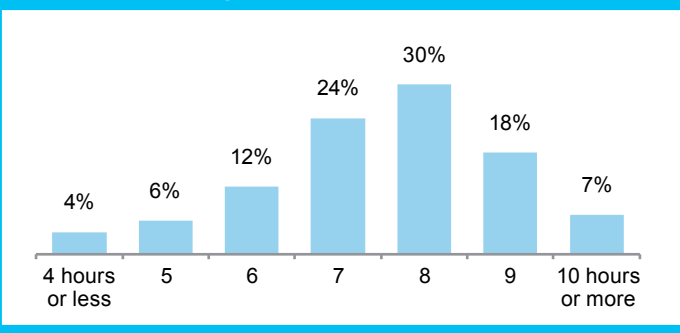
Seventy-seven percent of local students were online and/or on their phone after the time they were supposed to be asleep. Also, 38% of males and 45% of females were doing homework after the time they were normally expected to go to sleep.

Some students were at particular risk for not getting enough sleep. For example, 41% of students who had been physically or sexually abused slept eight or more hours on the night before taking the survey, compared to 58% of students who had not experienced abuse.

The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent. Getting enough sleep was protective for all youth, including the most vulnerable. For example, students who had been physically or sexually abused who slept for at least eight hours were more likely to rate their overall health as good or excellent (85% vs. 70% of those who slept fewer hours), and were less likely to have foregone necessary medical help (18% vs. 27%).

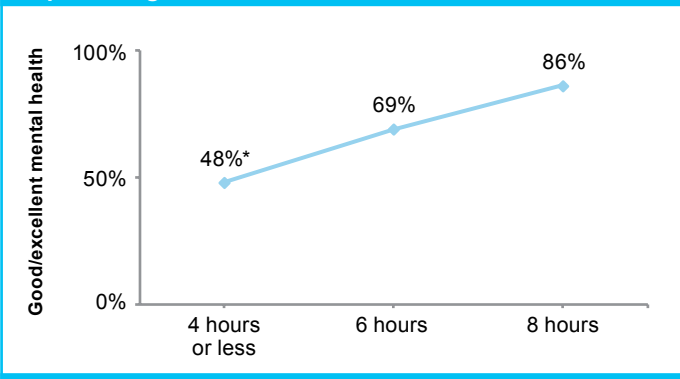
Similarly, South Vancouver Island students with a mental or emotional health condition who slept for eight or more hours were more likely than those who slept fewer hours to feel good about themselves (65% vs. 47%).

Hours slept last night



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

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



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

Mental health

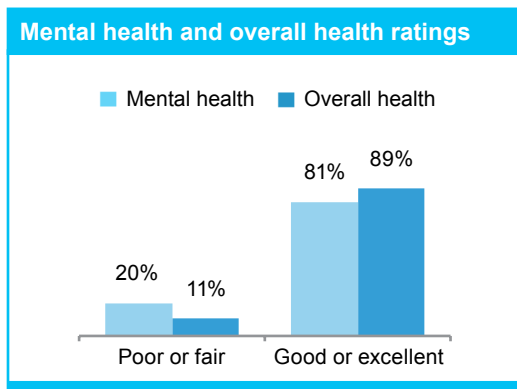
In this section, findings were similar to the provincial results unless noted.

Most youth rated their mental health as good or excellent (81%). Males were more likely than females to rate their mental health as good or excellent (88% vs. 74%), whereas females were more likely to rate it as fair or poor (26% vs. 13% of males).

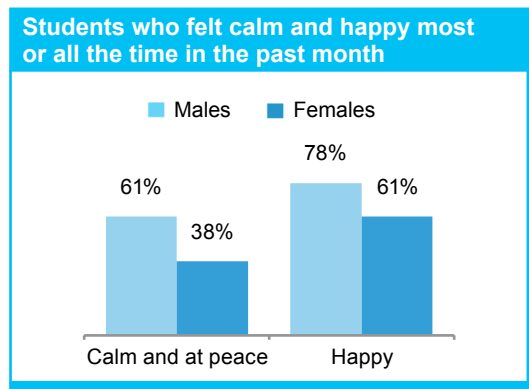
Students were less likely to rate their mental health as good or excellent than their overall health.

The majority of students felt good about themselves (90% of males vs. 72% of females) and felt they were as competent as most of their peers (91% of males vs. 83% of females). Most students reported excelling in at least one area, such as sports, school, the arts, or relationships. As with self-confidence, males were more likely than females to indicate they were really good at something (82% vs. 76%).

South Vancouver Island 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.



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



Mental health conditions

Students were asked about specific mental health conditions, and 21% of local students reported at least one condition. Females were more likely than males to have at least one condition (25% vs. 16%) and to have multiple conditions (10% vs. 4% of males).

Youth most commonly reported having Depression (10%), Anxiety Disorder (10%), Attention Deficit/Hyperactivity Disorder (ADHD; 7%), and/or an addiction to alcohol or other drugs (2%). Females were more likely to have Depression or Anxiety Disorder, whereas males were more likely to report ADHD.

Stress & despair

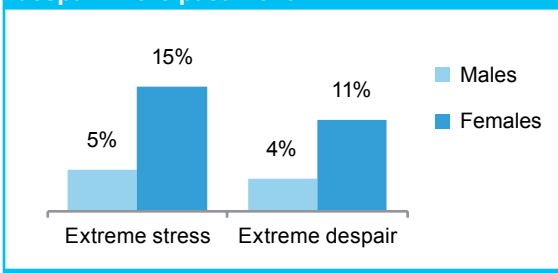
Most students (85%) reported feeling stressed in the past month. Females were three times as likely as males to experience extreme stress that prevented them from functioning properly.

Students were also asked the extent to which they felt so sad, discouraged or hopeless that they wondered if anything was worthwhile. Fifty percent reported feeling some level of despair in the past month, which was similar to the rates in 2008 and 2003. Extreme levels of stress and despair generally increased with age.

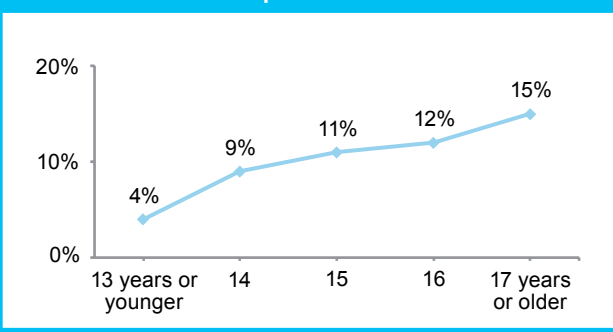
Most commonly reported conditions

| | Males | Females |
|--------------------------------|-------|---------|
| ADHD | 8% | 5% |
| Depression | 6% | 14% |
| Anxiety Disorder/Panic Attacks | 4% | 16% |

Students who experienced extreme stress and despair in the past month



Extreme stress in the past month

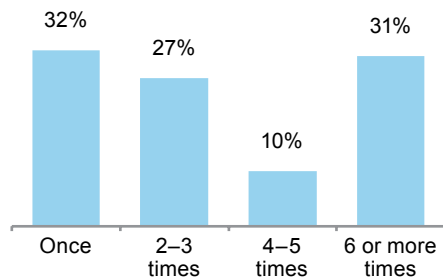


I did get help for depression but I only started 3 weeks ago.”

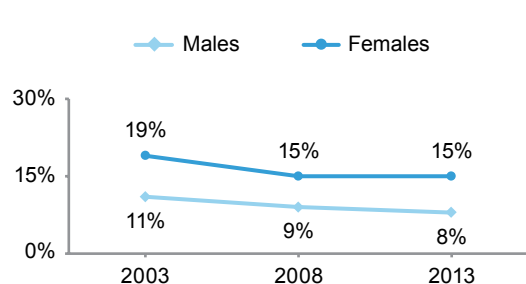
Self-harm

In the past year, 8% of local males and 22% of females reported cutting or injuring themselves on purpose without trying to kill themselves.

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



**Students who seriously thought about suicide
in the past year**



Note: The differences between 2008 and 2013 were not statistically significant.

Suicide

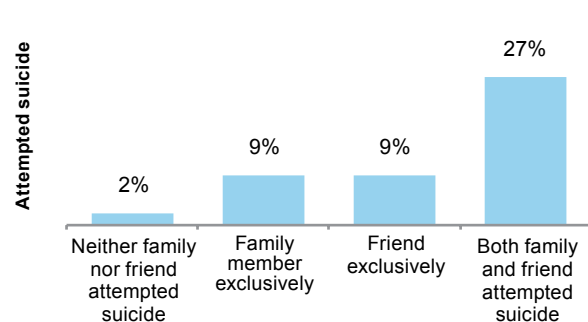
Eight percent of males and 15% of females seriously thought about killing themselves in the past year. For both males and females, rates of suicidal ideation decreased from 2003 to 2008, and remained at the 2008 level in 2013.

Consistent with the picture over the past decade, 4% of males and 7% of females reported attempting suicide in the past year.

A known risk factor for attempting suicide is having a family member or close friend who has attempted or died by suicide. Fourteen percent of South Vancouver Island students reported that a family member had tried to kill themselves at some point, and 24% 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.

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



12% of students did not access needed mental health care.

Hope for the future

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

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

Foregoing mental health services

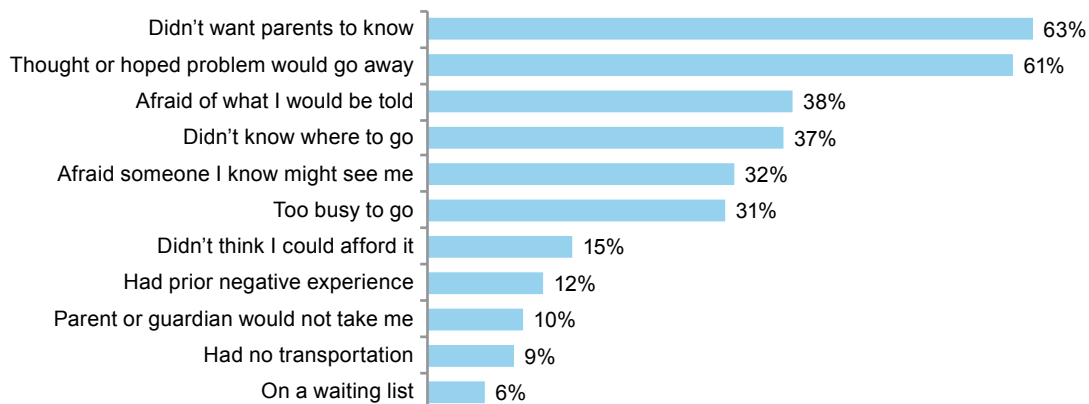
In the past year, females were more than three times as likely as males to not access mental health services when they thought they needed to (18% vs. 5%).

Local males were less likely in 2013 than in 2008 to miss out on needed mental health services (5% vs. 8%), but there was no difference for females between survey years.

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, feeling fearful of what the mental health professional would tell them, and not knowing where to go. Males were more likely than females to report that they had no transportation to get there (20%* vs. 6%).

Local students who did not access needed services in 2013 were more likely than those in 2008 to indicate not having done so for a number of reasons. These included not wanting their parents to know (63% in 2013 vs. 45% in 2008), not knowing where to go (37% vs. 28%), fearing that someone they know might see them (32% vs. 24%), thinking they could not afford it (15% vs. 9%), and having no transportation to get there (9% vs. 5%).

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



Note: Youth could choose more than one response.

Injuries & injury prevention

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

In the past year, 29% of students were injured seriously enough to require medical attention (33% of males vs. 24% of females). This represented a local decrease from 32% in 2008 and 37% in 2003.

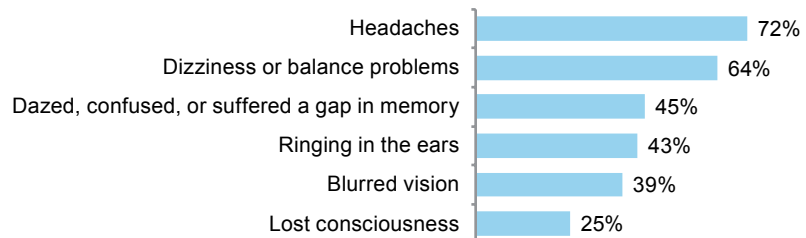
Most injuries happened while playing or training for sports or other recreational activities (61%). Also, 8% of injuries happened when youth were riding a bicycle, 5% when walking or running outside, 4% when snowboarding or skiing, 4% when in a car, and 3% when working.

Concussions

Eighteen percent of students (20% of males vs. 15% of females) had a concussion in the past year. Thirteen percent had one concussion, 3% had two, 1% had three, and 1% had four or more. The most common symptoms experienced by youth were headaches and/or dizziness or balance problems.

Twenty-three percent of South Vancouver Island youth who had experienced a concussion in the past year had not accessed needed medical help.

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



Note: Youth could choose more than one response.

Def.

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

4% of students were using a cellphone or portable electronic device when they were injured.

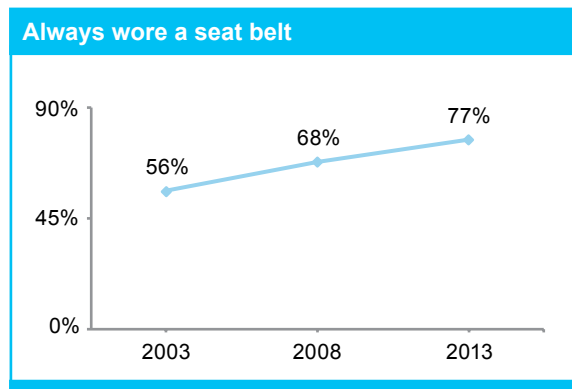
Injury prevention

Seventy-seven percent of male and female students always wore their seat belt when riding in a motor vehicle, while 1% never did. Youth were more likely to always wear their seat belt in 2013 than their peers over the past decade.

South Vancouver Island students were more likely to take injury prevention seriously in some activities over others. For example, 79% always wore a helmet when snowboarding or skiing, while 58% always wore one when riding a bike.

Wearing a helmet was linked to a lower risk of having a concussion or other serious injury. For example, 15% of youth who always wore a helmet when riding a bike had a concussion in the past year, compared to 26% who never wore a helmet. Also, 27% of those who always wore a helmet when skateboarding or roller-skating had been injured in the past year, compared to 40% who never wore a helmet during those activities.

Five percent of local youth who had tried alcohol had ever driven after drinking. This was a decline from 7% in 2008. It was more common for local youth to have driven after using marijuana, which 13% of marijuana users had ever done, and 6% had done in the past month.



Twenty-four percent of students had been a passenger in a vehicle with a driver who had been either drinking or using marijuana, and 10% had done so in the past month. Females were more likely to have ever ridden with an impaired driver (27% vs. 22% of males) and to have done so in the past month (11% vs. 8% of males).

Twenty-five percent of students who had ever driven after using alcohol or marijuana did not have a driver's licence.



Nutrition

Ninety-five percent of youth reported eating fruit or vegetables at least once on the day before taking the survey. This was consistent with the provincial rate and a local increase from 92% 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. Thirty-two percent of students in South Vancouver Island ate fruit or vegetables only once or twice yesterday, which was consistent with the provincial rate.

In 2013, males were more likely than females to have consumed fast food (43% vs. 32%), traditional foods from their background (28% vs. 22%), pop or soda (44% vs. 23%), and energy drinks (7% vs. 3%) on the day before completing the survey, while females were more likely to have eaten vegetables or green salad (87% vs. 80% of males).

| What students ate and drank yesterday (one or more times) | | | |
|---|------|------|------------------|
| | 2008 | 2013 | Change from 2008 |
| Water | 93% | 96% | ↑ |
| Fruit | 82% | 88% | ↑ |
| Vegetables or green salad | 80% | 84% | ↑ |
| Sweets (cookies, candy, chocolate, etc.) | 67% | 78% | ↑ |
| Fast food (pizza, hot dogs, fries, etc.) | 45% | 38% | ↓ |
| Pop or soda | 42% | 33% | ↓ |
| Coffee or coffee-based beverages | 25% | 28% | -- |
| Traditional foods from youth's background | NA | 25% | |
| Food grown or caught by youth or family | NA | 13% | |
| Energy drinks | 10% | 5% | ↓ |

NA The question was not asked.

-- The percentages in 2008 and 2013 were comparable.



I feel I know nothing about proper nutrition. I think this should be more focused on in school.”

When compared to their peers across the province, local females were more likely to have eaten vegetables (87% vs. 83%), and were less likely to have consumed fast food (32% vs. 36%) and pop or soda (23% vs. 27%), although there were no differences among males.

Youth who reported eating fruit or vegetables three or more times on the day before taking the survey were more likely to report good or excellent mental health (83% vs. 76% who ate them less often), and to feel calm (52% vs. 42%) and happy (74% vs. 62%) most or all of the time in the past month. They were also less likely to report extreme stress (30% vs. 35%) and extreme despair in the past month (14% vs. 22%).

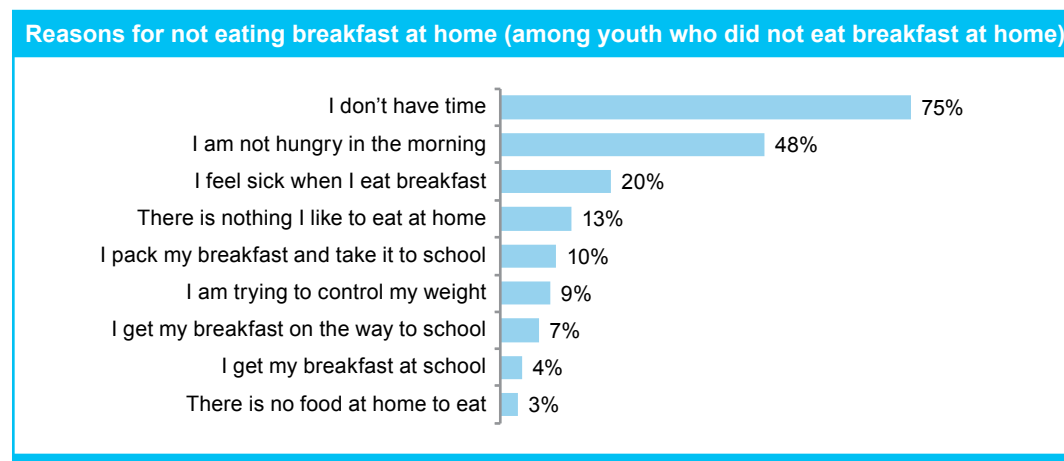
There was a link between diet and exercise, as youth who had eaten three or more servings of fruit or vegetables on the day before taking the survey were more likely to be engaging in physical activity. For example, 66% participated in informal sports on a weekly basis, compared to 49% who were not eating as healthily.

Good nutrition also had benefits among students with health conditions. For example, among South Vancouver Island students with a mental or emotional health condition, those who had eaten three or more servings of fruit or vegetables were more likely report good or excellent general health compared to youth who had consumed fewer servings (72% vs. 56%).

Breakfast

Consistent with the provincial rate, 12% of local students reported never eating breakfast on school days. Fifty-six percent of students (62% of males vs. 51% of females) reported always eating breakfast on school days, which was a local improvement from 52% ten years previously.

Among students who skipped breakfast, the reasons were generally similar to those seen provincially. The only difference was that 3% of males in South Vancouver Island reported getting their breakfast at school, compared to 7% across BC.



Note: Youth could choose more than one response.

1%

of students went to bed hungry often or always, which was a decrease from 2% in 2008.

Females were more likely than males to report not eating breakfast at home because they got it on the way to school (8% vs. 5% of males), they packed their breakfast and took it to school (13% vs. 6%), they felt sick when they ate breakfast (26% vs. 13%), and because they were trying to control their weight.

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 (88% vs. 71%), better nutrition (such as eating fruit or vegetables three or more times yesterday; 69% vs. 54%), and sleeping for eight or more hours the previous night (64% vs. 44%).

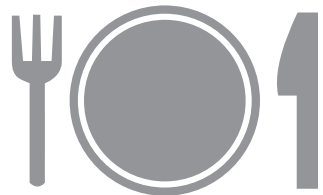
Going to bed hungry

Consistent with the province, 91% of youth in South Vancouver Island never went to bed hungry because there was insufficient money for food at home, which was an increase from 89% in 2008. Eight percent of local students went to bed hungry sometimes, and 1% 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 (10% vs. 1% 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.



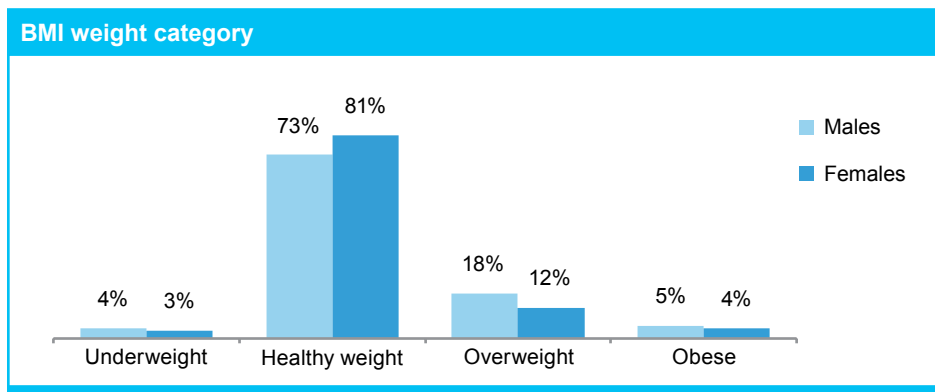
Body weight & body image

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 3% were underweight, 15% were overweight, and 5% were obese.

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

The percentage of males who were underweight increased over the past decade, from 1% in 2003 to 2% in 2008 to 4% in 2013. On the other hand, the percentage of males who were obese decreased from 8% in 2003 to 5% in 2008 and 2013. The percentage of females in the various weight categories has not changed.



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



I want to know how many calories, proteins and vitamins I'm supposed to eat, and how many I'm eating now because I want to eat more and be healthier."

Body image

Students were asked how they saw themselves. Seventy percent of youth felt they were about the right weight, whereas 10% thought they were underweight and the remaining 20% felt they were overweight.

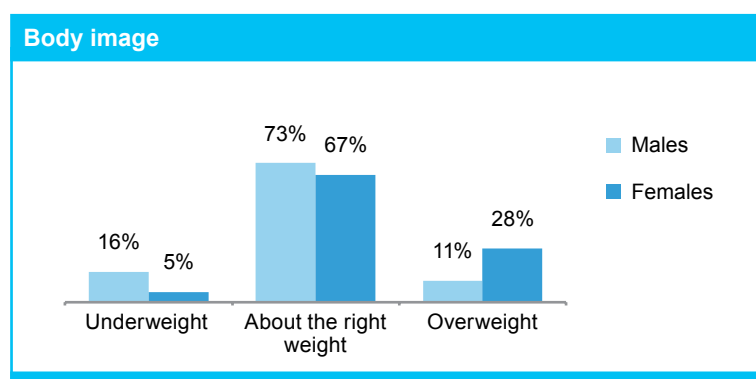
Twenty-three percent of healthy weight females thought they were overweight, compared to 4% of healthy weight males.

While 31% of healthy weight males were trying to gain weight (vs. 4% of healthy weight females), over half (52%) of healthy weight females were trying to lose weight (vs. 12% of healthy weight males).

Eating behaviours

In the past year, 26% of youth (18% of males vs. 34% of females) had binge eaten, and 6% (4% of males vs. 8% of females) had done so at least weekly. Nine percent of youth (5% of males vs. 12% of females) had vomited on purpose after eating (purged), and 2% had done so weekly, with females more likely than males to purge on a weekly basis. These rates were consistent with those across the province.

Youth who reported binge eating in the past year had poorer mental health than their peers who did not binge eat. For example, they were less likely to feel happy (50% vs. 76%) or calm (33% vs. 55%) most or all of the time in the past month, and were less likely to report good or excellent mental health (64% vs. 86%). Similar relationships were found between mental health and engaging in purging behaviour.



I think I have an eating disorder.”

Sexual behaviour

Oral sex

Twenty-six percent of South Vancouver Island students reported ever having oral sex, which was unchanged from 2008, and higher than the percentage across the province (23% provincially).

Although equal percentages of males and females indicated having oral sex, males were more likely to have received oral sex (25% vs. 20% of females), whereas females were more likely to have given it (23% vs. 16% of males). The rate of ever having oral sex increased with age.

CONDOM USE

Just over 1 in 10 students (11%) 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. Condom use among those who had oral sex was lower in this region than in the province as a whole (17%).

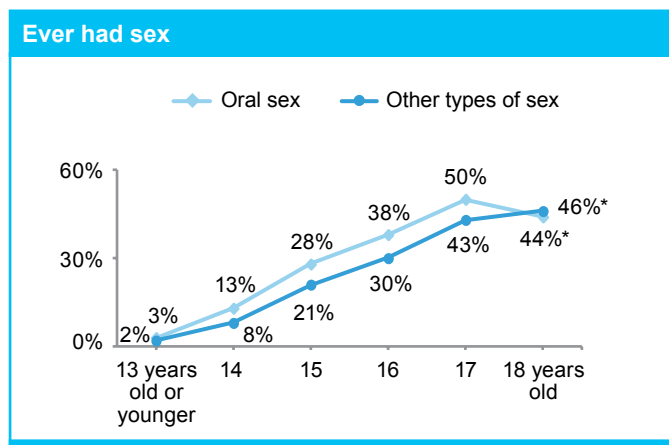
Sex (excluding oral sex)

Twenty-one percent of male and female students in this region indicated ever having sex, other than oral sex or masturbation. This was similar to the provincial rate, and represented a local decrease from 2003 (27%) for both genders.

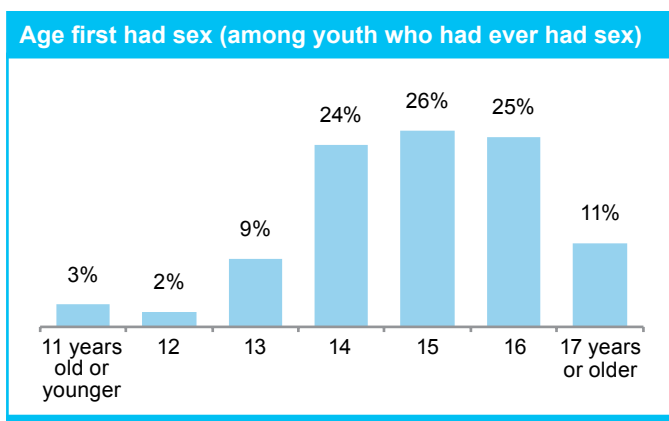
Consistent with the pattern for oral sex, older students were more likely than younger ones to have had sex.

AGE YOUTH FIRST HAD SEX

Similar to findings across the province, youth who had ever had sex most commonly reported first doing so at age 15. Thirty-eight percent of local students who had sex first did so at 14 or younger, which was unchanged over the past decade.



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



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

PARTNERS

Among students who had ever had sex, the majority (55%) had one sexual partner during the past year. One fifth (20%) had two partners during this time, while 20% had three or more partners. Five percent of students who had ever had sex had not done so during the past year. These rates were comparable to those found provincially.

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

SUBSTANCE USE

Similar to the provincial picture, 23% of students in this region who had ever had sex reported using alcohol or other substances before they had sex the last time. This reflected a local decrease from 30% five years earlier.

CONDOM USE

Sixty-eight percent of students (74% of males vs. 62% of females) who ever had sex reported that they or their partner had used a condom or other latex barrier the last time they had sex. The percentage of males and females who had used a condom was similar to local rates in 2003 and 2008, and to the provincial rate in 2013.

CONTRACEPTION

Students were asked what efforts they or their partner made to prevent pregnancy the last time they had sex. Local students most commonly reported using condoms (64%), birth control pills (49%), and withdrawal (32%—which is not a reliable method of birth control). In addition, 5% reported using emergency contraception. For 5% of students, the last time they had sex was with a same-sex partner. These rates were similar to those found provincially.

The percentage of students who were unsure of what efforts they used to prevent pregnancy decreased from 2003, while the use of condoms stayed consistent.

Pregnancy

Comparable to the province and to local rates over the past decade, 1% of local students reported ever being pregnant or causing a pregnancy.

Sexually transmitted infections

One percent of all youth reported being told by a doctor or nurse at some point that they had a sexually transmitted infection (STI). The rate was 2% among students who had ever had sex (including oral sex). The STI rate was comparable to that seen provincially and to the local rate in 2008.

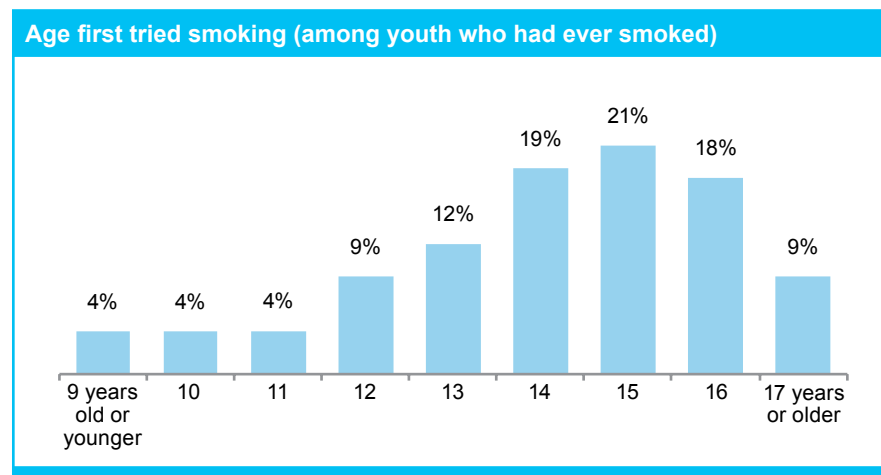
Tobacco use

Reflecting the provincial picture, 21% of local male and female students had ever tried smoking. This represented a local decrease from 34% in 2003 and 25% in 2008.

The ages that South Vancouver Island students started smoking were consistent with provincial rates, and unchanged from 2008. Among those who had tried smoking, almost half waited until they were 15 years old to first try tobacco (48%) although more than one in five (21%) had first smoked at age 12 or younger. The most common age for first smoking was 15 years old.

Youth used a variety of different tobacco products in the past month. Among those who had ever smoked, half (50%) had smoked cigarettes (44% of males vs. 57% of females), 32% smoked cigars or cigarillos (42% vs. 21%), 18% used a hookah, and 17% used electronic cigarettes with nicotine. Additionally, 12% had used chewing tobacco (18% of males vs. 6% of females).

Just over half of youth who had ever tried smoking had smoked in the past month (51%), which was an increase from 38% in 2003 and 44% in 2008.



I have never smoked.”

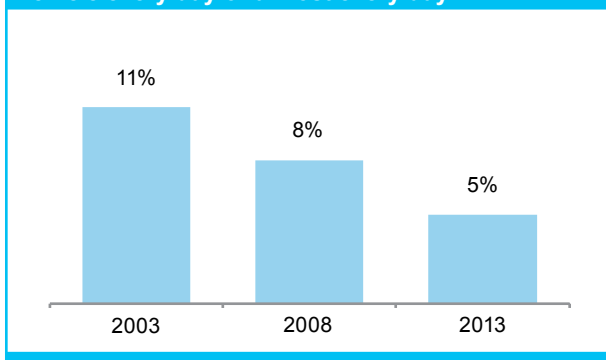
Provincially, males were more likely to have smoked in the past month, but that was not the case in South Vancouver Island where there was no gender difference.

Among youth who had ever smoked, 20% had successfully quit smoking in the past year. Fourteen percent had tried to quit smoking but had started again. Locally, females were less likely than males to have successfully quit smoking in the past year (15% vs. 24%). Local females were also less likely to have quit smoking than females in the province overall (23%).

Seven percent of South Vancouver Island students who had ever smoked had used a product to help them stop smoking in the past month, and 45%* of those students had not smoked in the past month.

Being exposed to smoking is considered to be a risk factor for starting to smoke. Similar to youth across the province, 18% of local youth were exposed to tobacco smoke inside their home or family vehicle at least sometimes. Five percent of students experienced second-hand smoke daily or almost daily, which was a decrease from 2008 and 2003.

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



Alcohol, marijuana, & other drug use

Alcohol

After remaining stable between 2003 and 2008, the percentage of local students who had tried alcohol decreased from 60% in 2008 to 50% in 2013. Youth in South Vancouver Island were more likely to have tried alcohol than those across the province (45%).

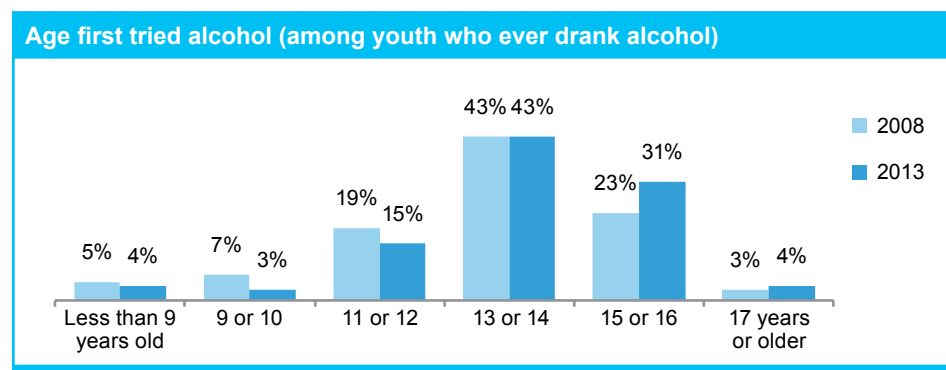
Among students who had tried alcohol, 65% first did so at age 14 or younger. Consistent with findings across the province, age 14 was the most common age to first try alcohol.

Local youth were waiting longer to first drink than in previous years. For example, 15% of local youth who had tried alcohol first did so at 11 or 12 years old, which was a decrease from 19% in 2008. There was a corresponding increase in the percentage of youth waiting until they were 15 or 16 years old before they tried alcohol.

Among South Vancouver Island youth who had tried alcohol, 37% of males and females had five or more drinks within a couple of hours on at least one occasion in the past month. This was a local decrease from 46% in 2003, and was similar to the provincial rate in 2013.

Overall, 20% of youth in this region drank on the Saturday before completing the survey. Specifically, 14% had liquor, 11% had beer, 8% had coolers, and 4% had wine. Among youth who drank last Saturday, 57% mixed different types of alcohol, with 22% mixing three or four types. Eleven percent of youth who drank last Saturday mixed alcohol with energy drinks.

Among youth who drank last Saturday, 66% of females had four or more drinks and 65% of males had five or more drinks, which is considered binge drinking. These rates were consistent with those across BC.



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



I'm no longer smoking, doing drugs, or using alcohol."

14 years old was the most common age for local youth to first use marijuana.

Marijuana

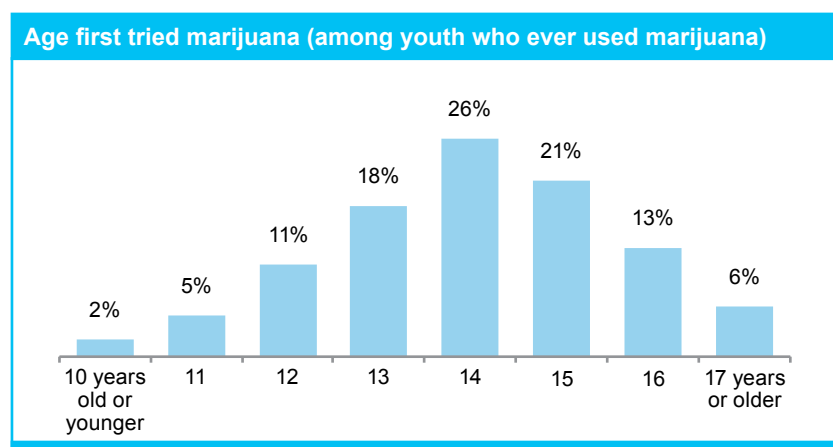
The percentage of local students who had tried marijuana decreased from 45% in 2003 to 35% in 2008. In 2013, 29% of male and female youth had ever used marijuana. For males, this was no different from the provincial rate, but females in this area were more likely than across the province to have tried marijuana (25% provincially).

Compared to five years previous, youth were waiting longer to first use marijuana. Among those who had tried marijuana, fewer youth had first used marijuana at 14 years or younger (61% in 2013 vs. 70% in 2008). There was no difference between South Vancouver Island and the province overall in the age that youth first tried marijuana.

Consistent with local results over the past decade, 58% of youth who had tried marijuana had used it in the past month, and 23% had used it on six or more days during the past month (30% of males vs. 15% of females).

Nine percent of South Vancouver Island youth had used marijuana the previous Saturday (down from 15% in 2008 and consistent with the provincial rate), and 6% had used both alcohol and marijuana that Saturday (also a decrease from 11% in 2008).

Among youth who had tried marijuana, both males and females most commonly got it from a youth outside their family (86%). Twelve percent got it from an adult outside their family, 6% from a youth in their family, and 5% from an adult in their family.



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

Substances other than alcohol & marijuana

South Vancouver Island youth had tried a variety of substances other than alcohol and marijuana. The most common were prescription pills without a doctor's consent (11%), although the use of these decreased from 2008 (15%). There was also a decrease in the use of inhalants (2% in 2013 vs. 5% in 2008). There was no change between 2008 and 2013 in the use of cocaine (3%), hallucinogens (4%), ecstasy (6%), mushrooms (7%), amphetamines (1%), or steroids without a doctor's prescription (1%).

For the first time, the survey included questions about ketamine or GHB, which 1% of South Vancouver Island youth had tried. The percentages of youth who had tried crystal meth or heroin was too low to report.

There were no gender differences in the use of substances other than alcohol and marijuana, except that females were more likely than males to have tried cocaine (4% vs. 2%).

Consequences of substance use

Over half of youth (51%) who had used alcohol or other substances reported negative consequences in the past year (46% of males vs. 56% of females).

| Consequences of substance use in the past year (among youth who had used alcohol or other substances during that time) | |
|---|-----|
| Was told I did something that I couldn't remember | 37% |
| Passed out | 27% |
| Got injured | 16% |
| Argued with family members | 13% |
| School work or grades changed | 10% |
| Damaged property | 8% |
| Lost friends or broke up with a girlfriend or boyfriend | 7% |
| Had sex when I didn't want to | 6% |
| Got in trouble with police | 6% |
| Got into a physical fight | 5% |
| Overdosed | 2% |
| Had to get treatment for alcohol or drug abuse | 1% |

Note: Youth could choose more than one response.

Males were more likely to report damaging property (11% vs. 6% of females), while females more frequently got injured (19% vs. 13% of males), argued with family members (16% vs. 11%), lost friends (9% vs. 5%), had sex when they did not want to (9% vs. 3%), and were told they did something that they could not remember (43% vs. 30%).

In the past year, 6% of local youth were either told they needed help or felt that they needed help for their substance use. Specifically, 3% needed help for their alcohol use, 3% for their marijuana use, and 2% for their other drug use. There were no gender differences.

Reported reasons for using

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

Females were more likely than males to report using substances because their friends were doing it (37% vs. 30%), they felt down or sad (19% vs. 11%), or to have fun (70% vs. 63%).

| Most common reasons for using substances the last time (among youth who ever used alcohol or other drugs) | |
|--|-----|
| I wanted to have fun | 67% |
| My friends were doing it | 34% |
| I wanted to try it/experiment | 29% |
| Because of stress | 20% |
| I felt down or sad | 15% |
| I felt like there was nothing else to do | 8% |
| To manage physical pain | 6% |
| I thought it would help me focus | 3% |
| I was pressured into doing it | 2% |
| Because of an addiction | 2% |
| I didn't mean to do it | 2% |
| To change the effects of some other drugs | 1% |
| Other | 19% |

Note: Youth could choose more than one response.



I took a closer look at my friends and realized I was in with the wrong crowd. I have been 10 months sober, I never plan to touch any substance again.”

School

School connectedness

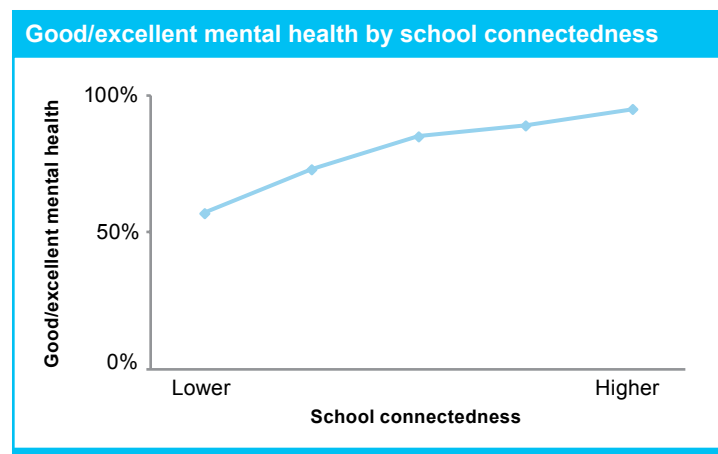
School connectedness was measured using a scale which included students' feelings about school and their school community. Students in South Vancouver Island reported similar levels of school connectedness to students across the province.

Most local students felt that they were treated fairly by school staff (75%), they got along with their teachers (76%), and their teachers cared about them (66%). In addition, 51% felt that school staff other than teachers cared about them.

Similar to 2003 and 2008, the majority of students (63%) felt like they were a part of their school. Sixty-eight percent of students were happy to be at their school, which

was similar to the local rate in 2008, and an increase from 59% in 2003. The percentage of students who felt safe at their school increased for the first time in a decade, from 74% in 2003 to 81% in 2013.

School connectedness was associated with health benefits. For example, students who had been teased, excluded, and/or assaulted in the past year who reported higher levels of school connectedness were more likely to have only positive aspirations for the future than those with lower levels of connectedness. 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.



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

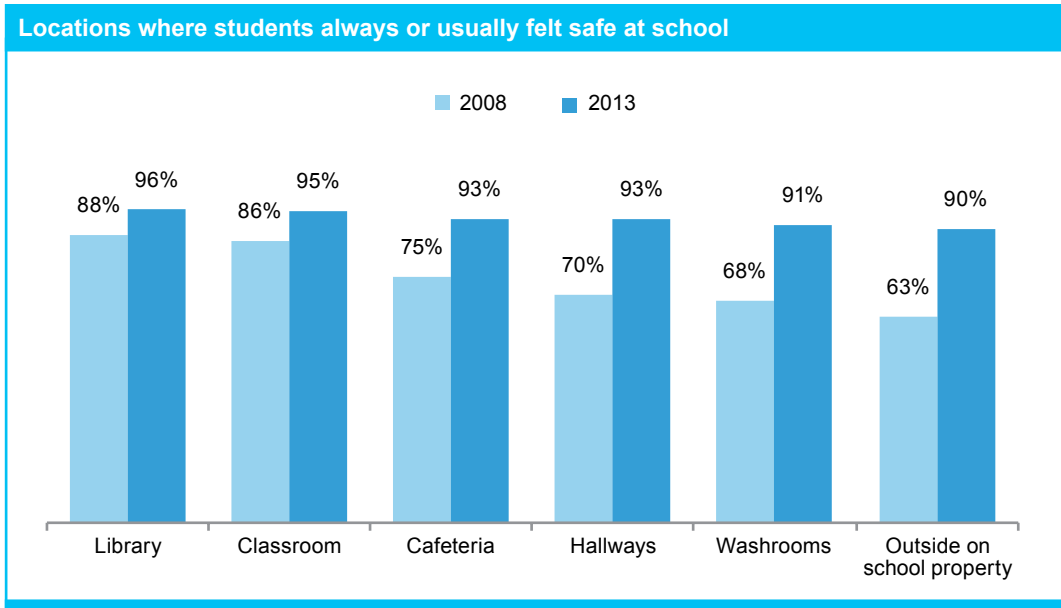
School safety

South Vancouver Island male and female students felt equally safe in each area of the school. They felt safer in every area of their school in 2013 than in previous survey years.

Youth who felt safe at school overall were more likely than those who did not feel safe at school to rate their overall health as good or excellent (94% vs. 52%*). They were also more likely to rate their mental health as good or excellent.

Weapon carrying

Similar to the provincial picture, 5% of local students (7% of males vs. 2% of females) carried a weapon, such as a knife or bat, to school in the past month.



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

School absences

Overall, 60% of students (55% of males vs. 65% of females) had missed classes on at least one day in the past month. The most common reason was illness (40% of males vs. 50% of females). Females were also more likely than males to have skipped school (28% vs. 22% of males), and to have missed school because of family responsibilities (14% vs. 10%), and bullying (4% vs. 2%). Males and females were equally likely to have missed school because of work (3%).

Local females were also more likely to have missed school than females throughout BC (65% vs. 61%) and specifically to have missed school due to illness (50% vs. 45%). There were no differences among males.

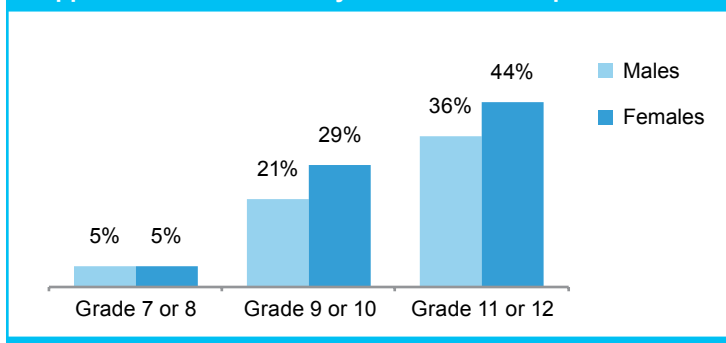
Educational aspirations

Consistent with the provincial picture, most students expected to graduate from high school, and 85% anticipated continuing their education beyond high school, such as through university, college, or trade school. Six percent of youth had not thought about their school plans yet.

Also consistent with the provincial rate, 3% of youth were planning to graduate from high school but to not continue their education further. This represented a local decrease from 7% in 2003 and 2008.

The percentage who did not expect to graduate from high school decreased steadily over the past decade, with virtually no students in 2013 planning not to complete Grade 12.

Skipped one or more full days of school in the past month



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 44 in the section about technology use.)

TEASING

In the past year, 36% of students in South Vancouver Island (30% of males vs. 43% of females) had been teased at least once to the point where they felt bad or extremely uncomfortable. The rates in this region and the province were comparable, and consistent with local results in 2003 and 2008. Being teased peaked at age 14 for both male and female students.

Twelve percent of local students experienced teasing on three or more occasions in the past year (10% of males vs. 13% of females).

SOCIAL EXCLUSION

Similar to students across BC, 27% of males and 42% of females reported being socially excluded at least once in the past year, and 6% of males and 13% of females were excluded three or more times. Unlike the provincial picture, local percentages of social exclusion did not increase from 2008, although they were higher than in 2003 for both males and females.

Rates of social exclusion were lower among females aged 15 or older, than among younger females. There were no age differences for being excluded among males.

ASSAULT

In the past year, 8% of students (11% of males vs. 4% of females) reported being physically attacked or assaulted at least once, and 1% had this experience three or more times. These rates were consistent with those across the province, and represented a local decrease from 10% in 2003 and 2008.

Impacts of bullying

Youth who had been teased, excluded or assaulted in the past year were more likely to report skipping class in the past month (30% vs. 20% of youth who had not been bullied), and to skip class on three or more occasions in the past month (9% vs. 6%).

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

Youth who were bullied were more likely than their peers who were not bullied to report not participating in extracurricular activities. For example, 15% of youth who were assaulted and 15% who were cyberbullied reported not participating in extracurricular activities, compared to 4% of youth who did not have these experiences. Similar patterns were seen for youth who were excluded (11% missed out on activities vs. 2% of youth who had not been excluded) and teased (10% vs. 2%).

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

Perpetrators

In the past year, 9% of local students (12% of males vs. 7% of females) reported that they had teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 13% of students had socially excluded another youth, and 3% had physically attacked or assaulted someone (5% of males vs. 1% of females).

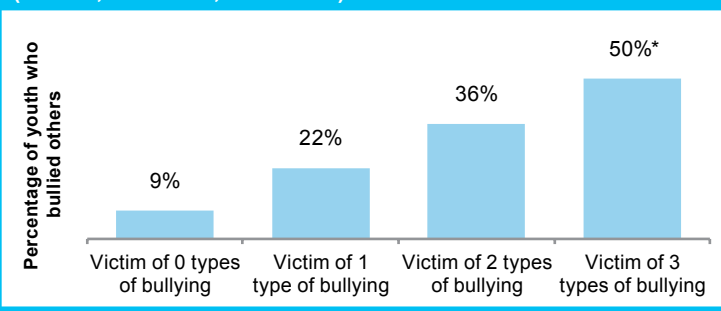
In comparison to the province, local students were less likely to report teasing another youth (9% vs. 12% across BC), and local females were less likely to have excluded a peer (12% vs. 15% provincially). Rates of assaulting another youth were comparable to those across the province.

Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 19% of students who had been teased in the past year reported teasing others during this same time frame, compared to 4% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (23% vs. 7% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (28% vs. 1% of those who had not been assaulted).

Discrimination

Youth identified a number of different discrimination experiences, and there were some gender differences. Females were more likely than males to report being discriminated against because of their physical appearance (24% vs. 14%), being seen as different (13% vs. 9%), their age (11% vs. 5%), and their gender (10% vs. 1%).

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



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

Perceived reasons for being discriminated against in the past year

| | |
|--|-----|
| Physical appearance | 19% |
| Being seen as different | 11% |
| Age | 8% |
| Race, ethnicity or skin colour | 7% |
| Gender/sex | 6% |
| Income or family income | 5% |
| Sexual orientation (being or thought to be gay or lesbian) | 5% |
| A disability | 3% |

Note: Youth could choose more than one response.

Local students were less likely in 2013 than in 2008 or 2003 to have felt discriminated against because of their race, ethnicity or skin colour (7% vs. 9% in 2008 and 2003).

Compared to students across BC, youth in South Vancouver Island were less likely to report being discriminated against because of their race, ethnicity or skin colour (7% vs. 11% provincially) or being seen as different (11% vs. 13%).

Physical abuse, sexual abuse, & sexual harassment

Physical abuse

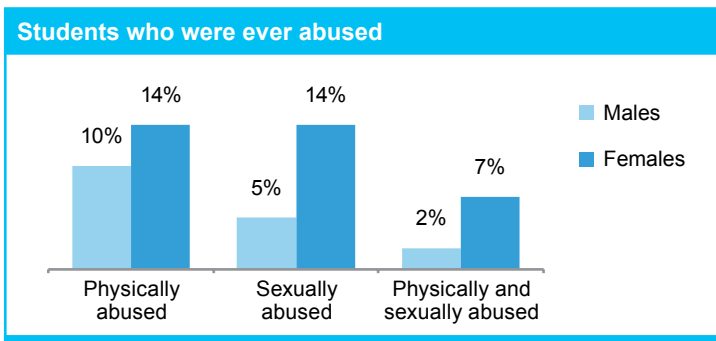
Consistent with the experiences of youth across the province, 12% of students in South Vancouver Island (10% of males vs. 14% of females) had been physically abused at some point in their life.

Physical abuse rates decreased locally from 15% in 2003 and 18% in 2008.

Sexual abuse

When youth were asked specifically if they had ever been sexually abused, 6% 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 such. For example, 5% were forced into sexual activity against their will by another youth, and 1% by an adult. Also, 1% of youth were the younger of an illegal age pairing the first time they had sex.

When these forms of sexual abuse were considered, a total of 9% of students (5% of males vs. 14% of females) were sexually abused. This rate did not change locally over the past decade.



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

Experiences of sexual harassment locally reflected the experiences of youth across the province. Females were more likely than males to have experienced verbal or physical sexual harassment.

Thirty-one percent of males had experienced verbal sexual harassment at least once in the past year, which was a decrease from 38% in 2008. Twenty-two percent had been harassed once or twice and 9% had experienced it three or more times.

One in ten males were physically sexually harassed in the past year. This was a decrease from 18% in 2003 and 14% in 2008. Three percent were physically sexually harassed on three or more occasions during this time frame.

Forty-eight percent of female students had experienced verbal sexual harassment in the past year. This was a decrease from 54% in 2003 and from 60% in 2008. Seventeen percent had been verbally sexually harassed three or more times.

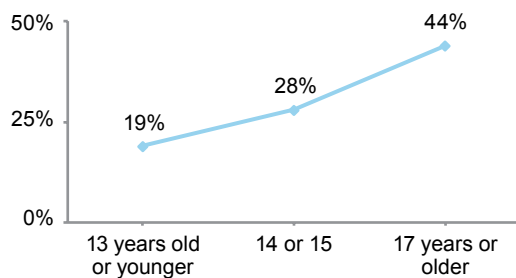
Twenty-nine percent of female students experienced physical sexual harassment in the past year, with 7% having experienced it three or more times. This was also a decrease from 41% in 2003 and 2008.

Employment

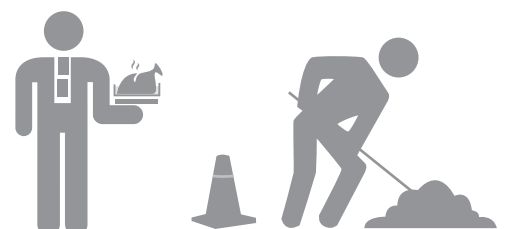
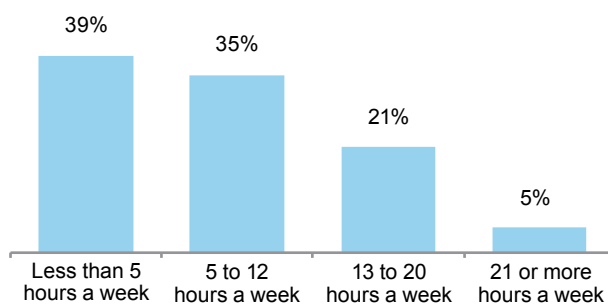
A total of 32% of male and female students in South Vancouver Island worked at a paid job during the school year. This was higher than the provincial rate (29%), but represented a local decrease from 2008 (48%) and 2003 (43%).

Five percent of employed students worked 21 or more hours each week, which was similar to the percentage across the province. Throughout BC, males were more likely than females to work this much. However, this gender difference did not exist locally.

Students who worked at a paid job during the school year



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



Physical activity, sports, & leisure

Physical activity

The Canadian Physical Activity Guidelines recommend that youth aged 12 to 17 do an hour of moderate to vigorous physical activity every day. Similar to the provincial picture, 18% of local students exercised for an hour a day in the past week. Exercise participation rates among local males were similar to those for males across the province (22%), but local females were more likely to exercise for an hour every day (15% vs. 12% provincially). As was found provincially, 8% of local students aged 12 to 17 had not exercised on any day in the past week.

Younger students were more likely than older ones to have met the physical activity guidelines. For example, 24% of students aged 13 had exercised for an hour daily in the past week, compared to 15% 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, 64% 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. For example, students who exercised daily during the past week were more likely to have slept for eight or more hours on the previous night (66% vs. 53% of students who exercised on fewer days). They were also more likely to rate their overall health as good or excellent (96% vs. 87%), as well as their mental health (88% vs. 79%).

Physical activity may be particularly beneficial for those with challenges in their lives. For example, local youth who had been teased, excluded, and/or assaulted and had exercised on at least three days in the past week were more likely than those who had exercised on fewer days to feel good about themselves (73% vs. 62%) and about their abilities (82% vs. 73%).

Sports

During the past year, local students were as likely as students throughout BC to have participated weekly in informal sports (such as road hockey, hiking, and skateboarding; 60%), organized sports (56%), and yoga, dance, or exercise classes (20%).



I work out, play hockey and eat healthy."



86% of students who played organized sports reported good/excellent mental health, compared to 73% who never participated.

Sports participation rates remained stable between 2003 and 2008, but there were local decreases in 2013. For example, the percentage of students playing weekly organized sports dropped from 62% in 2008, and the percentage participating in informal sports decreased from 72%. The percentage of students in weekly dance, yoga, or exercise classes was similar to 2008, but lower than in 2003 (25%).

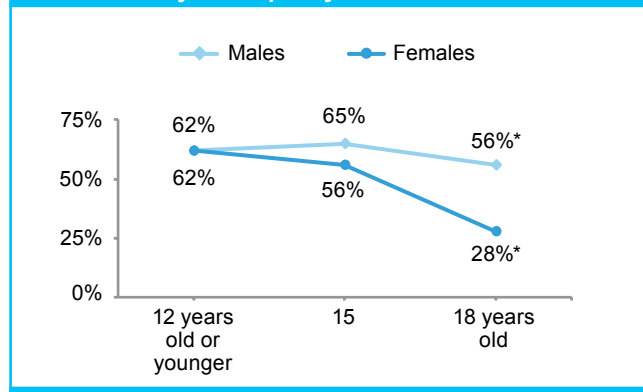
Similar to provincial results, males were more likely than females to be involved in informal sports (70% vs. 50% of females) and organized sports (60% vs. 51%) on a weekly basis, while females were more likely to take weekly dance, yoga, or exercise classes (33% vs. 7% of males).

At age 12 or younger, there was no difference between males and females in weekly participation in organized sports. Although rates of participation did not change for males at different ages, older females were less likely than younger ones to play organized sports weekly.

As with general physical activity, 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 (85% vs. 73%), or to have slept for eight or more hours on the previous night (59% vs. 50%).

Among youth who had been physically and/or sexually abused, those who played organized sports on a weekly basis were more likely to rate their overall health as good or excellent (85% vs. 66% of those who did not play organized sports). Similarly, 86% of youth who had been abused who took part in informal sports rated their overall health as good or excellent, compared to 60%* who did not participate in informal sports.

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



Note: The differences between males were not statistically significant.

Note: The difference between females 12 years old or younger and fifteen years old was not statistically significant.

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



I do have asthma, but that does not stop me from my sports. I play sports each night, 7 days a week.”

Barriers to participation

Students were asked about the reasons they might not have participated in sports and other activities in the past year. The most common reason male and female students gave was being too busy (46%), although being unable to afford to participate was a reality for 1 in 10 males and almost 2 out of 10 females.

South Vancouver Island students were less likely than students throughout the province to indicate missing out on activities because they could not get there or home (14% vs. 16%) or because the activity was not available in their community (11% vs. 14%).

| Barriers to participation in activities | | |
|---|-------|---------|
| | Males | Females |
| Too busy | 38% | 53% |
| Couldn't get there or home | 11% | 16% |
| Couldn't afford to | 10% | 19% |
| Activity wasn't available in community | 9% | 12% |
| Worried about being bullied | 4% | 6% |

2010 Winter Olympics

Three years after the 2010 Winter Olympic and Paralympic Games, 12% of males and 8% of females reported that they were more physically active as a result of the Games. This overall rate of 10% was lower than the provincial rate (13%). The percentage of students in South Vancouver Island who felt they had more sports opportunities as a result of the Games was comparable to students throughout BC (6%).

Gambling

While the legal gambling age in BC is 19, 11% of South Vancouver Island students had gambled in the past 12 months (15% of males vs. 6% of females), and almost all were aged 18 or younger. Gambling rates were similar to the 2013 provincial picture, and reflected a local decrease from 39% in 2008 and 55% in 2003.

Also similar to the provincial rate and the local percentage five years earlier, 3% of youth had gambled more than once a month during the past year.



Technology use

Ninety-three percent of females and 89% of males owned a cellphone. The majority of these students (97%) had used their device on the previous school day.

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

Females were more likely than males to use their device to communicate with friends, parent(s), and for chatting online or social networking, whereas males were more likely to use their device for playing games/entertainment/music.

| Used cellphone to... | Did this on last school day | When activity took place | | |
|--|-----------------------------|--------------------------|---------------|--------------|
| | | Before school | During school | After school |
| Communicate with friends | 88% | 50% | 61% | 70% |
| Play games/entertainment/music | 81% | 36% | 44% | 66% |
| Communicate with parent(s)/guardian(s) | 80% | 21% | 40% | 63% |
| Chat online or for social networking | 72% | 32% | 36% | 61% |
| Find information | 71% | 20% | 51% | 45% |
| Engage in sexting | 9% | 1% | 3% | 8% |
| Communicate with teachers | 9% | 2% | 5% | 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.

20% of females and 9% of males had met someone through the Internet who made them feel unsafe.

Seventy-seven percent of youth were online or on their phone after they were supposed to be asleep. The most common activities included surfing the Internet (59%), using a phone to chat or text (58%), and chatting online or social networking (56%). Males were more than twice as likely as females to report online gaming after they were expected to go to sleep.

Technology use after students were expected to go to sleep

| | Males | Females |
|--------------------------------------|-------|---------|
| Surfing the Internet | 61% | 57% |
| Chatting online or social networking | 53% | 59% |
| Using a phone to chat or text | 52% | 63% |
| Online gaming | 38% | 16% |

Note: The difference between males and females who surfed the Internet after they were expected to go to sleep was not statistically significant.

Online safety

Similar to the provincial picture, 13% of local students (9% of males vs. 16% of females) reported that they had been cyberbullied in the past year. For females, this was a decrease from 25% in 2008.

Five percent of male and female students 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. There were some differences between these students and those who had a phone. For example, students without a cellphone were more likely to feel that their teachers cared about them (76% vs. 65%), to have slept for eight or more hours the previous night (63% vs. 55%), and to have an adult in their family they felt they could talk to if faced with a problem (80% vs. 73%).

In contrast, students with a phone were more likely than their peers without a phone to plan to continue their education past high school (86% vs. 79%) and to have only positive aspirations for the future (89% vs. 84%).



Youth engagement

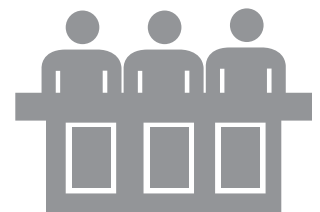
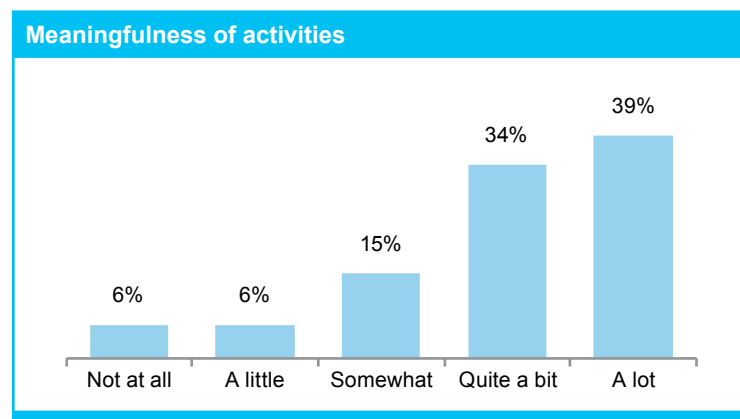
Students were asked about their level of engagement in the activities they took part in. Specifically, they were asked how meaningful they felt their activities were and how much they felt their ideas were listened to and valued within these activities.

As in 2008, 73% of South Vancouver Island students reported that the activities they were involved in were meaningful to them. The rate for males was similar to that throughout BC, while local females were more likely to feel their activities were meaningful (74% vs. 70% of females provincially).

Forty-five percent of students felt that their ideas were listened to and acted upon in their activities. This was similar to the 2013 provincial picture, but represented a local decrease from 52% in 2008.

There were many positive associations for youth who felt valued within the activities they took part in and who felt that those activities were meaningful. For example, students who felt their ideas were listened to quite a bit or a lot were more likely to rate their overall health as good or excellent (96% vs. 74% of students who felt their ideas were not listened to as much).

Among youth who had been teased, excluded, or assaulted in the past year, those who felt their activities were meaningful were more likely to feel good about themselves (74% vs. 56% of those who did not feel their activities were meaningful). Similarly, youth who had been bullied were more likely to rate their mental health as good or excellent if they were engaged in meaningful activities (76% vs. 53%).



Family relationships

The survey asked youth about their sense of connectedness to their family. Similar to the provincial results, most students in South Vancouver Island felt their family had fun together (68%), understood them (60%), and paid attention to them (76%). Male students were more likely to report feeling that their family understood them (64% vs. 56% of females) and that their family paid attention to them (78% vs. 74%).

Fifteen percent of students felt that their family did not understand them, 10% felt their family did not have fun together, and 7% felt their family did not pay attention to them.

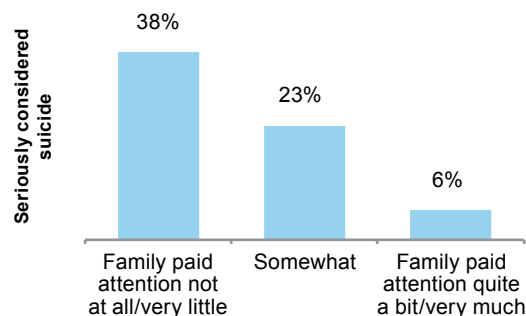
Def.

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

Positive family relationships were associated with better mental health. 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 seriously considered suicide in the past year. They were also more likely to rate their mental health as good or excellent (88% vs. 41%), and more likely to feel good about themselves (88% vs. 44%) and their abilities (92% vs. 58%).

Students who felt they and their family had fun together were less likely to have self-harmed in the past year (9% vs. 33% of those who did not feel they and their family had fun together). In addition, students who felt that their family understood them were half as likely to report binge drinking in the past month (15% vs. 30% who did not feel their family understood them).

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



“

We don't have fun together because my parents are always at work.”

Family connectedness (i.e., students feeling that members of their family paid attention to them, had fun together, and understood them) was associated with reduced risk behaviours. For instance, students with higher levels of family connectedness were less likely to have used alcohol the previous Saturday.

Family connectedness was also a protective factor for vulnerable youth. For example, among youth who had changed address three or more times in the past year, those with higher levels of family connectedness were more likely to engage in injury prevention behaviours such as always wearing a seat belt when riding in a motor vehicle. Also, among youth with an emotional or mental health condition, those with higher levels of family connectedness were more likely to report only positive future aspirations such as having a job, attending school, or being involved in their community.

Similar to youth across the province, 73% of students (77% of males vs. 70% of females) indicated that there was an adult in their family they could turn to if they were having a serious problem. Students who had such an adult in their lives were less likely to miss out on needed mental health services (6% vs. 27% of students who did not feel they could turn to an adult relative).

Students who identified as gay, lesbian or bisexual who felt they had an adult in their family to talk to were less likely to have seriously considered suicide (25%* vs. 51%*) or attempted suicide in the past year, compared to those without an adult relative to turn to.

Parental monitoring

Consistent with students across BC, over three quarters (76%) of local youth reported that their parents always or mostly knew what they were doing in their free time. Nine percent reported that their parents rarely or never knew what they were doing.

Students whose parents were aware of what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep (55% vs. 69% 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 (60% vs. 35%).

Similar to the provincial results, 75% of local youth ate an evening meal with their parents most or all of the time in the past month, 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 the previous day (67% vs. 47% of those who never or rarely ate with their parents). They were also more likely to feel good about themselves (85% vs. 63%) and their abilities (89% vs. 79%).



Supportive & caring adults outside the family

Adult to turn to for support

Thirty-seven percent of local students felt they had an adult outside their family they could turn to if faced with a problem. Percentages for males and females were comparable, unlike across the province where females were more likely than males to identify a supportive adult outside their family. This was because males in South Vancouver Island were more likely to have such an adult in their lives than males throughout BC (37% vs. 30%).

Students who could identify a supportive adult outside their family were more likely to feel like a part of their community (45% vs. 32% without this support). Also, students with a limiting health condition or disability were less likely to miss out on needed mental health care if they had such an adult in their life (30% vs. 44% without an adult outside their family to talk to).

Local adult who cares

Sixty-two percent of local students (59% of males vs. 64% of females) reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. This was comparable to the provincial rate.

Students who felt that an adult in their neighbourhood or community cared about them were more likely to report good or excellent health (93% vs. 82%) and to have taken part in weekly organized sports (62% vs. 46% of those who could not identify a local adult who cared about them).

Among students who had been physically abused, those who felt that an adult in their neighbourhood or community cared about them reported better mental health (61% vs. 34% who did not feel that an adult cared).



Help seeking

When students needed help, they most commonly approached friends (62% of males vs. 80% of females) and family members (63% of males vs. 72% of females). Students also sought support from a variety of different professionals, most commonly teachers, school counsellors, doctors, and sports coaches.

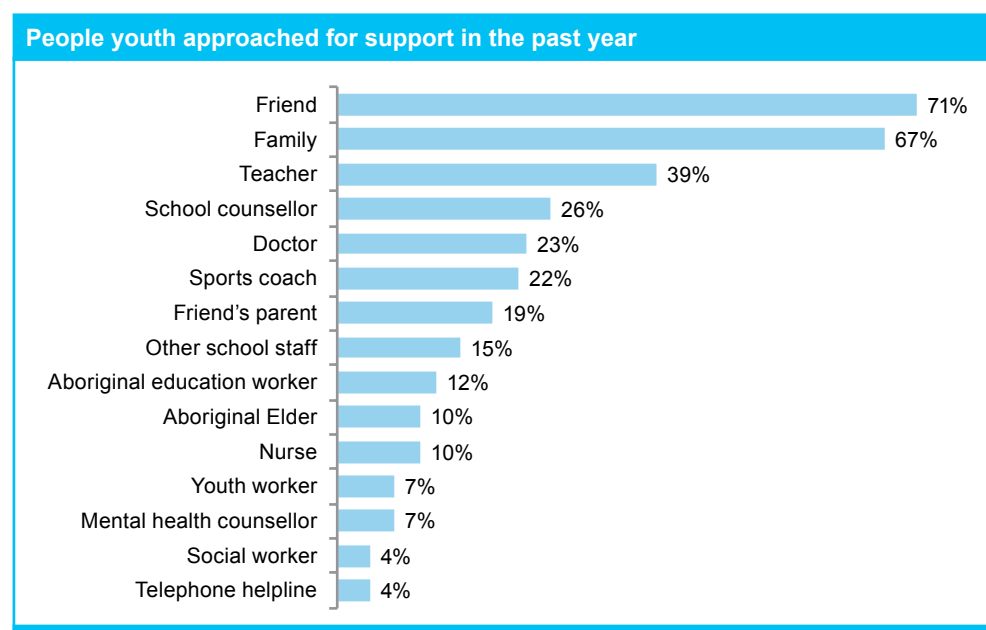
Females were more likely than males to have sought help from a school counsellor (31% vs. 20%), a doctor (25% vs. 21%) and a mental health counsellor (9% vs. 5%), whereas males were more likely to have sought help from a sports coach (25% vs. 19% of females).

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

than their peers without these experiences to have found the counsellor helpful (78% vs. 92%).

However, when youth found the adults in their lives helpful, there were health benefits. Youth who had been bullied who had asked their school counsellor for help and found this experience helpful were more likely to rate their mental health as good or excellent (71% vs. 47%* of those who asked for help but did not find it helpful), and were less likely to have self-harmed in the past year (25% vs. 43%*).

In addition, youth who had been physically and/or sexually abused who found their teacher to be helpful were more likely to have post-secondary plans and were less likely to have attempted suicide in the past year, compared to those who approached their teacher for help but did not find the experience helpful.



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

Peer relationships

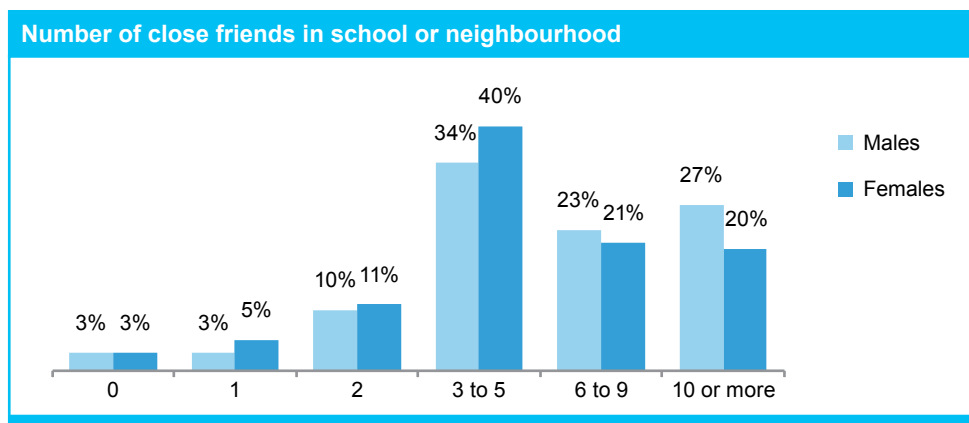
In this section, findings were similar to the provincial results unless noted.

Forty-three percent of students in South Vancouver Island had been in a romantic relationship in the past year, which was a decrease from 58% in 2008 and 62% in 2003. Among these students, 6% had been the victim of dating violence. While the percentage of local students in a dating relationship was higher than in BC overall (39%), the rates of violence within relationships were comparable. The local rate was also similar to previous survey years.

Almost all youth had at least one close friend in their school or neighbourhood, and the majority had three or more. There were positive associations with having more than

just one or two close friends. For example, students who had three or more friends were more likely than those with fewer friends to rate their overall health as good or excellent (91% vs. 80%). They were also less likely to have been teased, excluded, or assaulted in the past year (47% vs. 62%).

Having more than two close friends appeared to be protective for youth who had been bullied. For example, students with three or more friends who had been teased were more likely to feel good about themselves than those with fewer friends (70% vs. 51%). Similarly, students who had been socially excluded who had three or more close friends were more likely than those with fewer friends to have only positive future aspirations (such as seeing themselves in a job or going to college; 89% vs. 78%).



Note: The differences between males and females who had 2 close friends or 6 to 9 close friends were not statistically significant.

83% of local students had three or more close friends.

Friends with pro-social attitudes

Students were asked if their friends would be upset with them if they were involved in certain risk behaviours, such as getting arrested, dropping out of school, or using marijuana. They generally had friends who would be upset with them for engaging in most of these behaviours. However, local students were less likely than their peers throughout BC to have friends who would be upset with them if they got drunk (37% vs. 44%) or used marijuana (50% vs. 58%).

Having pro-social peers was a protective factor for South Vancouver Island youth. For example, students whose friends would be upset with them if they beat someone up

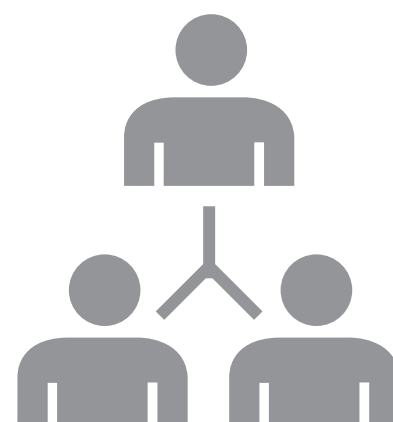
were less likely to have assaulted someone than those whose friends would not be upset with them for this reason (2% vs. 8%). In addition, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (87% vs. 73% of those whose friends would not be upset with them for this reason).

Further, students who drank in the past month were less likely to have been binge drinking if they had friends who would be upset with them for getting drunk (35%* vs. 62% of those whose friends would not be upset with them for getting drunk).

| Students whose friends would be upset with them if they... | | | |
|--|------|------|------------------|
| | 2008 | 2013 | Change from 2008 |
| Dropped out of school | 88% | 86% | -- |
| Were involved in gang activity | NA | 85% | |
| Got pregnant or got someone pregnant | 74% | 79% | ↑ |
| Got arrested | 66% | 77% | ↑ |
| Beat someone up | 60% | 73% | ↑ |
| Used marijuana | 50% | 50% | -- |
| Got drunk | 28% | 37% | ↑ |

NA The question was not asked.

-- The percentages in 2008 and 2013 were comparable.



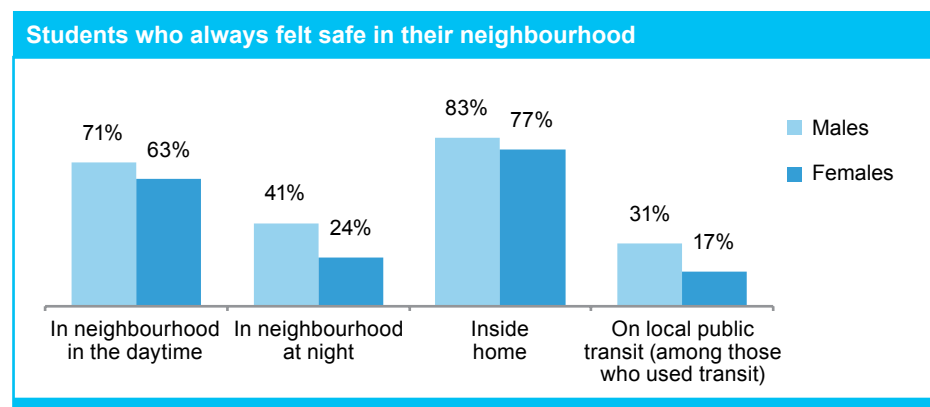
Neighbourhood safety

Reflective of the picture across the province, 80% of South Vancouver Island youth always felt safe inside their home. However, local youth were more likely than their peers to always feel safe in their neighbourhood during the day (67% vs. 64% provincially) or at night (33% vs. 28%).

Among youth who used transit, 23% always felt safe, and 3% never did. Youth in South Vancouver Island were more likely to always feel safe on transit than those across the province (17%).

Youth who always felt safe in their neighbourhood during the day were more likely to have only positive aspirations for the future, and were less likely to have missed out on necessary medical help.

Feeling safe was associated with positive mental health among vulnerable youth. For example, local students who had been physically abused were less likely to always feel safe in their neighbourhood in the daytime (48% vs. 70%) or in their home (51% vs. 84%). However, if these students did feel safe in their neighbourhood during the day they were less likely to have attempted suicide compared to those who never felt safe.



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

Community connectedness & cultural engagement

Community connectedness

Students were asked how much they felt like a part of their community. Similar to youth across the province, 37% reported that they felt quite a bit or very connected to their community.

There were benefits for youth who felt like a member of their community, including a greater likelihood of feeling good about themselves and their abilities.

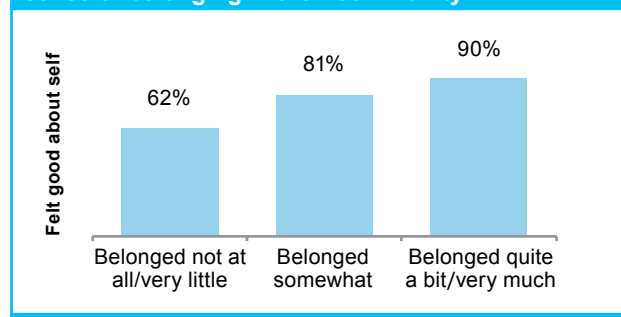
Youth who had been victimized also specifically benefitted from being a part of their community. For example, youth who had been teased in the past year were more likely to rate their mental health as good or excellent if they felt connected to their community (80%), than if they only somewhat felt that way (68%), or did not feel connected (52%). Similarly, the more connected youth who had been socially excluded felt to their community, the less likely they were to have missed out on necessary medical care (9% vs. 20% of those who were very little or not at all connected), or mental health services (13% vs. 32%).

Cultural engagement

In addition to feelings about their community, students were asked about their engagement in their culture. Local youth were less likely than their peers across the province to take part in weekly cultural activities (4% vs. 7%).

Youth who were involved in traditional activities on a weekly basis were more likely to be engaged in their community in other ways. For example, they were more likely to be volunteering weekly (54%* vs. 13% of youth who never took part in traditional activities). They were also more likely to plan to continue their education beyond high school (91% vs. 83%) and to feel good about themselves (89% vs. 79%).

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



Summary list of protective factors

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

| 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 feel like a part of their community, and to feel that an adult in the neighbourhood or community cared about them. |
| Eight or more hours of sleep | Among students who had been physically or sexually abused, those who slept for at least eight hours the night before taking the survey were more likely to rate their overall health as good or excellent compared to those who slept fewer hours. |
| Good nutrition | Youth who ate fruit or vegetables three or more times on the day before taking the survey were more likely to report good or excellent mental health. |
| Sports and exercise | Compared to students who exercised less, students who exercised daily during the past week were more likely to have slept for eight or more hours on the previous night, and to rate their overall health and mental health as good or excellent. |
| Feeling safe at home, in school, and in the community or neighbourhood | Youth who always felt safe in their neighbourhood during the day were more likely to have only positive aspirations for the future. |
| Feeling connected to school | The more connected students felt to their school, the better their mental health ratings. |
| Feeling engaged and valued in their activities | Youth who had been teased, excluded, or assaulted in the past year who felt their activities were meaningful were more likely to feel good about themselves (compared to those who did not feel their activities were meaningful). |
| Feeling like family pays attention to them | Students who felt that their family paid attention to them were less likely than those who did not feel this way to have seriously considered suicide in the past year, and were more likely to feel good about themselves and their abilities. |

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

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

Adult in the family students could talk to

Students who identified as gay, lesbian or bisexual who felt they had an adult in their family to talk to were less likely to have seriously considered or attempted suicide in the past year, compared to those without an adult relative to turn to.

A supportive adult outside family

Students with a limiting health condition or disability were less likely to miss out on needed mental health care if they had an adult outside their family they could turn to.

Adult outside their family who cares about them

Among students who were physically abused, those who felt that an adult in their neighbourhood or community cared about them reported better mental health than those who did not feel that an adult cared.

Helpful sources of support

Youth who had been physically and/or sexually abused and found their teacher to be helpful were more likely to have post-secondary plans and less likely to have attempted suicide in the past year than those who approached their teacher for help but did not find the experience 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.

Having friends with pro-social attitudes

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

Community connectedness

Youth who had been bullied who felt like a part of their community were less likely to miss out on needed medical or mental health care compared to youth who felt less connected.

Cultural engagement

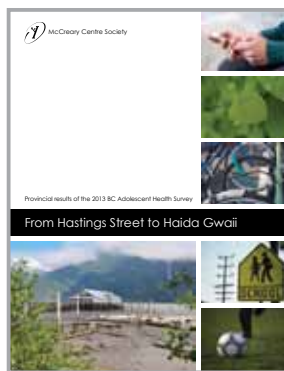
Compared to students who did not take part, youth who were involved in traditional activities on a weekly basis were more likely to volunteer in their community and to plan to continue their education beyond high school.

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

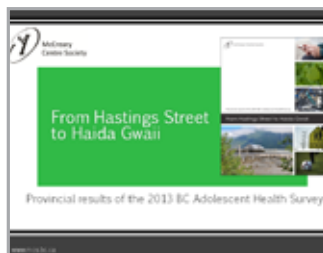


From Hastings Street to Haida Gwaii

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.

