



Results of the 2013 BC Adolescent Health Survey

Thompson Cariboo Shuswap



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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

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

The survey also highlighted some differences between youth in Thompson Cariboo Shuswap and the province as a whole, as well as identifying some groups of students who may need additional support.

In comparison to five years earlier, local students felt safer at school, and the percentage that did not expect to graduate dropped from 2% to 1%.

Although youth in this area reported higher rates of some health risk behaviours than seen provincially, there were many local improvements. For example, there were decreases in the percentage of youth trying alcohol, marijuana, or tobacco; and decreases in the percentage of youth who reported engaging in oral sex or having a sexually transmitted infection.

Compared to the provincial picture, youth in this area were more likely to be engaged in physical activity and exercise, including weekly informal sports (such as road hockey, hiking and skateboarding; 63% vs. 58% provincially).

The survey showed that local students were less likely to miss out on needed medical care than their peers in 2008. However, there was no such improvement in missing out on mental health care. Also, as was seen provincially, there was a local increase in the percentage of youth who did not seek necessary mental health care because they did not want their parents to know.

Mental health, particularly for female youth, and in-person bullying were areas of concern highlighted by the survey findings. Females were more likely than males to report a mental health condition. They were also more likely to report extreme stress, extreme despair, self-harm, suicidal ideation, and suicide attempts.

Results also showed the link between sleep and mental health, and highlighted that most local students (77% of males and 83% of females) were doing something such as homework or using their cellphone after the time they were expected to be asleep.

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.

Local results also highlighted the importance of supportive relationships with peers and adults including family, teachers, and other professionals. Youth in Thompson Cariboo Shuswap were more likely than their peers across the province to report having an adult in their community who cared about them.



Introduction

Between February and June 2013, almost 30,000 students in Grades 7–12 completed the BC Adolescent Health Survey (BC AHS) in schools across British Columbia. These students answered 130 questions about their health, and about the risk and protective factors in their lives.

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

In addition to a provincial report (*From Hastings Street to Haida Gwaii* available at www.mcs.bc.ca), 16 reports at the Health Service Delivery Area level will be published over the coming year. This report focuses on students in Thompson Cariboo Shuswap Health Service Delivery Area.

The Thompson Cariboo Shuswap Health Service Delivery Area includes Revelstoke (SD 19), Cariboo Chilcotin (SD 27), Kamloops-Thompson (SD 73), Gold Trail (SD 74), and parts of Nicola-Similkameen (SD 58) and North Okanagan-Shuswap (SD 83). All school districts in this region participated in the survey.

The results presented in this report provide the most comprehensive and representative picture of youth health in Thompson Cariboo Shuswap.

When reading this report there are a few important points to keep in mind:

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



SYMBOLS USED IN THIS REPORT

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

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



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

THOMPSON CARIBOO SHUSWAP HEALTH SERVICE DELIVERY AREA



PARTICIPATING SCHOOL DISTRICTS

- 19 Revelstoke
- 27 Cariboo-Chilcotin
- 58 Nicola-Similkameen
- 73 Kamloops/Thompson
- 74 Gold Trail
- 83 North Okanagan-Shuswap



QUOTES

Quotes from Thompson Cariboo Shuswap students who participated in the survey are included throughout this report.

Youth in Thompson Cariboo Shuswap

Ethnic & cultural background

In the 2013 BC Adolescent Health Survey, students in Thompson Cariboo Shuswap most commonly reported that they were of European heritage (69%), which was above the provincial rate of 53%, and similar to the local percentage in 2008.

Seventeen percent of local students did not know their family background, which was more than double the rate for students in BC overall (8%).

Family background	
European	69%
Aboriginal	19%
East Asian	4%
South Asian	3%
African	2%
Australian/Pacific Islander	2%
Latin/South/Central American	2%
Southeast Asian	1%
West Asian	NR
Other	3%
Don't know	17%

Note: Youth could choose more than one response.

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

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

ABORIGINAL STUDENTS

Provincially, 10% of students identified as Aboriginal, compared to 19% of local students. The percentage of students who identified as Aboriginal was unchanged from 2008. Among students who identified as Aboriginal, 64% were First Nations, 36% Métis, and 3% specified another Aboriginal group, such as Mohawk or Navajo (youth could select more than one Aboriginal identity if it were applicable).

Twenty-nine percent of Aboriginal students had ever lived on reserve, and 19% were living there currently (15% all of the time and 4% some of the time). One in five Aboriginal students (20%) reported that they spoke an Aboriginal language. This was above the provincial rate of 14%.

NEW CANADIANS

Five percent of students were born outside of Canada, which was below the provincial rate of 19% and unchanged from previous years. Among local students born outside Canada, almost a quarter (24%*) had lived here less than two years, and 28%* had lived here between two and five years; 28%* were here as international students.

LANGUAGE

The majority of students (71%) spoke only English at home, above the provincial rate of 51%. This was unchanged from five years previous. Almost a quarter of youth (24%) reported sometimes speaking a language other than English at home, and 4% spoke another language at home most of the time.

Sexual orientation & gender identity

Students in Thompson Cariboo Shuswap were less likely to identify as completely straight in 2013 than in previous years. For example, the percentage of females who identified as completely straight has gradually decreased from 86% in 2003 to 80% in 2013. There was also an increase in the percentage of male and female students identifying as bisexual from 1% in 2003 to 3% in 2013, and in the percentage of youth identifying as gay or lesbian.

Consistent with the province, males were more likely to identify as completely straight (90% vs. 80% of females), whereas females were more likely to identify as bisexual (5% vs. 2% of males).

Students were asked if they identified as transgender. The percentage who identified this way was too small to release. Four percent of local Aboriginal youth identified as Two Spirit, although the majority of Aboriginal students did not know what the term meant.

Sexual orientation	
Completely straight	85%
Mostly straight	6%
Bisexual	3%
Gay or lesbian	1%
Questioning	1%
Don't have attractions	5%

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

Home life

Similar to the rest of the province, 94% of students in Thompson Cariboo Shuswap reported living with at least one parent (including a step-parent). This was a decrease from 96% in 2003. Most students who did not live with their parents lived with another relative although local youth were less likely to be living with their grandparents than their peers across the province (6% vs. 9%).

The vast majority of youth (92%) reported that their parent(s) or guardian(s) worked locally. This was above the provincial rate of 88%. Twelve percent reported that at least one parent worked somewhere else in BC or Canada, and 2% worked abroad. Three percent of students report that their parents did not work, which was consistent with the rest of BC.

Who youth lived with most of the time	
Mother/stepmother	84%
Father/stepfather	71%
Sibling(s)/step-sibling(s)	54%
Both parents at different times	10%
Grandparent(s)	6%
Other adult(s) related to me	3%
Other adult(s) not related to me	2%
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

For the rest of this report, **PARENT** refers to students' parent or guardian.

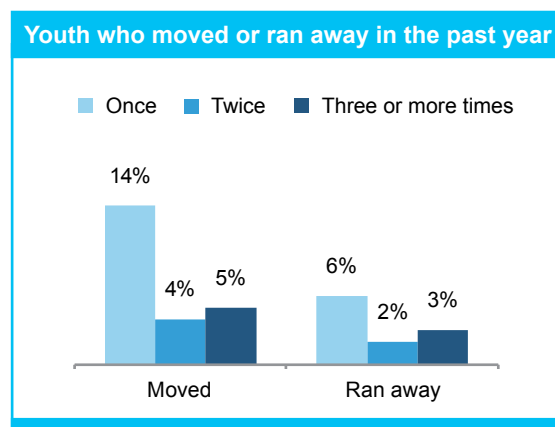
Stable home

Eight percent of males and 14% of females had run away in the past year. This gender difference was similar to the provincial picture, although local females were more likely to have run away than females across the province (11% provincially).

Having a stable home has been shown to be a protective factor in the lives of youth. Twenty-three percent of Thompson Cariboo Shuswap students had moved from one home to another in the past year, and 5% of local students had moved three or more times, which were similar to the provincial rates.

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 (41% vs. 34% who had moved one or more times) and to be taking part in community life such as participating in weekly organized sports (school teams, swimming lessons, etc.; 57% vs. 43%). Youth who had not moved were also more likely to report positive mental health, such as usually feeling good about themselves (85% vs. 73%) and their abilities (89% vs. 80% of those who had moved in the past year).

Similarly, among vulnerable youth such as those who went to bed hungry because there was not enough money for food, those who stayed in the same home for the past year were less likely to report missing out on needed medical care (14% vs. 29%* of youth who had moved). They were also more likely to rate their mental health as good or excellent if they had not moved (59%* vs. 41%*).



Government care

Four percent of Thompson Cariboo Shuswap students had ever lived in foster care, above the provincial rate of 2%. One percent of local students had lived in a group home, similar to the provincial rate. One percent were currently in government care.

Reflective of the picture 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 compared to those who had not been in care (52%* vs. 21%), and more likely to have moved three or more times (19% vs. 4%).

Among youth who had been in government care, those who had not changed address in the past year were more likely to be able to identify an adult in their neighbourhood or community who cared about them (74%* vs. 53%* of youth in care who had moved).

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

Caretaking responsibilities

On an average school day, 77% of students (73% of males vs. 81% of females) had some caretaking responsibilities. These included caring for pets or other animals (69% of males vs. 75% of females) and caring for a relative, such as a relative with a disability or younger sibling (16% of males vs. 23% of females). The rate for caring for a relative was similar to the province, but local students were more likely to be caring for pets or other animals (72% vs. 52% provincially).

Students who took care of a relative were more likely than other students to be dealing with associated challenges, such as missing out on extracurricular activities because they could not afford them (23% vs. 14% without caretaking responsibilities) or because they were too busy (47% vs. 40%).

Def.

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

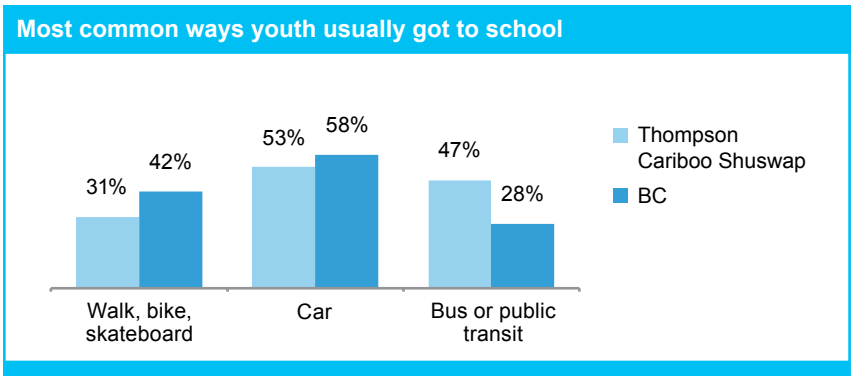
Transportation

Students were asked about what method of transport they usually used to get to school. Thirty-one percent of local students used active means, including walking, biking, or skateboarding. Fifty-three percent got to school by car, and 47% took a bus or other public transit. One percent of students usually hitchhiked to school.

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

When asked about transportation in general, 60% of Thompson Cariboo Shuswap youth (56% of males vs. 63% of females) used public transit. This was below the provincial rate of 73%. Similar to the provincial rates, however, 4% of males and 2% of females had hitchhiked somewhere in the past month.

Thirty-three percent of Thompson Cariboo Shuswap youth held some sort of driver's licence. Specifically, 21% had a learner's licence, and 12% had a novice licence.



Physical health

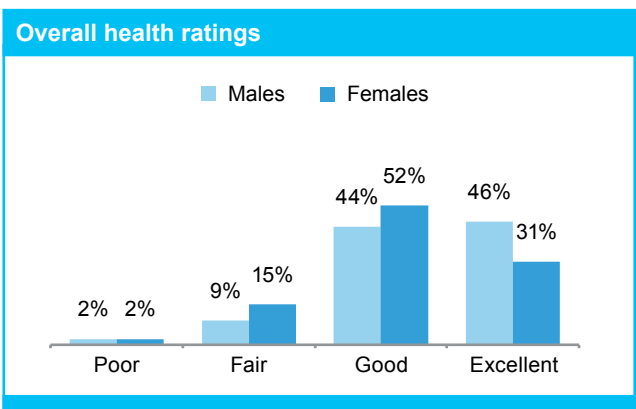
Consistent with provincial findings, most students (86%) rated their health as good or excellent. This rate was also consistent with local results from previous survey years.

Health conditions & disabilities

Thirty-one percent of students (26% of males vs. 36% of females) had at least one health condition or disability. Males were equally likely as their peers across the province to have a health condition or disability, but local females were more likely to experience such challenges (30% of females provincially had a health condition or disability).

There were no gender differences in the various types of health conditions and disabilities which youth reported, except females were more likely to report having a long term or chronic condition (13% vs. 9%), and were three times as likely as males to be diagnosed with a mental health condition (18% vs. 6%).

Among youth with a health condition or disability, 46% (37% of males vs. 52% of females) had a condition that sometimes prevented them from doing things their peers could do, and 4% had a condition that always prevented them from participating in these activities.



Youth with a health condition or disability	
Mental or emotional health condition	12%
Long term or chronic condition (e.g., diabetes or asthma)	11%
Learning disability	5%
Behavioural condition	4%
Sensory disability	4%
Allergies severe enough to require an epinephrine injection	3%
Physical disability	1%

Note: Youth could choose more than one response.



My health is super important to me. I feel I’m healthy.”

89% of males in Thompson Cariboo Shuswap rated their health as good or excellent compared to 83% of females.

Foregone medical care

In the past year, 9% of students (6% of males vs. 11% of females) did not get medical help when they thought they needed it. This was similar to the 2013 provincial results and a decrease locally from 15% in 2008.

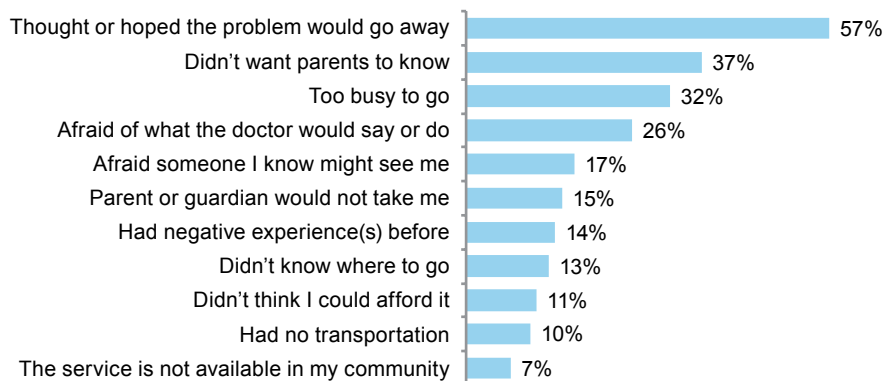
Among students who did not access needed medical care, as in 2008, the most common reason for not doing so was thinking or hoping the problem would go away. The next most common reason was not wanting their parents to know, which rose from 19% in 2008 to 37% in 2013.

Females were three times more likely than males to miss out on needed medical care because they did not want their parents to know and four times more likely to be afraid of what the doctor would say or do.

Dental visits

Similar to the picture across the province, 83% of students (81% of males vs. 85% of females) had visited the dentist in the past 12 months, 6% had last visited more than 24 months ago, and 1% had never been to the dentist. For 9% of students their last visit to the dentist had been to deal with pain.

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



The school would not allow me to leave for a doctors appointment without a note from my parent. My parents did not know about this appointment and I ended up missing it.”

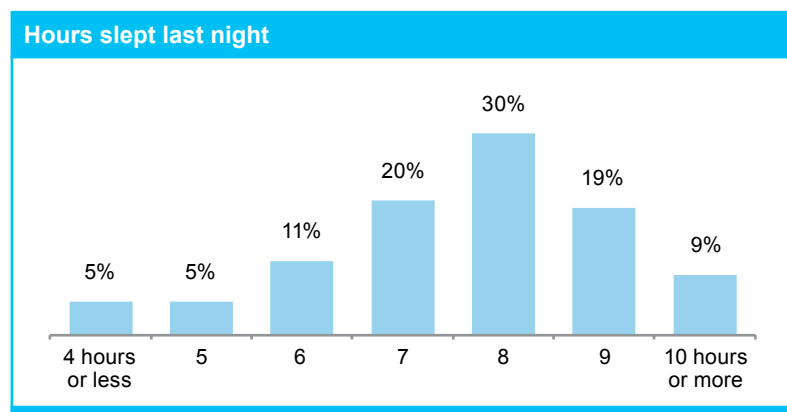
Sleep

The National Sleep Foundation recommends that adolescents get between 8.5 and 9.25 hours of sleep each night. In Thompson Cariboo Shuswap, 58% of students slept for eight hours or more, while 5% slept for four hours or less.

Males were less likely than females to have slept for six hours or less (19% vs. 24%) and more likely to have slept for 10 or more hours (11% vs. 8%).

Older students slept less than younger ones. For example, 48% of students who were 17 years old slept for eight or more hours on the night before taking the survey, compared to 81% of students aged 12 and younger.

Eighty-three percent of females and 77% of males were doing something such as homework or using their cellphone after the time they were expected to be asleep. For example, 37% of local students (30% of males vs. 43% of females) were doing homework after they were normally expected to go to sleep.



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



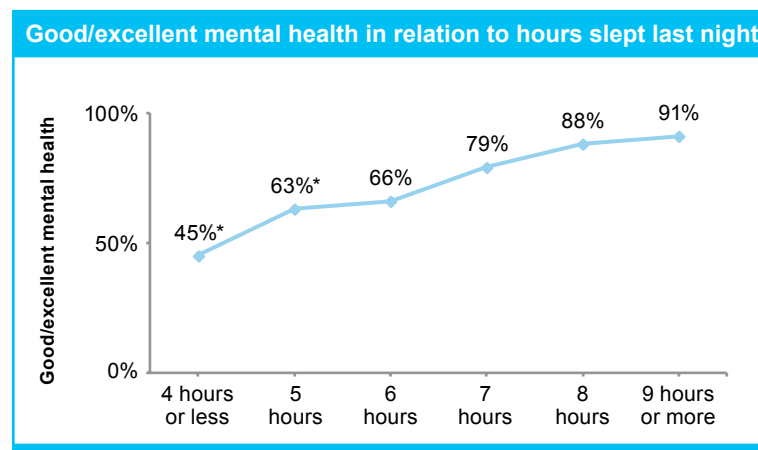
Sleep? I have barely any time for it!”

58% of Thompson Cariboo Shuswap students got at least eight hours of sleep compared to 53% of their peers across BC.

Some students were at particular risk of not getting enough sleep. For example, 41% of students who had been physically or sexually abused slept eight or more hours the night before taking the survey, compared to 63% of students who had not experienced abuse.

The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent. Getting enough sleep was protective for all youth, including the most vulnerable. For example, youth who had been abused who slept for at least eight hours were less likely to have self-harmed in the past year (28% vs. 48% who slept less) and to have foregone necessary mental or emotional health services (19% vs. 35%).

Similarly, Thompson Cariboo Shuswap students with a mental or emotional health condition who slept for eight or more hours were less likely to have attempted suicide in the past year (22%* vs. 39%) and more likely to have only positive future aspirations (84% vs. 73%).



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



I usually get less than 4 hours of sleep a night every night.”

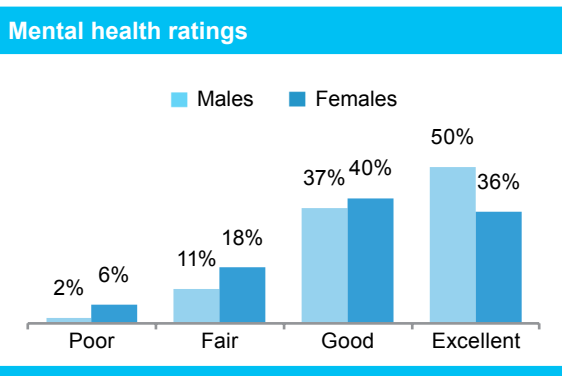
Mental health

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

Most local youth (81%) rated their mental health as good or excellent, with males more likely than females to rate their mental health as excellent.

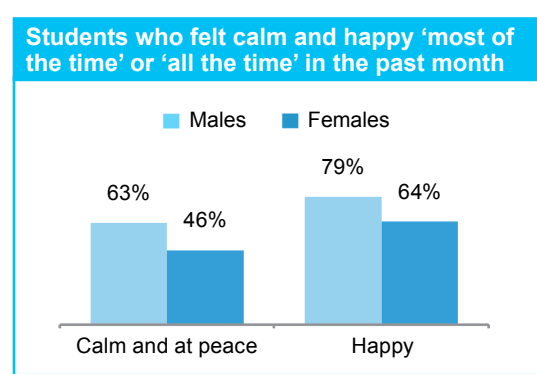
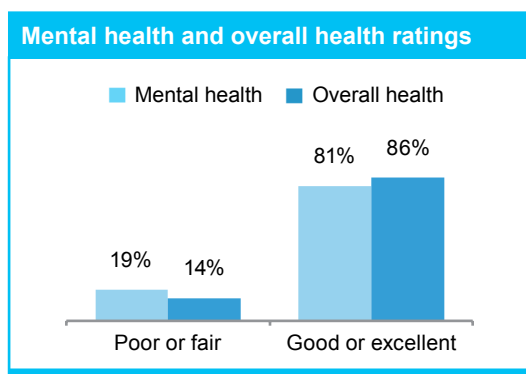
Local students were less likely to rate their mental health as good or excellent compared to their overall health.

The majority of students felt good about themselves (91% of males vs. 74% of females) and felt they were as competent as most of their peers (92% of males vs. 81% of females).



Note: The difference between males and females for good mental health was not statistically significant.

Most students reported excelling in at least one area, such as sports, school, the arts, or relationships. As with self-confidence, males were more likely than females to indicate they were really good at something (83% vs. 74%). Males were also more likely than females to feel happy, and to feel calm and at peace most or all of the time in the past month.



Mental health conditions

Students were asked about specific mental health conditions. Females were more likely than males to have at least one condition (27% vs. 19%). They were also more likely to have multiple conditions (11% vs. 5% of males).

Youth most commonly reported having Depression (11%), Anxiety Disorder (10%), and/or Attention Deficit/Hyperactivity Disorder (ADHD; 8%). Other conditions included an addiction to alcohol or other drugs (3%), Post-Traumatic Stress Disorder (PTSD; 1%), Autism or Asperger's (1%), and Fetal Alcohol Spectrum Disorder (FASD; 1%).

Females were more likely than males to report Depression (16% vs. 6%), Anxiety Disorder (15% vs. 4%), and PTSD. Males were more likely to have ADHD (10% vs. 6% of females) and Autism or Asperger's.

Local female students were more likely than females across the province to report having any condition (27% vs. 22%), and specifically an addiction to alcohol or other drugs (3% vs. 2% provincially). The percentages among local males were comparable to those of males across BC.

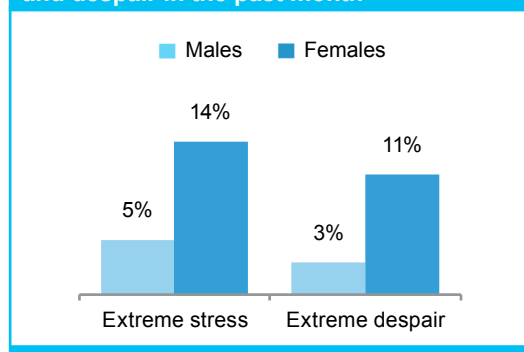
Stress & despair

Most students (80%) reported feeling stressed in the past month. Females were more likely than 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. Thirty-eight percent of males reported feeling some level of despair in the past month, which was similar to the local rate among males in 2008 and 2003. Fifty-six percent of females felt some level of despair, which was similar to the rate in 2008 but a decrease from 2003 (62% among local females).

Extreme levels of stress and despair were higher among students aged 14 or older than among younger ones.

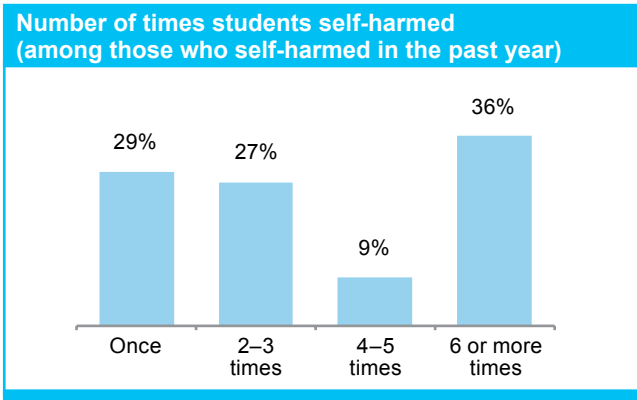
Students who experienced extreme stress and despair in the past month



My anger management problems can sometimes consume my other emotions.”

Self-harm

Eight percent of males and 23% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year. Among youth who self-harmed, 36% had done so six or more times in the past year, with females more likely than males to have self-harmed this frequently (41% vs. 20%).



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

Suicide

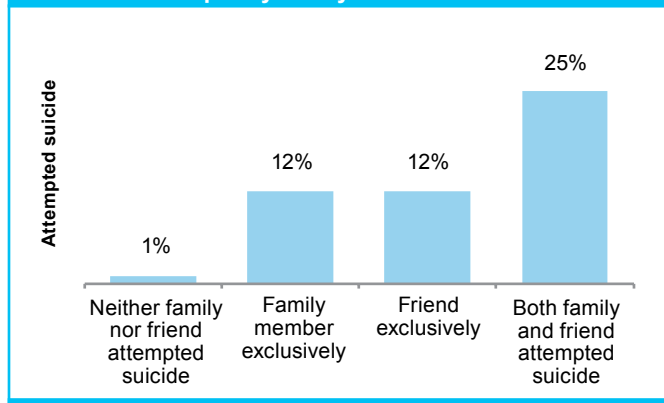
The percentage of students who seriously thought about killing themselves in the past year remained similar to 2008 levels, with 8% of males and 17% of females who seriously considered suicide.

Three percent of males and 9% of females actually attempted suicide in the past year, which was comparable to results over the past decade.

A known risk factor for attempting suicide is having had a family member or close friend attempt or die by suicide. Sixteen percent of students reported that a family member had tried to kill themselves at some point (5% in the past year), and 25% reported that a close friend had attempted suicide (15% in the past year).

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

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



My best friend rarely comes to school because of depression and wanted to commit suicide.”

Hope for the future

Students were asked where they saw themselves in five years. Most envisioned positive circumstances, including having a job or career (67%), being in school (43%), having a home of their own (34%), having a family (17%), and/or being engaged in their community (10%).

A small minority of students saw negative circumstances in their future, including being in prison (1%), homeless (1%), or dead (3%). Fourteen percent indicated not knowing what the future held for them.

Local students were less likely than those across the province to see themselves in school (43% vs. 52%) or engaged in their community in five years (10% vs. 12%). They were more likely to envision having a home of their own (34% vs. 26% provincially) or having a family (17% vs. 13%).

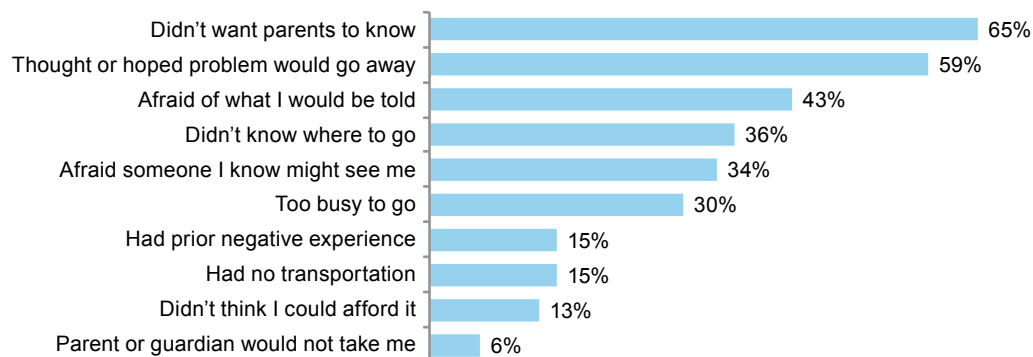
Foregoing mental health services

In the past year, 5% of males and 16% of females reported not accessing mental health services when they thought they needed to, which was similar to local rates in 2008.

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, and feeling fearful of what they would be told.

Students in 2013 were more likely than those in 2008 to list certain reasons for not having accessed mental health services they felt they needed. These included not wanting their parents to know (65% vs. 43% in 2008), fearing someone they knew might see them (34% vs. 24%), not knowing where to go (36% vs. 25%), and having no transportation to get there (15% vs. 7%).

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



Note: Youth could choose more than one response.

Injuries & injury prevention

Injuries

In the past year, 36% of male and 26% of female students were injured seriously enough to require medical attention. This was a decrease from 41% in 2003 but remained above the current provincial rate of 27%.

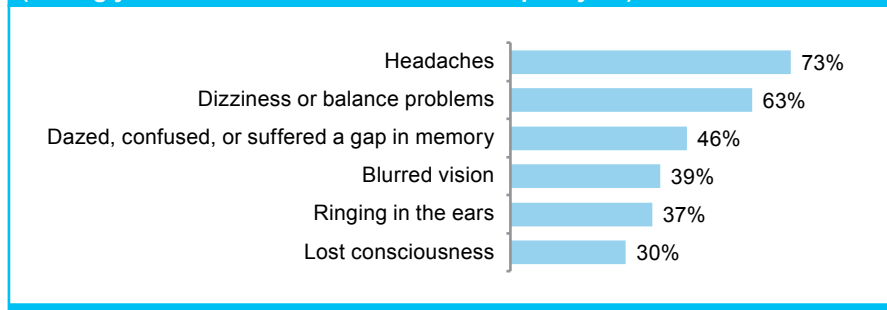
Most youth who were injured did so playing or training for sports or other recreational activities (55%). Also, 7% of injuries happened when youth were riding a bicycle, 7% when snowboarding or skiing, and 5% when riding or driving in a car. Three percent of students were using a cellphone or portable electronic device when they were injured.

Concussions

One in five local students experienced a concussion in the past year (24% of males vs. 16% of females), compared to 16% provincially. Fifteen 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.

Mirroring what was seen provincially, 19% of Thompson Cariboo Shuswap 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.

22% of youth who had driven after using alcohol or marijuana in the past month did not have a driver's licence.

Injury prevention

Similar to youth across the province, more than three quarters of local male and female students always wore their seat belt when riding in a motor vehicle. This rate has steadily increased over the past decade.

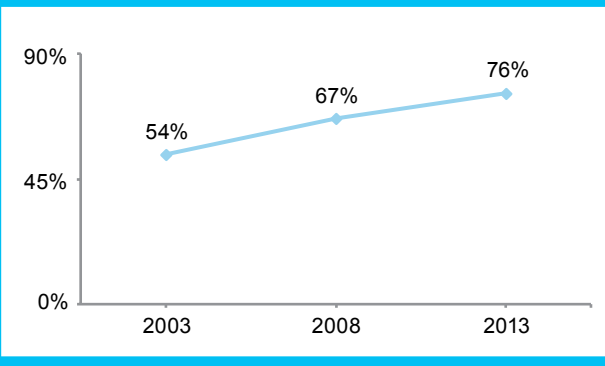
Thompson Cariboo Shuswap youth were more likely to take injury prevention seriously in some activities than others. For example, 71% always wore a helmet when snowboarding or skiing, while 39% always wore one when riding a bike, and 29% always did so when using a skateboard or rollerskating.

Wearing a helmet was linked to a lower risk of having a concussion or other serious injury. For example, 18% of youth who always wore a helmet when using ice skates had a concussion in the past year, compared to 26% of those who sometimes wore a helmet when skating. Furthermore, 29% of local youth who always wore a helmet when on a bicycle had been seriously injured in the past year, compared to 38% who never wore a helmet when cycling.

Seven percent of youth who had tried drinking alcohol had ever driven a car after drinking. This was similar to the provincial rate and a decline from 14% in 2008.

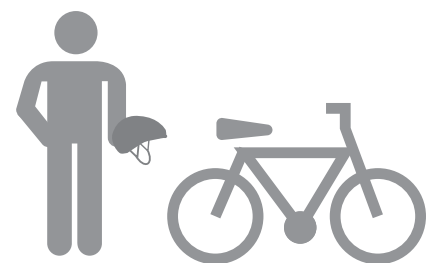
It was more common for local youth to have driven after using marijuana. Similar to rates in 2008, 21% of marijuana users had ever done this (30% of males vs. 13% of females), and 11% had driven under the influence in the past month. The rate of males who had ever driven after using marijuana was higher than that for the province overall (30% vs. 19% provincially).

Always wore a seat belt



Twenty-two percent of youth who had driven after using alcohol or marijuana in the past month did not have a driver's licence.

Thirty-two percent of local students had been a passenger in a vehicle with a driver who had been either drinking or using marijuana, and 12% had done so in the past month. Females were more likely to have ever ridden with an impaired driver (36% vs. 28% of males).



Nutrition

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

Ninety-three percent of youth reported eating fruit or vegetables at least once on the day before taking the survey, which was a local increase from 89% 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. However, a third of students who completed the survey had fruit or vegetables only once or twice the day before (34%).

In 2013, local males were more likely than females to have consumed fast food (48% vs. 35%), traditional foods from their

background (23% vs. 15%), food grown or caught by them or their family (26% vs. 16%), pop or soda (46% vs. 31%), and energy drinks (10% vs. 6%) yesterday. Females were more likely to have drunk coffee or coffee-based beverages (32% vs. 26% of males).

When compared to their peers across the province, local students were more likely to have consumed food grown or caught by them or their family (21% vs. 12% provincially) and energy drinks (8% vs. 6%). They were less likely to have eaten traditional foods from their background (19% vs. 38%). In addition, local females were less likely to have eaten fruit (83% vs. 86% of females across BC), and local males were more likely to have eaten sweets (80% vs. 76% of males across BC).

What youth ate and drank yesterday (one or more times)			
	2008	2013	Change from 2008
Fruit	79%	84%	↑
Vegetables or green salad	74%	81%	↑
Sweets (cookies, candy, chocolate, etc)	61%	79%	↑
Fast food (pizza, hot dogs, fries, etc)	50%	41%	↓
Traditional foods from youth's background	NA	19%	
Food grown or caught by youth or family	NA	15%	
Water	94%	96%	↑
Pop or soda	45%	38%	↓
Energy drinks	16%	8%	↓
Coffee or coffee-based beverages	--	29%	--

NA The question was not asked.

-- The percentages in 2008 and 2013 were comparable.

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 (86% vs. 74% who ate them less often), as well as to report feeling calm (60% vs. 45%) and happy (77% vs. 63%) most or all of the time in the past month.

In addition, females who reported eating fruit or vegetables three or more times were less likely to report feeling extreme stress (11% vs. 17% of females who ate them less often) or extreme despair (8% vs. 15%) in the past month.

Students who are classified as obese are at risk for low self-esteem and mental health conditions such as depression. Eating a healthy diet may be a protective factor. For example, youth who were obese who ate at least two servings of fruit and two of vegetables yesterday were more likely than their same-weight category peers who did not eat this many servings to report feeling good about themselves. They were also less likely to have self-harmed in the past year than

youth who ate fewer servings, and were more likely to have slept for eight or more hours last night.

Youth with government care experience who had eaten three or more servings of fruit or vegetables yesterday were more likely to rate their mental health as good or excellent than youth who had fewer or no servings.

Breakfast

There was a decrease in the percentage of students who reported never eating breakfast on school days from 17% in 2003 to 14% in 2013 (11% of males vs. 18% of females).

The percentage of local students who always ate breakfast on school days remained consistent with the past decade locally, but was lower than the provincial rate for both males and females. Provincially, 61% of males and 48% of females always ate breakfast, compared to 53% of males and 42% of females locally.



I am trying to obtain a healthy, fit lifestyle, but my family doesn't respect this and make me pay for my own groceries because they say I'm eating too many healthy foods."

Among youth who did not eat breakfast at home, females were more likely than males to report this was because they did not have time (72% vs. 64% of males), they felt sick when they ate breakfast (28% vs. 14%), or they were trying to control their weight (13% vs. 3%).

Youth who always ate breakfast on school days were more likely than those who ate breakfast less often to report good or excellent mental health (90% vs. 72%), better nutrition (such as eating fruit or vegetables three or more times yesterday; 70% vs. 50%), and to have slept for eight or more hours the previous night (69% vs. 48%).

Going to bed hungry

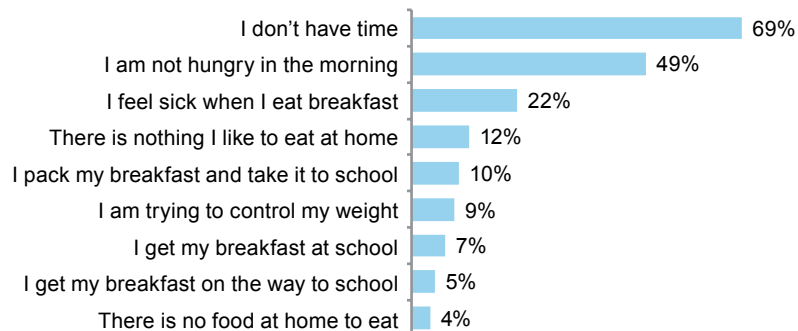
Ninety-one percent of youth in Thompson Cariboo Shuswap never went to bed hungry, 7% went to bed hungry sometimes, and 2% went to bed hungry often or always. There was a local increase in the percentage of youth who never went to bed hungry from 89% in 2008, as well as a decrease in the percentage of youth who sometimes went to bed hungry from 9% in 2008. The rate of youth who reported going to bed hungry often or always remained unchanged.

Youth who indicated going to bed hungry at least sometimes were more likely to also report not having any food at home to eat for breakfast.

Def.

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

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



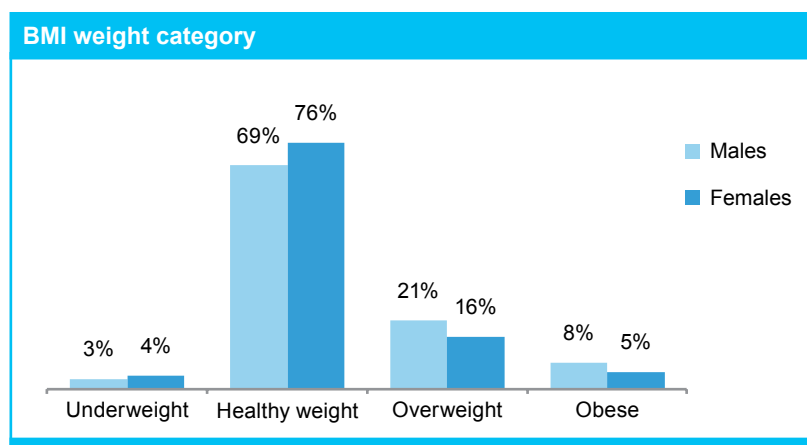
Note: Youth could choose more than one response.

Body weight & body image

Body weight

Students' body mass index (BMI) was calculated from their self-reported height and weight measurements. According to their BMI, 73% of youth were a healthy weight for their age and gender, while 3% were underweight, 18% overweight, and 6% were obese. Youth in this region were more likely to be overweight than those in the province as a whole (18% vs. 15%).

Males were more likely than females to be overweight or obese, but there was no gender difference for being underweight. The percentage of youth who were underweight has increased compared to a decade ago (from 1% to 3%).



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



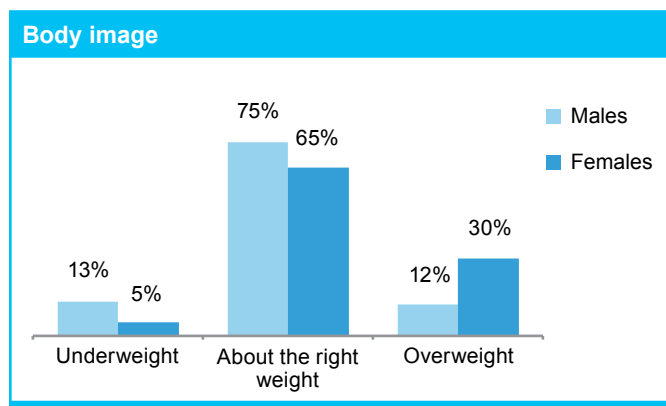
I love how much I weigh and want to keep it that way!”

20% of healthy weight females thought they were overweight compared to 5% of healthy weight males.

Body image

Students were asked how they saw themselves. Seventy percent of youth felt they were about the right weight, whereas 9% thought they were underweight, and the remaining 21% felt they were overweight.

While 33% of healthy weight males were trying to gain weight (vs. 3% of healthy weight females), nearly half (48%) of healthy weight females were trying to lose weight (vs. 10% of healthy weight males).



Eating behaviours

Eighteen percent of males and 35% of females had binge eaten in the past year, with 6% (4% of males vs. 8% of females) having done so on a weekly basis, which was similar to the provincial results.

Five percent of males and 11% of females had vomited on purpose after eating (purged) in the past year. One percent of youth purged weekly, again with females more likely than males to do so. Local males were less likely to report purging weekly than their peers across BC, while the rate for females was similar to the province.

Youth who reported poorer mental health were more likely to binge eat in the past year. For example, while 15% of youth who rated their mental health as poor or fair had binge eaten on a weekly basis in the past year, 4% of youth with good or excellent mental health had done so. Furthermore, 16% of students who did not feel happy during the past month binge ate on a weekly basis compared to 4% of students who felt happy most or all of the time. Similar relationships were found between mental health and engaging in purging behaviour.

“ I’m self conscious of my body.”

Sexual behaviour

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

Oral sex

Twenty-nine percent of students reported ever having oral sex, which was a decrease from 34% in 2008. The percentage of students who had engaged in oral sex was higher in this region than in the province as a whole (23%).

Although equivalent percentages of males and females indicated receiving oral sex (25%), females were more likely to have given oral sex (28% vs. 15% of males). The rate of ever having oral sex increased with age.

CONDOM USE

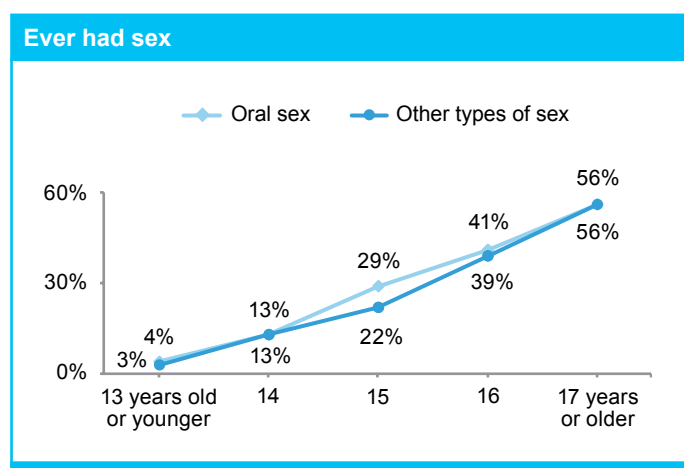
Twenty percent of students who had oral sex reported that they or their partner had used a condom or other barrier the last time they had oral sex, with similar rates for males and females, and comparable to the rate seen in the province.

Sex (excluding oral sex)

Twenty-seven percent of students indicated ever having sex, other than oral sex or masturbation, which was higher than the provincial rate of 19%. While provincially males and females were equally likely to have had sex, females in this region were more likely than males to have had sex (29% vs. 24%).

Locally, over the past five years there has been a decrease in the percentage of male students who ever had sex (from 31% in 2008), while the percentage for females has remained relatively stable.

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



AGE YOUTH FIRST HAD SEX

Youth who reported ever having sex most commonly indicated first doing so at age 15, which was similar to the 2013 provincial picture.

Local youth were waiting longer to have sex than in previous years. Among students who ever had sex, 36% had first done so at age 14 or younger, which was lower than the percentage in 2008 (43%).

PARTNERS

Among students who ever had sex, around half (51%) had one sexual partner during the past year. One fifth (20%) had two partners during this time, while 22% had three or more partners. Eight percent of students who ever had sex reported not having done so during the past year. These rates were comparable to those found provincially.

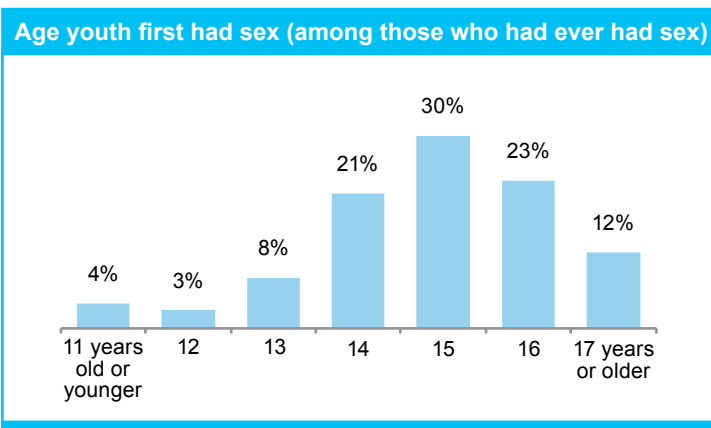
Eighty-seven percent of youth (91% of males vs. 84% of females) who had ever had sex reported having opposite gender partners exclusively in the past year.

SUBSTANCE USE

Comparable to the province as a whole, 26% of Thompson Cariboo Shuswap students who had ever had sex reported using alcohol or other substances before they had sex the last time. There was no significant change in the percentage of males who engaged in this behaviour compared to previous years. However, among females the rate dropped to a level comparable to that seen in 2003, after increasing to 34% in 2008.

CONDOM USE

Similar to students across the province, 71% of students who had ever had sex reported that they or their partner had used a condom or other latex barrier the last time they had sex, with similar rates for males and females. The percentage of males who had used a condom was similar to 2003 and 2008 while condom use among females has increased over the last decade, from 62% in 2003.



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

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

CONTRACEPTION

When students were asked about what efforts they or their partner made to prevent pregnancy the last time they had sex, they most commonly reported using condoms and birth control pills.

Local students were more likely than those across BC to have used birth control pills to prevent pregnancy the last time they had sex (57% vs. 47% provincially). This rate reflected a local increase from 2008 (45%).

Similar to the provincial picture, 3% of Thompson Cariboo Shuswap students indicated they did not try to prevent pregnancy the last time they had sex. For 5% of students, the last time they had sex was with a same sex partner.

Pregnancy

Overall, 2% of youth reported ever being pregnant or causing a pregnancy, which was comparable to the rate seen in the province as a whole. The rate was 7% among male and female students who had ever had sex, which has remained stable over the past decade.

Sexually transmitted infections

Provincially, 1% of all youth reported they had ever had an STI. The rate was 2% among youth who had ever had sex (including oral sex), which was similar to the percentage in Thompson Cariboo Shuswap. The rate of STIs decreased in this region since 2008.

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

Condoms	66%
Birth control pills	57%
Withdrawal only	5%
Emergency contraception	5%
Other method prescribed by doctor or nurse (e.g., IUD, patch, ring)	3%
Not sure	3%
Depo Provera	NR

Note: Youth could choose more than one response.

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

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



My boyfriend used no birth control. He was drunk and I got pregnant.”

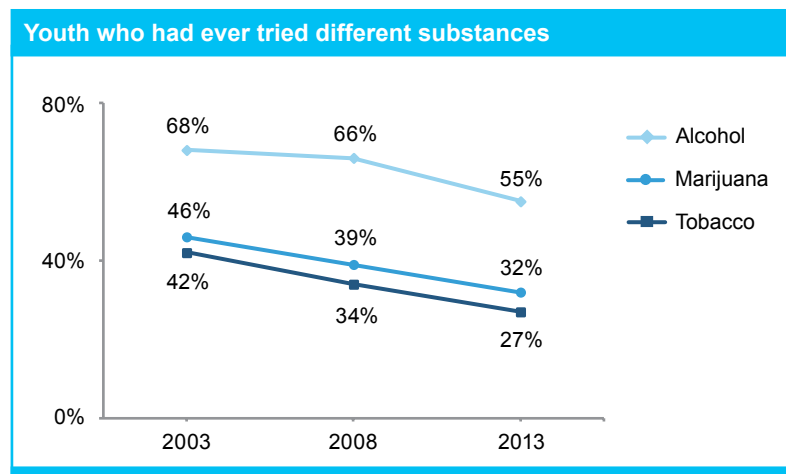
Tobacco use

Twenty-seven percent of youth in this region had tried smoking tobacco, above the provincial rate of 21%. However, this was a local reduction from 2008 (34%) and 2003 (42%).

Local youth started smoking at a similar age to youth in the province overall. Among those who had ever smoked, 24% first did so at 12 years old or younger, while 42% waited until they were 15 or older. More local youth waited until they were at least

15 years old before trying smoking than in 2008 (32%) or 2003 (17%).

Youth used a variety of different tobacco products in the past month. Among those who had ever smoked, 44% had smoked cigars or cigarillos, 41% had smoked cigarettes, 17% used chewing tobacco (27% of males vs. 7% of females), 16% had used a hookah, and 10% used electronic cigarettes with nicotine.



Note: The difference between 2003 and 2008 for trying alcohol was not statistically significant.



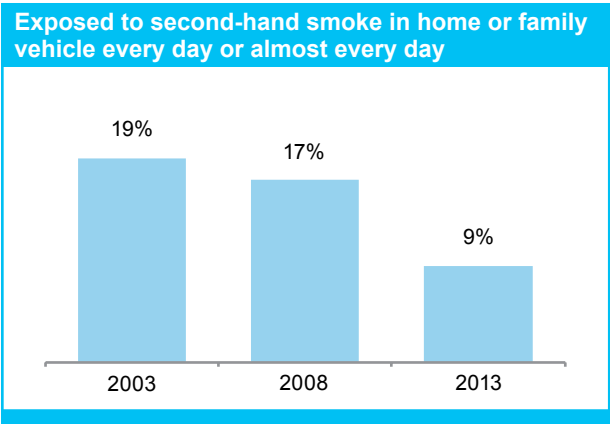
I don't smoke, I tried it once and it was gross."

Unlike in previous years when females were more likely to have smoked, there was no gender difference in 2013.

Forty-nine percent of youth who had tried smoking smoked in the past month. This rate was similar to the provincial rate, but above the local rate in 2003 (38%). Ten percent had smoked every day in the past month.

Among youth who had ever smoked, 23% had successfully quit smoking in the past year (18% of males vs. 27% of females). Sixteen percent had tried to quit smoking, but had started again. These were both comparable to the provincial rates.

Being exposed to smoking is considered to be a risk factor for starting to smoke. Twenty-seven percent of Thompson Cariboo Shuswap youth were exposed to tobacco smoke inside their home or family vehicle at least sometimes (compared to 21% provincially). Nine percent experienced this daily or almost every day.



Alcohol, marijuana, & other drug use

Alcohol

After staying consistent between 2003 and 2008, the percentage of youth in this region who had tried alcohol dropped to 55%. This rate remained higher than the provincial rate (45%).

Delaying the onset of use of alcohol and marijuana has been shown to reduce the risk of future substance dependence and other associated challenges. As a result, in 2010 the BC Ministry of Health Services and Ministry of Children and Family Development aimed to see a 10% reduction in the percentage of BC students who first use alcohol or marijuana before the age of 15. Among local youth who had tried alcohol, 69% had first drunk before turning 15, a decrease from 80% in 2008. Local students who had tried alcohol were first drinking at a similar age to youth across the province.

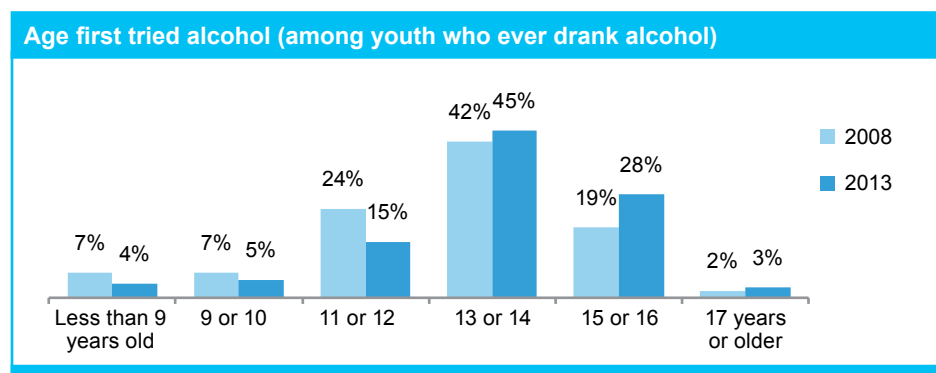
Forty-two percent of male and female youth who had tried alcohol had five or more drinks within a couple of hours in the past month. This

was similar to the provincial rate, and a local decrease from 48% in 2008.

A quarter of youth drank last Saturday. Specifically, 17% had liquor (15% of males vs. 20% of females), 15% drank beer (17% of males vs. 13% of females), 14% drank coolers (9% of males vs. 19% of females) and 4% had wine.

Among youth who drank last Saturday, 68% had mixed different types of alcohol, with 28% having mixed three or four different types (21% of males vs. 34% of females). Fifteen percent of youth who drank last Saturday mixed alcohol with energy drinks.

Among youth who drank last Saturday, 73% of females had four or more drinks and 68% of males had five or more drinks, which is considered binge drinking.



Note: The difference between 2008 and 2013 was not statistically significant for 9 or 10 years old, or 13 or 14 years old.



I usually don't drink much but we went to Cuba for a vacation."

11% of youth used marijuana last Saturday.

Marijuana

Although local youth were more likely to have tried marijuana than was seen provincially (26%), the percentage of local students who had tried marijuana decreased from 46% in 2003 to 39% in 2008 and 32% in 2013.

Among those who had tried marijuana, 63% of males and females had first used it at 14 years old or younger. This was similar to the provincial rate.

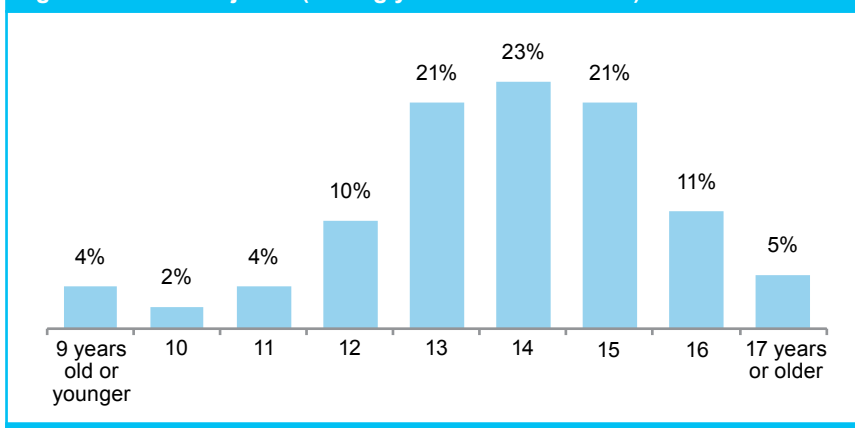
Youth were waiting longer to use marijuana than their peers in previous years. For example, in 2013 37% of those who used marijuana first used it when they were 15 or older, compared to 31% in 2008 and 25% in 2003.

Similar to results over the past decade, 59% of youth who had tried marijuana used it in the past month. Over a third of males (36%) and 23% of females had used it on six or more days during that month.

There was a decrease in the percentage of students who had used both alcohol and marijuana on the Saturday before taking the survey, from 12% in 2008 to 8% in 2013.

Reflecting the provincial pattern, local students who used marijuana most commonly got it from a youth outside their family (82%). Nineteen percent got their marijuana from an adult outside their family, 7% from an adult inside their family, and 7% from another youth in their family.

Age first tried marijuana (among youth who ever used)



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



I smoke way too much pot.”

Females were more than three times as likely as males to have unwanted sex as a result of substance use.

Substances other than alcohol & marijuana

Thompson Cariboo Shuswap youth had tried a variety of substances other than alcohol and marijuana, but the use of many of them had decreased since 2008. Fewer youth had tried prescription pills without a doctor's consent (12% vs. 16% in 2008), cocaine (3% vs. 5%), mushrooms (8% vs. 12%), ecstasy (6% vs. 8%), amphetamines (2% vs. 3%), inhalants (3% vs. 6%), crystal meth (1% vs. 2%), and heroin (1% vs. 2%).

There was no change locally between 2008 and 2013 in the use of hallucinogens (6%), or steroids without a doctor's prescription (1%). For the first time, the survey included questions about ketamine or GHB, which 2% of students had tried.

The most common substances other than marijuana and alcohol which males and female students had tried were prescription pills without a doctor's consent and mushrooms.

The percentages of local students who had tried most substances were similar to the province overall, but local youth were more likely to have tried hallucinogens (6% vs. 4%) and mushrooms (8% vs. 5%).

Consequences of substance use

Over half of youth (51%) who had used alcohol or other substances reported negative consequences in the past year (47% of males vs. 54% of females).

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

Reasons for substance use

For the first time, the survey asked students who had used alcohol or other drugs what their reason for doing so was the last time they used. The most common reasons were wanting to have fun (65%), because their friends were doing it (30%), and wanting to experiment (24%).

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

	Males	Females
Was told I did something that I couldn't remember	30%	43%
Passed out	23%	30%
Got injured	11%	17%
Argued with family members	8%	17%
Got into a physical fight	7%	8%
Schoolwork or grades changed	6%	14%
Damaged property	6%	6%
Got in trouble with police	6%	6%
Lost friends or broke up with a girlfriend or boyfriend	5%	13%
Had sex when I didn't want to	3%	10%
Overdosed	NR	3%

Note: The differences between males and females in getting into a physical fight and overdosing were not statistically significant.

Note: Youth could choose more than one response.

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

Reasons for using substances the last time (among youth who used alcohol or other drugs)

	Males	Females
I wanted to have fun	60%	71%
My friends were doing it	23%	37%
I wanted to try it/experiment	23%	25%
Because of stress	13%	27%
I felt down or sad	9%	23%
I felt like there was nothing else to do	9%	10%
To manage physical pain	9%	9%
I thought it would help me focus	3%	5%
I was pressured into doing it	2%	5%
Because of an addiction	3%	4%
Other	24%	15%

Note: The differences between males and females for managing physical pain, helping to focus, experimenting, having nothing else to do, and because of an addiction were not statistically significant.

Note: Youth could choose more than one response.

School

School connectedness

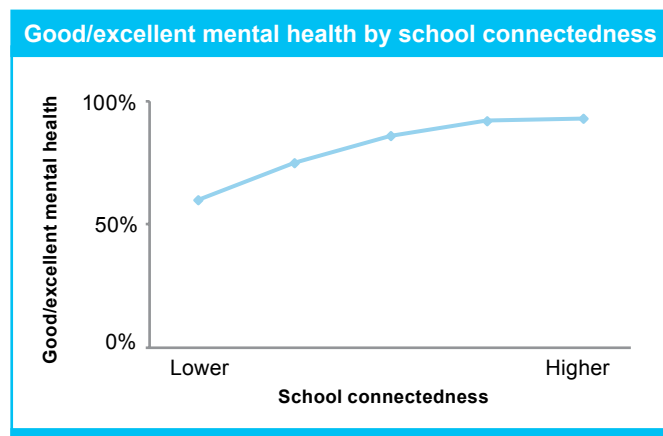
School connectedness was measured using a scale which included students' feelings about school and their school community. Students in Thompson Cariboo Shuswap reported similar levels of school connectedness to students across the province.

Most students felt that they were treated fairly by school staff (74%), they got along with their teachers (69%), and their teachers cared about them (62%). In addition, 52% felt that school staff other than teachers cared about them.

Fifty-eight percent of students felt like they were a part of their school, which was a decrease from 64% in 2008 but similar to 2003 levels. The percentage of students

who felt happy to be at their school (66%) was similar to 2008, yet higher than 2003 (59%). For the first time in a decade, the percentage of students who felt safe at their school increased, from 71% in 2003 to 77% in 2013.

School connectedness appeared to have positive associations for all youth. For example, youth who had been teased, excluded, and/or assaulted in the past year were more likely to have only positive aspirations for the future if they felt more connected to their school. In addition, youth with a mental or emotional health condition were more likely to feel good about themselves if they felt more connected to their school.



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

School safety

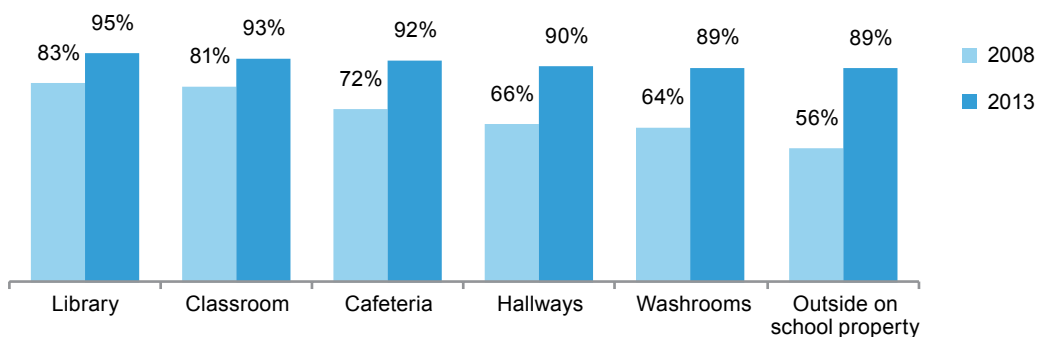
Male and female students felt equally safe in each area of their school. They also felt safer in every area of their school in 2013 than in previous survey years.

In terms of overall feelings of safety at school, 29% strongly agreed that they felt safe at school. These youth were less likely to have missed school in the past month (51% vs. 82%* of those who felt unsafe), and were more likely to have post-secondary plans (86% vs. 47%*). Youth who felt safe at school were more likely to report good or excellent overall health (94% vs. 49%*) and mental health (92% vs. 41%*).

Weapon carrying

Six percent of students in Thompson Cariboo Shuswap carried a weapon, such as a knife or bat, to school in the past month. Local males were as likely as their peers throughout BC to carry a weapon (9%), while local females were more likely to carry a weapon than females provincially (4% vs. 2%). Two percent (3% of males vs. 1% of females) reported that they always carried a weapon at school.

Locations where students always or usually felt safe at school



School absences

Overall, 63% of local students (60% of males vs. 66% of females) had missed classes on at least one day in the past month. This was greater than the provincial rate of 57%. Illness was the most common reason for missing school.

Females were more likely than males to miss school due to illness (48% vs. 42%) and because they had been bullied (6% vs. 2%), whereas males were more likely to miss school because they had to work (5% vs. 2% of females).

Males and females were equally likely to have missed school for other reasons including skipping (24%) and family responsibilities (18%). The rate of students who had missed school due to family responsibilities was greater in Thompson Cariboo Shuswap than throughout the province, where 13% of students had missed school for this reason.

Older students were generally more likely than younger ones to have missed school due to skipping or because they were working.

Educational aspirations

Thompson Cariboo Shuswap males were less likely than males across the province to expect to graduate from high school (82% vs. 87%). They were also less likely to anticipate continuing their education beyond high school, such as through university, college, or trade school (75% vs. 83%). However, local males were more likely than their peers across the province to report not thinking about their school plans or not knowing their plans (18% vs. 12%).

Similar to the provincial picture, 89% of local females expected to graduate from high school, with 86% planning to continue their education beyond high school. Eleven per cent of local females did not have a plan.

The small percentage of local students who did not expect to finish high school rose from 1% in 2003 to 2% in 2008, before returning to 1% in 2013.



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 49 in the section about technology use.)

TEASING

In the past year, 39% of students in Thompson Cariboo Shuswap (31% of males vs. 47% of females) had been teased at least once to the point where they felt bad or extremely uncomfortable. These rates were consistent with the provincial results.

There was an increase for female students experiencing teasing (from 38% in 2008), while the rate remained stable for males. Fifteen percent of students (12% of males vs. 17% of females) had been teased on three or more occasions in the past year, above the provincial rate of 12%.

For females, rates of being teased peaked at 14–15 years of age. This pattern was not seen for males.

SOCIAL EXCLUSION

In the past year, 37% of local students (26% of males vs. 48% of females) reported being socially excluded at least once. Although there was no change over the past decade for males, there was an increase among female students experiencing exclusion from 38% in 2008.

Similar to youth across the province, 12% of students (8% of males vs. 16% of females) were socially excluded on three or more occasions. Rates of being excluded were consistent across all age groups.

ASSAULT

In the past year, 9% of male and female students reported being physically attacked or assaulted at least once. This was a decrease for males from 15% in 2003, but unchanged for females compared to previous years.

Local females were more likely to report being assaulted than females across the province (5%).

Two percent of Thompson Cariboo Shuswap students were physically attacked or assaulted on three or more occasions in the past year, consistent with the provincial results.



I get bullied every day. I've felt so alone I tried to kill myself multiple times since Grade 8."

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

Impacts of bullying

Youth who were teased, excluded or assaulted in the past year were more likely to report skipping class in the past month (28% vs. 19% who had not experienced any of these types of bullying).

Six percent of youth (4% of males vs. 9% of females) reported that they had not participated in extracurricular activities (e.g., sports, dance, art, or clubs) because they were worried about being bullied.

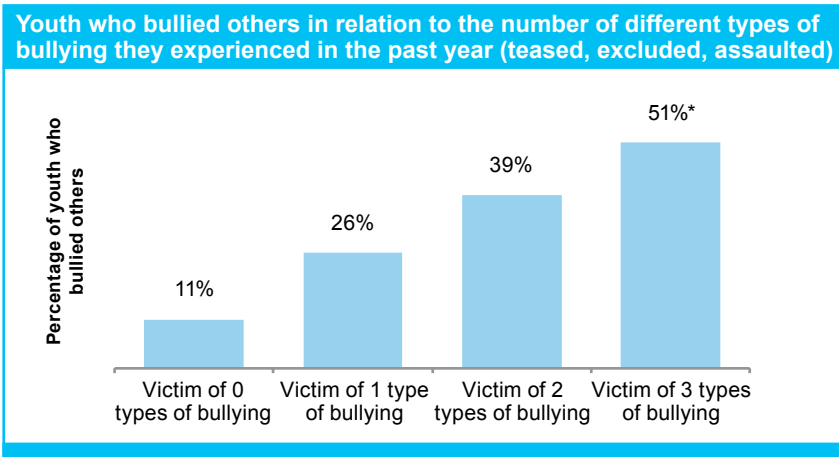
Youth who were assaulted were the most likely to report not participating in extracurricular activities (22% of youth who were assaulted reported not participating in extracurricular activities vs. 5% who had not been assaulted). The rates of not participating were especially high among females who had been assaulted (34% vs. 6% of females who had not been assaulted). However, youth who experienced other types of bullying also missed out on activities for fear of being bullied, including youth who were cyberbullied (19% vs. 4%), as well as those who were socially excluded or teased (14% vs. 2%).

Perpetrators

Provincially, males were more likely to tease or assault others, whereas females were more likely to exclude others. However, locally there were no gender differences in the different types of bullying behaviours.

In the past year, 13% of local students reported they had teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 14% of students had socially excluded another youth, and 4% had physically attacked or assaulted another youth.

Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 23% of students who had been teased in the past year teased others during this same time frame, compared to 7% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (25% vs. 8% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (23% vs. 2% of those who had not been assaulted).



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

Discrimination

Youth in Thompson Cariboo Shuswap identified a number of different discrimination experiences. Females were more likely than males to report being discriminated against because of their physical appearance (27% vs. 15% of males), being seen as different (19% vs. 12%), their age (14% vs. 6%), and their sex/gender (11% vs. 2%).

The percentage of youth in Thompson Cariboo Shuswap who experienced racial discrimination was lower than seen provincially (8% vs. 11% in BC). There was also a local decrease for males from 12% in 2008, although the percentage for females was unchanged from previous years.

Female students were more likely in 2013 to have felt discriminated against due to their physical appearance than in 2008 (27% vs. 21%), while for males the rate remained unchanged (15%).

While the rate of discrimination based on sexual orientation peaked for males at 7% in 2008, it decreased to 4% in 2013, whereas for female students there was an increase from 4% in 2003 to 6% in 2013.

Perceived reasons for being discriminated against in the past year

Physical appearance	22%
Being seen as different	15%
Age	10%
Race, ethnicity, or skin colour	8%
Gender/sex	7%
Income or family income	6%
Sexual orientation (being or thought to be gay or lesbian)	5%
A disability	3%

Note: Youth could choose more than one response.

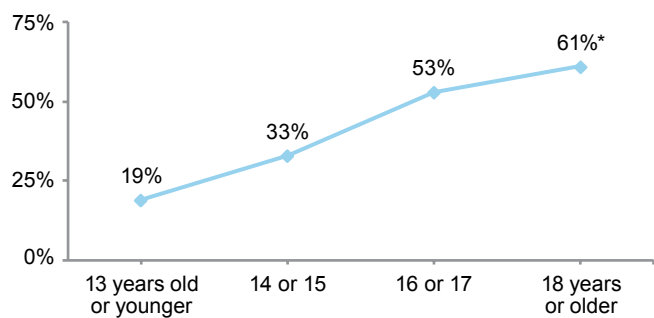


I feel (sometimes) as if people don't like me because I am a different skin colour.”

Employment

A total of 38% of male and female students in Thompson Cariboo Shuswap worked at a paid job during the school year. This was a decrease from 47% in 2008, but higher than the 2013 provincial rate of 29%.

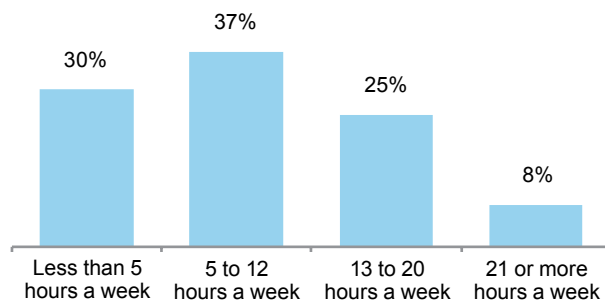
Students who worked at a paid job during the school year



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

Note: The difference between ages 16 or 17 and 18 or older was not statistically significant.

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



8% of Thompson Cariboo Shuswap students who had a job were employed 21 hours or more per week.

Physical activity, sports, & leisure

Physical activity

The Canadian Physical Activity Guidelines recommend that youth aged 12 to 17 do an hour of moderate to vigorous physical activity every day. Provincially, 17% of students exercised for an hour a day in the past week. The rate was higher in Thompson Cariboo Shuswap, where 20% of students (28% of males vs. 13% of females) met these guidelines. As was seen provincially, female students were more likely to have not exercised at all in the past week (8% vs. 6% of males).

Younger female students were more likely than older females to have met the physical activity guidelines. For example, 25% of females aged 12 or younger had exercised every day in the past week, compared to 9% of 17-year-old females. This age difference did not exist among males.

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, 67%* of students age 18 and older (79%* males vs. 52%* females) met these recommendations by participating in 60 minutes of exercise on at least three days in the past week.

Physical activity was associated with better health outcomes. For example, those who exercised daily during the past week were more likely to have slept for eight or more hours on the previous night (66% vs. 56% of students who exercised on fewer days).

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 who exercised on at least three days in the past week were more likely to feel good about themselves (73% vs. 63% of those who had been bullied and exercised on two or fewer days), as well as their skills and abilities (83% vs. 70%).



28% of local males exercised daily compared to 22% of males across the province.

88% of students who played organized sports reported good/excellent mental health, compared to 72% who never participated.

Sports

During the past year, students in Thompson Cariboo Shuswap were as likely as students throughout BC to have participated weekly in organized sports (54%), and yoga, dance, or exercise classes (18%). However, local students were more likely to have taken part in weekly informal sports (such as road hockey, hiking and skateboarding; 63% vs. 58% of students provincially).

The percentage of local students who took weekly dance, yoga, or exercise classes remained similar to 2003 and 2008, while the percentage of students in informal sports declined for the first time in a decade (down from 75% in 2003). The percentage of students in weekly organized sports dropped from 58% in 2008, returning to 2003 levels.

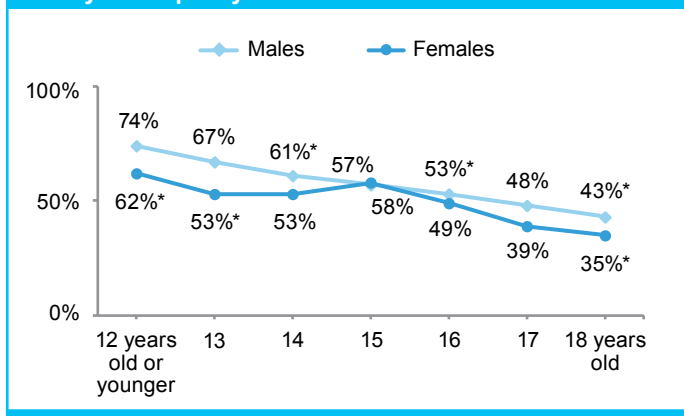
Male students were more likely than their female peers to participate weekly in informal sports (72% vs. 56%) and organized sports (58% vs. 50%), while female students were more likely than male students to be taking weekly dance, yoga, or exercise classes (29% vs. 7%).

Older male students were less likely than younger ones to play organized sports on a weekly basis. This was the same for females, although the decline in participation occurred later for local females than across BC. Provincially, females' sports participation dropped off noticeably at 14 years old whereas locally that decrease was seen most sharply at 16 years of age.

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 (86% vs. 68%), or to have slept for eight hours or more on the previous night (60% vs. 52%).

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 (83% vs. 55% of youth who had been abused who did not play organized sports). Similarly, 78% of youth who had been abused who took part in informal sports rated their health as good or excellent, compared to 53% who did not do informal sports.

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



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

Note: Not all age differences were statistically significant.

“

I do 9 hours of gymnastics a week, 3 hours a day!”

Barriers to participation

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

Local students were less likely than students across BC to indicate that the reason they did not participate in sports and other activities was because they were too busy (40% vs. 46%).

Barriers to participation in activities		
	Males	Females
Too busy	35%	47%
Activity wasn't available in community	16%	19%
Couldn't get there or home	15%	21%
Couldn't afford to	11%	20%
Worried about being bullied	4%	9%

Note: The difference between males and females who did not participate because the activity wasn't available in their community was not statistically significant.

2010 Winter Olympics

Three years after the 2010 Winter Olympic and Paralympic games, 12% of students reported that they were more physically active as a result of the Games. This rate was comparable to students throughout BC, as was the percentage of local youth who felt they had more sport opportunities as a result of the Games (5%).

Provincially, males were more likely than females to report being more physically active and having more sport opportunities as a result of the Games. These gender differences did not exist locally.

Gambling

While the legal gambling age in BC is 19, 12% Thompson Cariboo Shuswap students aged between 12 and 19 (16% males vs. 8% females) had gambled in the past 12 months. Almost all of these students were aged 18 or younger. This was similar to the provincial rate, and represented a local decrease from previous survey years (43% in 2008 and 54% in 2003).

Three percent of students (5% males vs. 1% females) had gambled more than once a month during the past year. This was the first decrease seen in a decade, down from 5% in 2003.



I wanna dance but I have to wait till summer, same with gymnastics.”

Physical abuse, sexual abuse, & sexual harassment

Physical abuse

Fifteen percent of students (11% of males vs. 19% of females) in Thompson Cariboo Shuswap had been physically abused at some point in their life. This was a local decrease from 18% in 2008, predominantly among males, where the decrease was from 15% in 2008.

Local females were more likely to report being physically abused than their peers provincially (15%), while the rate for males was similar to the province.

Sexual abuse

When youth were asked specifically if they had ever been sexually abused, 8% of students (2% of males vs. 13% of females) recognized they had experienced this type of abuse. Youth were also asked about

other forms of sexual abuse they might not have recognized as abuse. For example, 7% (2% of males vs. 11% of females) were forced into sexual activity against their will by another youth, and 2% by an adult (more females than males). Also, 2% were the younger of an illegal age pairing the first time they had sex.

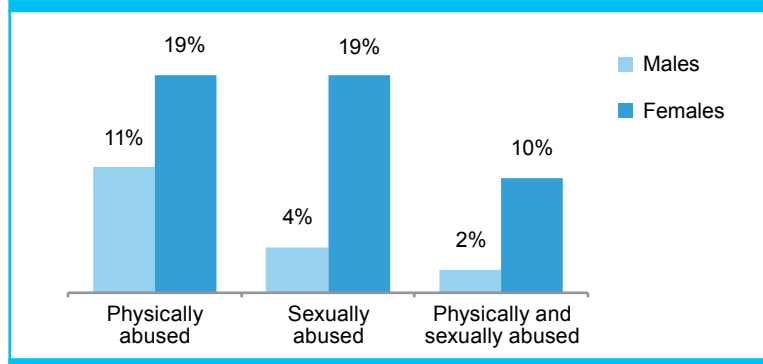
When all these forms of sexual abuse were considered, a total of 12% of students (4% of males vs. 19% of females) were sexually abused. This was a local decrease in the rate of male students who were sexually abused, from 7% in 2008, and unchanged for females from previous years.

Rates of sexual abuse were consistent with the provincial rate for males and higher than the provincial rate for females (13% provincially).



When I was 11 years old I was sexually assaulted. I did not have sex on purpose.”

Students who were ever abused



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

Sexual harassment

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

In Thompson Cariboo Shuswap, 34% of males experienced verbal sexual harassment in the past year, which was a local decrease from around 40% in 2008 and 2003. Twenty-one percent had been harassed once or twice, and 13% had experienced it three or more times.

Twelve percent of males were physically sexually harassed in the past year. This was a local decrease from 17% in 2008 and from 21% in 2003. In 2013, 3% had been physically harassed three or more times.

Fifty-one percent of female students had experienced verbal sexual harassment in the past year. This was a local decrease from 58% in 2008. Twenty-nine percent had been harassed once or twice, and 22% had experienced this three or more times.

Thirty percent of female students experienced physical sexual harassment in the past year, with 9% having this experience three or more times. The percentage who were physically sexually harassed was above the provincial rate of 26%, and a local decrease from 40% in 2008 and from 45% in 2003.



Technology use

Ninety-four percent of females and 88% of males owned a cellphone or other portable electronic communication device. The majority of these students (98%) had used their device on the previous school day.

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

Females were more likely than males to use their cellphone to communicate with friends and parent(s), for chatting online, social networking and to bully others, whereas males were more likely to use their phone to engage in sexting.

Both males and females were more likely to be sexting than was seen provincially (14% vs 10%).

Used cellphone to...	Did this on last school day	When activity took place		
		Before school	During school	After school
Communicate with friends	90%	49%	66%	69%
Play games/entertainment/music	83%	37%	45%	67%
Communicate with parent(s)/guardian(s)	80%	21%	46%	58%
Chat online or social networking	74%	34%	38%	62%
Find information	69%	18%	49%	43%
Engage in sexting	14%	3%	4%	12%
Communicate with teachers	7%	1%	3%	4%
Bully others	2%	NR	1%	1%

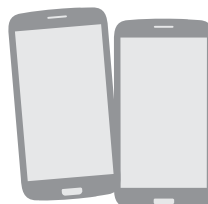
Note: Sexting is the sending of explicit photographs or messages via cellphone or other similar device.

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.



23% of females and 7% of males had met someone through the Internet who made them feel unsafe.

Technology use after students were expected to go to sleep

	Males	Females
Surfing the Internet	53%	52%
Using a phone to chat or text	51%	69%
Chatting online or social networking	47%	61%
Online gaming	35%	20%

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

Seventy-seven percent of students were online or on their phone after they were supposed to be asleep. The most common activities included using a phone to chat or text (61%), chatting online or social networking (54%), and surfing the Internet (52%).

Online safety

Seventeen percent of local students (10% of males vs. 25% of females) reported that they had been cyberbullied in the past year. Overall, this was similar to local rates from 2008 but higher than the provincial rate in 2013 (14%).

Females in Thompson Cariboo Shuswap were more likely than females across the province to be cyberbullied (25% vs. 19%), whereas males were as likely as their peers elsewhere to have this experience (10%). Ten percent of females and 7% of males 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 differences between these students and those who had a phone. For example, students without a cellphone were less likely to indicate having three or more close friends (75% vs. 84% with a cellphone), to have an adult in their family they felt okay talking to (49% vs. 57%), to have an adult outside the family they could turn to (7% vs. 36%), and to have asked a friend and/or family member for help when they had a problem (69% vs. 83%).

However, students without a phone were less likely to have self-harmed in the past year (11% vs. 16% with a phone) and to report binge drinking in the past month (26%* vs. 43% with a phone; among those who ever drank).

Youth engagement

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

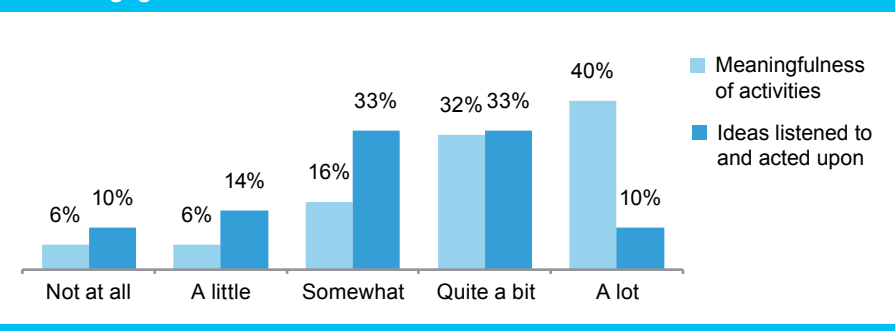
Similar to local results in 2008, 72% of Thompson Cariboo Shuswap students reported that the activities they were involved in were at least quite a bit meaningful to them. Local males were more likely than those across the province to feel this way (76% vs. 70%), while results for females in Thompson Cariboo Shuswap and those throughout BC were generally comparable (69%).

When asked if they felt that their ideas were listened to and acted upon in these activities, 43% of students (47% males vs. 40% females) felt that they were to a significant extent. This was similar to the 2013 provincial picture, but represented a local decrease from 48% in 2008.

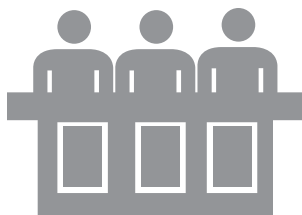
There were many positive associations for youth who felt valued within their activities and who felt that those activities were meaningful. For example, students who felt their ideas were listened to were more likely to rate their overall health as good or excellent (94% of students who felt listened to quite a bit or more vs. 72% of those who felt listened to not at all or a little).

Among youth who had been teased, excluded, or assaulted in the past year, those who felt their activities were quite meaningful were more likely to feel good about themselves than those who felt their activities were a little or not at all meaningful (78% vs. 51%). Similarly, youth who had been bullied were more likely to rate their mental health as good or excellent if they felt they were engaged in meaningful activities (79% vs. 46%).

Youth engagement



Note: The difference between students who felt their activities were quite a bit meaningful and that their ideas were quite a bit listened to was not statistically significant.



Family relationships

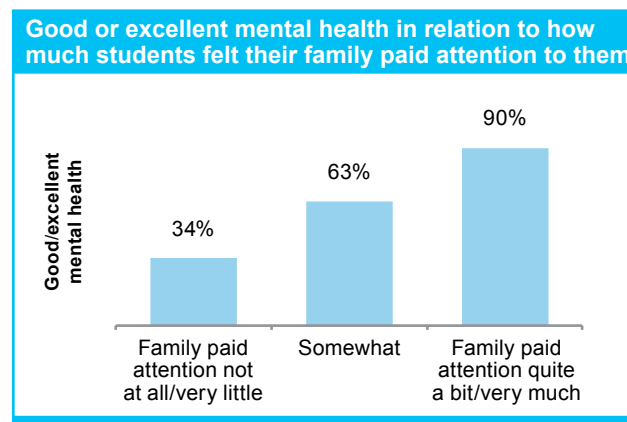
The BC AHS asked youth about their sense of connectedness to their family. Similar to the provincial results, most students in Thompson Cariboo Shuswap felt their family paid attention to them (75%), they had fun together (68%), and their family understood them (60%). Female students were less likely than male students to think their family understood them (56% vs. 64%) and that their family paid attention to them (73% vs. 78%).

Eight percent of students felt their family did not pay attention to them, 12% felt their family did not have fun together, and 16% felt that their family did not understand them.

There were positive associations between having strong family relationships and reduced health risk behaviours as well as reporting better mental health. For example,

students who felt 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 (6% vs. 53%). They were also more likely to rate their mental health as good or excellent (90% vs. 34% of youth who felt their family did not pay attention to them), and to feel good about themselves (90% vs. 38%) and their abilities (93% vs. 53%).

Among students who had tried alcohol, those who felt their family paid attention to them were less likely to have tried alcohol before the age of 15 (65% vs. 80% of students who felt their family did not pay attention to them). Furthermore, they were less likely to report binge drinking in the past month (40% vs. 54%) and to have had alcohol last Saturday (43% vs. 61%).



Def.

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

In addition, students who felt that their family understood them were more likely to plan to continue their education after high school (85% vs. 67% who did not feel their family understood them).

Family connectedness was a protective factor for even the most vulnerable youth. For example, if youth who had moved three or more times in the past year felt connected to their family, they were twice as likely to rate their general health as good or excellent as those with lower levels of family connectedness. Among youth with an emotional or mental health condition, those with higher levels of family connectedness all reported only positive future aspirations, such as having a job, attending school, or being involved in their community. This was not the case among those with lower connectedness.

Students were asked on the survey if there was an adult in their family they could turn to if faced with a serious problem. In Thompson Cariboo Shuswap, 77% of male and female students indicated that there was. This was above the provincial rate of 73%. Students who had such an adult in their lives were less likely to miss out on mental health services when they felt that they needed them (6% vs. 26% of students who did not feel they could turn to an adult relative).

Among youth who identified as gay, lesbian, or bisexual, those who felt they had an adult in their family to talk to were twice as likely as those without this support to report usually feeling good about themselves (65%* vs. 33%*), and they were less likely to have attempted suicide in the past year.

More than two thirds of youth had asked a family member for help in the past year (64% of males vs. 73% of females). Although youth who had been bullied were as likely as those who had not been bullied to ask for help from a family member, they were less likely to have found their family members to be helpful (89% vs. 98%).

However, when youth who had been bullied did find a family member to be helpful, they were twice as likely to rate their mental health as good or excellent (83% vs. 43%*) and to report feeling good about themselves (83% vs. 41%* who did not find a family member helpful). Youth who had been bullied who found the support of their family helpful were less likely than those who did not find their family helpful to have seriously considered suicide (12% vs. 44%*), to have attempted suicide (5% vs. 29%*), or to have self-harmed (16% vs. 49%*) in the past year.



77% of local youth ate an evening meal with their parents most or all of the time, which was consistent with the province as a whole.

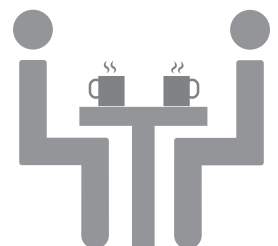
Parental monitoring

Consistent with students across BC, 79% of male and female youth in Thompson Cariboo Shuswap reported that their parents always or mostly knew what they were doing in their free time. One in ten reported that their parents never or rarely knew what they were doing.

Students whose parents were aware of what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep (59% vs. 76% of those students whose parents were not monitoring their spare time). They were also more likely to have slept for eight or more hours on the night before taking the survey (63% vs. 32%).

Youth who ate their evening meals with their parents most or all of the time were more likely to report eating fruit or vegetables three or more times yesterday (63% vs. 41% who never or rarely ate with their parents). They were also more likely to feel good about themselves (87% vs. 60%) and their abilities (91% vs. 67%), and less likely to have missed out on needed mental health care (7% vs. 28%) or medical care (5% vs. 28%).

Youth with an emotional or mental health condition who ate evening meals with their parents most or all of the time were less likely to have self-harmed in the past year (53% vs. 77%* who never or rarely ate with their parents), were twice as likely to feel like a part of their community, and were half as likely to have missed out on needed medical care (23% vs. 46%*).



Supportive & caring adults outside the family

Adult to turn to for support

Similar to the provincial rates, 35% of local youth (32% of males vs. 38% of females) felt they had an adult outside their family they could turn to if faced with a problem.

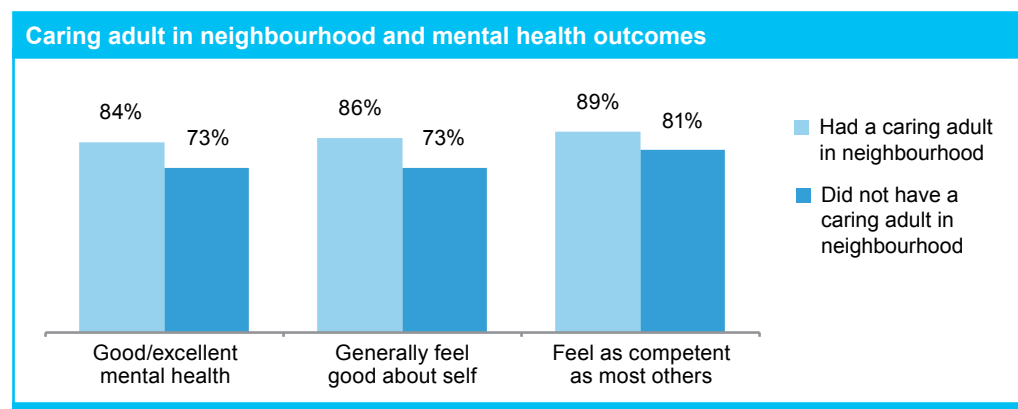
Students who could identify a supportive adult outside of their family were more likely to feel like a part of their community (45% vs. 36% without this support) and to have post-secondary plans (84% vs. 79%).

Among those who had been both physically and sexually abused, youth who had a supportive adult outside of their family to talk to were more likely to feel good about themselves (56%* vs. 34%* without an adult outside of their family to talk to) and to have only positive future aspirations (82%* vs. 54%*).

Local adult who cares

Sixty-eight percent of students (65% of males vs. 72% of females) in this region reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. This was higher than the provincial rate of 61% (59% of males vs. 63% of females).

Students with an adult in their community who cared about them were more likely to feel that the activities they engaged in were meaningful (78% vs. 60% who could not identify a local adult who cared about them) and to feel that their ideas were listened to and acted upon (50% vs. 29%).



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

Help seeking

When students needed help, they most commonly approached friends and family members. They also sought support from a variety of different professionals in their lives, most commonly teachers, school counsellors, sports coaches, and doctors.

There were some gender differences. Females were more likely to have sought help from a friend (79% vs. 60% males), family member (73% vs. 64%), school counsellor (27% vs. 20%), or mental health counsellor (9% vs. 5%). Males, on the other hand, were more likely to have sought help from a teacher (40% vs. 35% of females), other school staff (18% vs. 14%), or sports coach (27% vs. 21%).

Male youth in this region were less likely than those in the province as a whole to seek the help of a friend (60% vs. 65%), school counsellor (20% vs. 24%), or a doctor (20% vs. 25%). Local Aboriginal and non-Aboriginal females were more likely to seek the help of an Aboriginal education worker (6% vs. 4% of females provincially).

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. 91%).

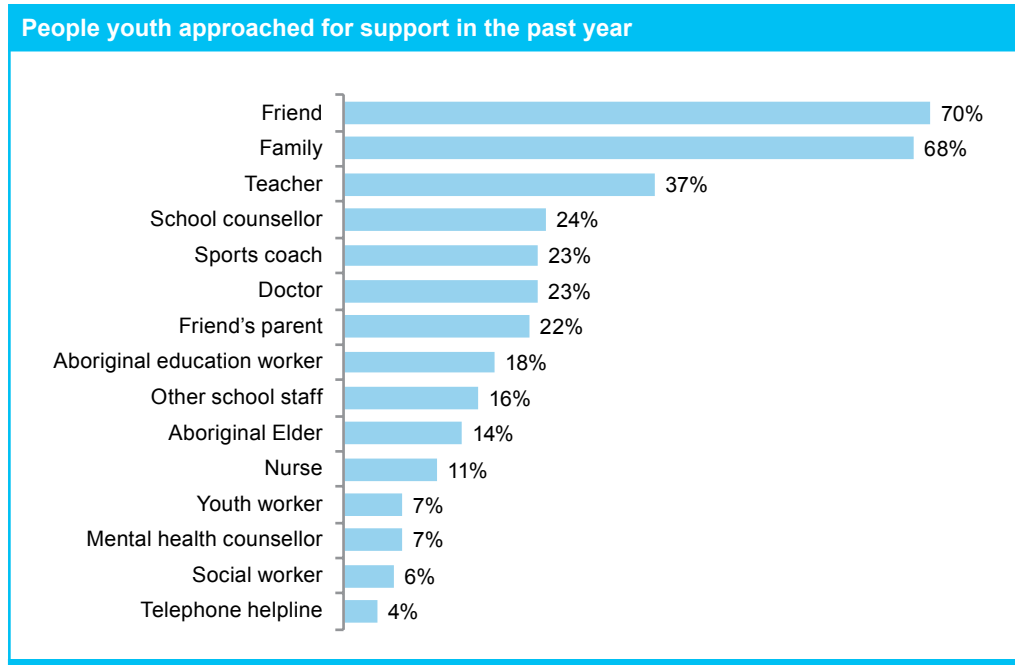


Our school does not know how to deal with kids that are upset so I usually use Kid's Help Phone.”

23% of local females sought the help of a friend's parent compared to 18% of their peers across BC.

When youth found the adults in their lives to be helpful, there were health benefits. For example, youth who had been bullied who found a school counsellor to be helpful were less likely to have attempted suicide in the past year (12% vs. 25%* who did not find their counsellor helpful). They were also more likely to have only positive aspirations for the future (87% vs. 72%*).

In addition, youth with a mental or emotional health condition who had asked their teacher for help and found this to be helpful were more likely to feel good about themselves, compared to those who did not find their teacher to be helpful.



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

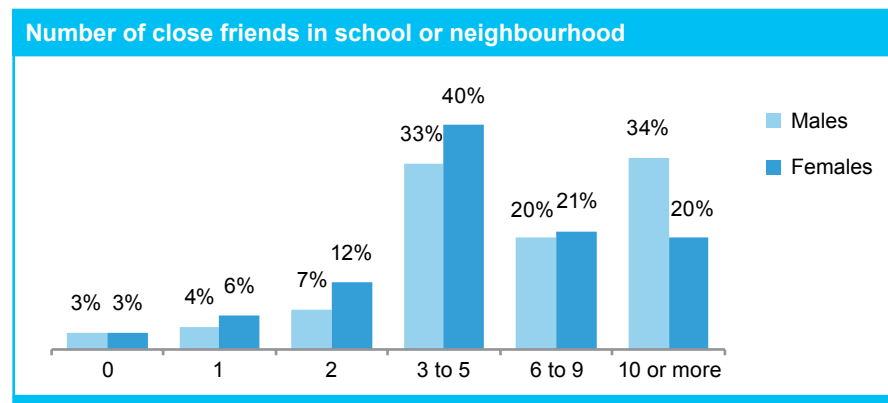
Peer relationships

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

Half of students (50%) in Thompson Cariboo Shuswap had been in a romantic relationship in the past year, down from 67% in both 2003 and 2008. Among these students, 5% of male and female youth had been the victim of dating violence. While the percentage of students in a dating relationship was higher locally than in BC overall (39%), the rates of violence within relationships were comparable. The local rate of dating violence was lower than the percentage reported in 2008 (9%) and represented a return to 2003 levels.

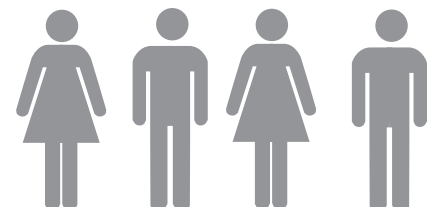
In this region, 97% of male and female students reported having at least one close friend in their school or neighbourhood. Males were more likely than females to report having three or more close friends (86% vs. 80%).

There were positive associations with having more than just one or two close friends. For example, students who had three or more close friends were more likely than those with fewer friends to rate their overall health as good or excellent (89% vs. 72%). They were also less likely to have been teased, excluded, or assaulted in the past year (49% vs. 66%).



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

Note: The differences between males and females who had 1 close friend or 6 to 9 close friends were not statistically significant.

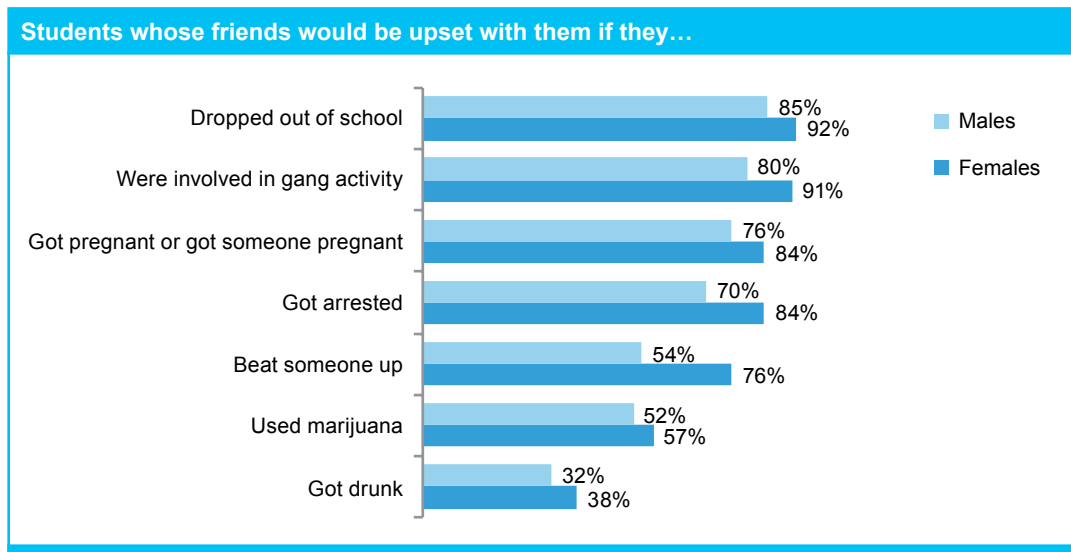


83% of local students had three or more close friends.

Students with three or more friends who had been teased were more likely to feel good about themselves (72% vs. 47%* of those with fewer friends). This was also true for students who had been socially excluded (72% vs. 54%). In addition, students with three or more friends who had been socially excluded were more likely to have only positive future aspirations, such as seeing themselves in a job or going to college (87% vs. 75% of those with fewer 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, students in Thompson Cariboo Shuswap were less likely than those throughout BC to have friends who would be upset with them if they beat someone up (65% vs. 71%) or got drunk (35% vs. 44%).



Note: The difference between males and females whose friends would be upset with them if they used marijuana was not statistically significant.

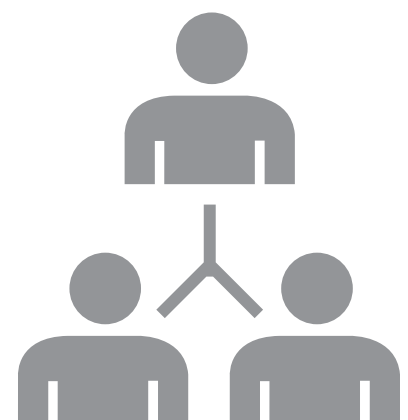
Having pro-social peers was a protective factor for Thompson Cariboo Shuswap youth. For example, students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone than those whose friends would not be upset with them for this reason (2% vs. 8%). In addition, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (83% vs. 64% of those whose friends would not be upset with them for this reason).

Furthermore, 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 (46%* vs. 67% of those whose friends would not be upset with them for getting drunk).

Students whose friends would be upset with them if they...			
	2008	2013	Change from 2008
Dropped out of school	86%	89%	↑
Were involved in gang activity	NA	86%	
Got pregnant or got someone pregnant	71%	80%	↑
Got arrested	63%	77%	↑
Beat someone up	46%	65%	↑
Used marijuana	--	54%	--
Got drunk	26%	35%	↑

NA The question was not asked.

-- The percentages in 2008 and 2013 were comparable.



Neighbourhood safety

Reflecting the provincial picture, 81% of Thompson Cariboo Shuswap youth always felt safe inside their home. However, local youth were more likely than their peers across the province to always feel safe in their neighbourhood during the day (68% vs. 64%) and at night (36% vs. 28%).

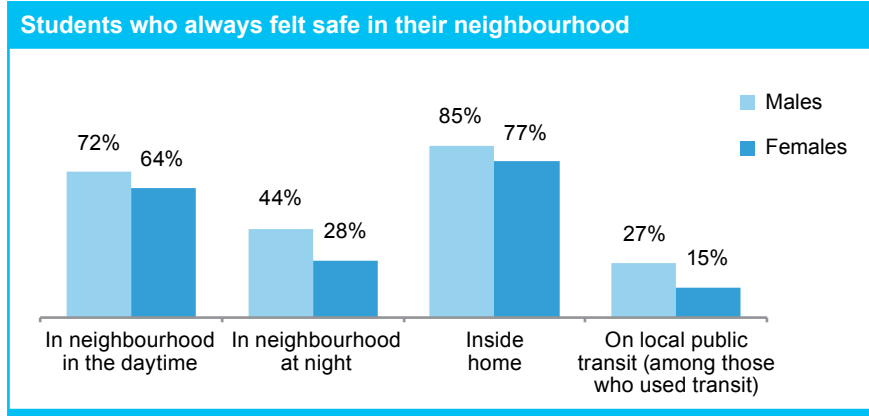
Among youth who used transit, 21% always felt safe using it and 8% never did. Local youth were more likely to never feel safe on transit than those across the province overall (5%).

When compared to youth who never or rarely felt safe in their neighbourhood during the day, those who always felt safe were more likely to describe their mental health as good or excellent (87% vs. 50%*), report good or excellent general health (91% vs. 54%*), plan to continue their education after high school (85% vs. 60%*), and have only positive future aspirations (90% vs. 72%*). They were also less likely to have missed out on needed emotional or mental health services (7% vs. 27%*) and medical help (6% vs. 29%*) in the past year.

In addition, youth who never or rarely felt safe in their neighbourhood during the day were more than four times as likely to have considered or attempted suicide in the past year as youth who always felt safe there.

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 (49% vs. 71% of youth who were not abused) or in their home (57% vs. 85%). However, if these students did feel safe in their neighbourhood during the day, they were more likely to feel good about themselves (70% vs. none of the students who never or rarely felt safe). Similarly, youth who had been teased who always felt safe during the day were more likely to think that they could do things as well as most people.

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



Community connectedness & cultural engagement

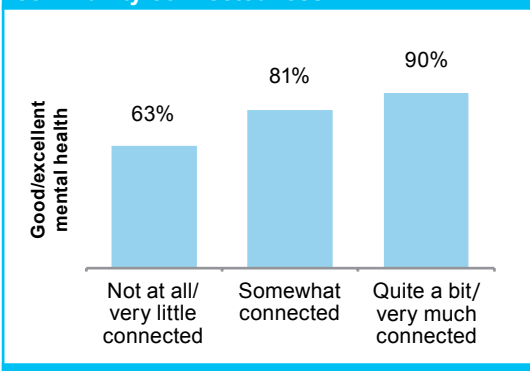
Community connectedness

In Thompson Cariboo Shuswap, as across the province, 39% of students reported that they felt quite a bit or very much connected to their community (36% of males vs. 42% of females).

There were positive associations for youth who felt connected to their community, including delaying alcohol use and a lower likelihood of being involved in risky use. For example, among local youth who had tried alcohol, those who felt connected to their community were more likely to have waited until they were at least 15 years old before having their first drink (34% vs. 25% of those who did not feel connected). They were also less likely to have binge drunk in the past month (40% vs. 51%).

Youth who had been victimized in particular benefitted from feeling like a part of their community. 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. Similarly, youth who had been socially excluded were more likely to usually feel good about themselves if they felt connected to their community (84% of connected youth felt good about themselves vs. 37% of youth who were very little or not at all connected).

Good or excellent mental health in relation to community connectedness



Cultural engagement

In addition to feelings about their community, students were asked questions about their engagement in their culture. Twenty-two percent of local students had taken part in cultural or traditional activities in the past year, below the provincial rate of 26%.

Similar to the provincial picture, local females were more likely than males to engage in cultural or traditional activities (24% vs. 19% of males).

Five percent of local students took part in cultural or traditional activities on a weekly basis. Youth who were involved in weekly traditional activities were more likely to rate their overall health as good or excellent than those who did not take part in these activities. They were also more likely to be volunteering weekly (46%* vs. 12%).

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 the protective factors along with an example for each from the report.

PROTECTIVE FACTOR	EXAMPLE
Stable home	Youth who had been in government care who had not changed address in the past year were more likely to be able to identify an adult in their neighbourhood or community who cared about them (compared to youth in care who had moved).
Eight or more hours of sleep	Students with a mental or emotional health condition who slept for eight or more hours were less likely to have attempted suicide in the past year, and were more likely to have only positive future aspirations (compared to their peers who slept less).
Good nutrition	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, as well as to report feeling calm and happy most or all of the time in the past month.
Sports and exercise	Youth who had been bullied who exercised on at least three days in the past week were more likely than those who exercised on two or fewer days to feel good about themselves as well as their skills and abilities.
Feeling safe at home, in school, and the community or neighbourhood	Students who had been physically abused who felt safe in their neighbourhood were more likely to feel good about themselves (compared to students who never or rarely felt safe).
Feeling connected to school	Youth with a mental or emotional health condition were more likely to feel good about themselves if they felt connected to their school.
Feeling engaged in activities	Youth who had been bullied were more likely to rate their mental health as good or excellent if they felt they were engaged in meaningful activities.
Feeling connected to family	Students who felt their family paid attention to them were less likely to have tried alcohol before the age of 15, to have been binge drinking in the past month, and to have used alcohol last Saturday.

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

When compared to students whose parents did not know what they were doing in their free time, students who reported that their parents knew what they were doing were less likely to be texting or chatting on their phone after they were expected to be asleep, and were more likely to have slept for eight or more hours on the night before taking the survey.

Adult in the family students could talk to

Among youth who identified as gay, lesbian, or bisexual, those who felt they had an adult in their family to talk to were twice as likely to report feeling good about themselves, and were less likely to have attempted suicide in the past year.

A supportive adult outside family

Among those who had been both physically and sexually abused, youth who had a supportive adult outside of their family to talk to were more likely to feel good about themselves and to have only positive future aspirations (compared to youth without such an adult in their life).

Adult outside their family who cares about them

Students who could identify an adult in their community who cared about them were more likely to feel that the activities they engaged in were meaningful and that their ideas were listened to and acted upon (compared to those who could not identify a local adult who cared about them).

Helpful sources of support

Youth who had been bullied who found their school counsellor helpful were less likely to have attempted suicide in the past year (in comparison to those who did not find this source helpful). They were also more likely to have only positive aspirations for the future.

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 felt connected to their community were less likely to have engaged in binge drinking in the past month.

Cultural engagement

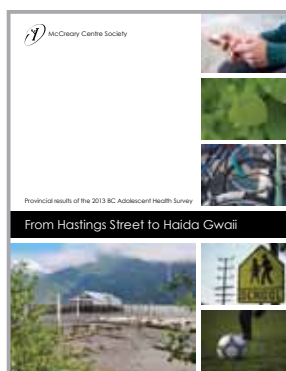
Youth who were involved in weekly traditional activities were more likely to rate their overall health as good or excellent than those who did not take part in these activities.

How to use these results

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

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

A selection of BC AHS resources



From Hastings Street to Haida Gwaii

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



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



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

YOUTH RESOURCES



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

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



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

