



Results of the 2013 BC Adolescent Health Survey

# Vancouver





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## RESULTS OF THE 2013 BC ADOLESCENT HEALTH SURVEY

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

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



Youth health • Youth research • Youth engagement

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# Key findings

Findings from the 2013 BC Adolescent Health Survey showed that most youth in Vancouver 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 findings also identified some groups of students who may need additional support, as well as protective factors that are linked to better outcomes.

- Students in Vancouver were more likely than their peers across the province to have been born outside of Canada (29% vs. 19%), although fewer local students were born abroad than a decade earlier (40%). Also, 39% of local youth spoke a language other than English at home most of the time, compared to 21% provincially.
- Most youth rated their mental health as good or excellent. However, consistent with provincial findings, students were less likely to rate their mental health as good or excellent than their overall health.
- In the past year, 8% of students (6% males vs. 10% females) did not get medical help when they thought they needed it, and 10% of students (5% males vs. 14% females) missed out on accessing needed mental health services. The most common reasons for not accessing either type of service were thinking or hoping the problem would go away, and not wanting their parents to know.
- Males generally reported better mental health than females, including higher rates of self-confidence, a greater likelihood of feeling happy and calm most of the time, and lower rates of extreme stress, despair, and suicide attempts.
- Rates of suicide ideation were lower in 2013 than a decade earlier for both males (7% vs. 10% in 2003) and females (13% vs. 20%). The percentage of local females who attempted suicide was also lower in 2013 than 2003 (7% vs. 9%) but there was no difference over time among males (3%).
- Less than half of youth (48%) slept for eight or more hours on the night before taking the survey. Fifty-one percent of males and 60% of females were doing homework after the time they were normally expected to go to sleep. These percentages were higher than those across the province, where 40% of males and 49% of females were doing homework after their expected bedtime.
- In the past year, 11% of students experienced concussion (compared to 16% provincially). Consistent with the provincial picture, 17% of Vancouver youth who had experienced a concussion had not accessed needed medical help.

- There was an increase in the rate of students who reported always eating breakfast, from 50% in 2003 to 59% in 2013. 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, better nutrition, and to have slept for eight or more hours the previous night.
- Local students were less likely to have had sex than students a decade earlier (12% vs. 15% in 2003). Also, those who did have sex were waiting longer to do so.
- Compared to youth across BC, local students were less likely to have used tobacco, alcohol, or marijuana. Also, local rates of using these substances were lower in 2013 than in 2003, and students who did use these substances were waiting until they were older to first try them.
- Vancouver students felt safer at school than their peers in 2003, and the percentage who were physically assaulted decreased. However, the percentages who were socially excluded or teased did not improve.
- A total of 7% of students had been sexually abused at some point. This represented a decrease from 9% in 2003. The percentage of students who were physically abused were unchanged from a decade earlier.
- Local students aged 12–17 were less likely than those across the province to meet the Canadian Physical Activity Guidelines for getting an hour of moderate to vigorous exercise every day (13% vs. 17% provincially).
- Protective factors which appeared to improve outcomes for even the most vulnerable youth included physical activity, nutrition, and getting eight or more hours of sleep. Local results also highlighted the importance of supportive relationships with peers and adults, including family, teachers, and other professionals.
- Feeling listened to and valued in their activities and feeling that their activities were meaningful to them also appeared protective for local youth. Although local rates of feeling engaged in these ways were lower than across the province, when Vancouver youth did feel engaged and valued in their activities they reported more positive mental and overall health.





# Introduction

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

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

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

The Vancouver Health Service Delivery Area is comprised exclusively of the Vancouver School District (SD 39). The results presented in this report provide the most comprehensive and representative picture of youth health in this area.

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

Although Vancouver participated in the 2008 BC AHS, the school district changed its consent procedures from those used in 2003, meaning no trend data could be reported at that time. In 2013, the same consent procedures were used as in 2003. This report therefore includes comparisons between 2003 and 2013.



## QUOTES

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



## 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.



## 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

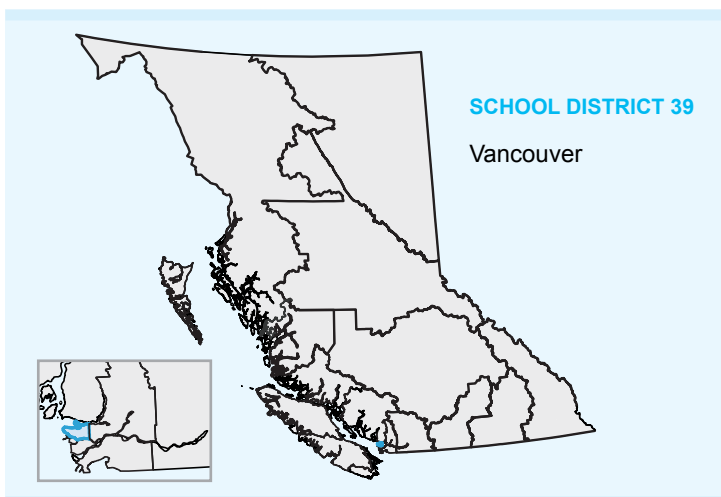
### Vancouver Island Health Authority

- 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

## VANCOUVER HEALTH SERVICE DELIVERY AREA



### ONLINE

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

# Youth in Vancouver

## Ethnic & cultural background

In the 2013 BC Adolescent Health Survey, students in Vancouver most commonly reported that they were of East Asian heritage (47%), which was above the provincial rate of 18%. Eighteen percent of local students reported having a Southeast Asian background, which was also above the provincial rate of 7%, and a local increase from 12% in 2003.

Provincially, more than half of students identified as European (53%), compared to 26% of local students.

There was a local increase in the percentage of youth identifying as having an African background, from 1% in 2003 to 2% in 2013.

Family background	
East Asian	47%
European	26%
Southeast Asian	18%
South Asian	8%
Latin/South/Central American	5%
Aboriginal	3%
West Asian	3%
African	2%
Australian/Pacific Islander	2%
Other	2%
Don't know	2%

Note: Youth could choose more than one response.

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

## ABORIGINAL STUDENTS

Three percent of students in Vancouver identified as Aboriginal (unchanged from 2003), compared to 10% provincially. Among students who identified as Aboriginal, 61%\* were First Nations and 30%\* were Métis (youth could select more than one Aboriginal identity if applicable).

About a quarter (26%\*) of Aboriginal students had ever lived on reserve. Fifteen percent spoke an Aboriginal language, which was similar to the provincial rate.

## NEW CANADIANS

Twenty-nine percent of Vancouver students were born outside of Canada, which was above the provincial rate of 19% but lower than the local rate a decade ago (40% in 2003). Among local students born outside Canada, 17% had lived here less than two years and 15% were here as international students.

## LANGUAGE

A quarter of students (25%) spoke only English at home, which was unchanged from 2003 and below the provincial rate of 51%. Thirty-nine percent of Vancouver youth spoke another language at home most of the time (compared to 21% provincially).



I try to practice Japanese with my brother and I speak broken Cantonese when my grandparents visit.”

## Sexual orientation & gender identity

Local students identified with a range of sexual orientations. Percentages were similar to those across the province, except that Vancouver students were less likely to identify as completely straight than their peers across BC (78% vs. 81%) and were more likely to identify as mostly straight (8% vs. 6%).

Local females were more likely than those a decade earlier to identify as bisexual (4% in 2013 vs. 2% in 2003).

Consistent with the provincial picture, males were more likely to identify as completely straight (83% vs. 74% of females), whereas females were more likely to identify as mostly straight (11% vs. 5% of males) or bisexual (4% vs. 1%). Females were also more likely than males to be questioning their sexual orientation (3% vs. 1%).

Students were asked if they identified as transgender. The number who identified this way could not be reported due to a risk of deductive disclosure. The number of Aboriginal students who identified as Two Spirit was also too small to release.

Sexual orientation	
Completely straight	78%
Mostly straight	8%
Don't have attractions	8%
Bisexual	2%
Questioning	2%
Gay or lesbian	1%

Note: Percentages do not equal 100% due to rounding

## Home life

Similar to the rest of the province and to local rates in 2003, 95% of students reported living with at least one parent (including a step-parent). Local youth were more likely than those across BC to be living with their mother or stepmother (88% vs. 85%), grandparents (15% vs. 9%), siblings or step-siblings (62% vs. 58%), or other adults related to them (6% vs. 4%). They were also less likely to be living with both their parents at different times (5% vs. 8%).

The majority of Vancouver youth (85%) reported that their parent(s) worked locally. Six percent reported that at least one parent worked somewhere else in BC or Canada (below the provincial rate of 11%), and 11% worked abroad (above the provincial rate of 6%). Four percent of students' parents did not work, which was consistent with the percentage across BC.

Who youth lived with most of the time	
Mother/stepmother	88%
Father/stepfather	71%
Sibling(s)/step-sibling(s)	62%
Grandparent(s)	15%
Other adult(s) related to me	6%
Both parents at different times	5%
Other adult(s) not related to me	2%
Other children or youth	2%
Two mothers/two fathers	1%
I live alone	1%
Foster parent(s)	<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

In this report, **PARENT** refers to students' parent or guardian.

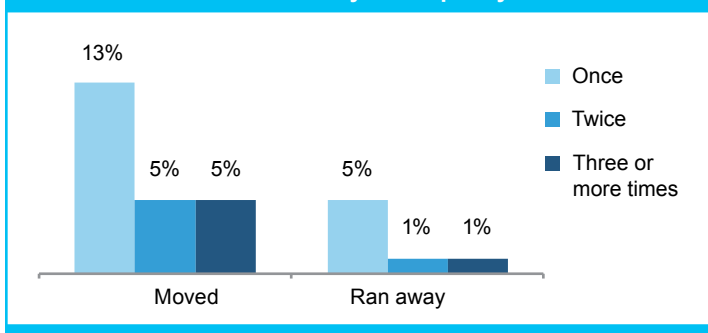
7% of youth had run away in the past year.

## Stable home

Having a stable home has been shown to be a protective factor in the lives of youth. Reflecting the provincial picture, 23% of Vancouver students had moved from one home to another in the past year, and 5% had moved three or more times.

Youth who had not moved in the past year were more likely than their peers who had moved house to rate their overall health as good or excellent (87% vs. 82%) and to have only positive aspirations for the future (89% vs. 85%). They were also less likely to have attempted suicide (4% vs. 9% of youth who had moved) or to have self-harmed (12% vs. 17%) in the past year.

Youth who moved or ran away in the past year



## Government care

Similar to the provincial rates, 2% of Vancouver students had ever lived in foster care and 1% had lived in a group home. One percent were currently in government care.

Reflective of youth in care across the province, more than half of local students with care experience had moved in the past year. These students were more likely to have moved in the past year than those who had not been in care (53%\* vs. 22%), and were more likely to have moved three or more times (22%\* vs. 5% who had not been in care).

Among youth who had been in government care, those who had not changed address in the past year were more likely to rate their overall health as good or excellent (87%\* vs. 61%\* 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 age-eligible local students had lived on a Youth Agreement.

## Def.

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



**17%** of local youth had a learner's driver's licence and 5% had a novice licence.

## Caretaking responsibilities

On an average school day, 41% of students (36% of males vs. 46% of females) had some caretaking responsibilities, such as caring for pets or other animals (25% of males vs. 31% of females) or caring for a relative (e.g., a relative with a disability or younger sibling; 16% of males vs. 22% of females). Rates of caring for a relative were similar to the province but local students were less likely to be caring for pets or other animals (28% vs. 52% provincially).

Caretaking responsibilities appeared to affect female students' engagement in community life, but this was not the case for males. For example, Vancouver females who took care of a relative were more likely to miss out on extracurricular activities (71% vs. 65% of females without these caretaking responsibilities). They were also specifically more likely to miss out on activities because they could not afford them (24% vs. 16% of females without caretaking responsibilities) or because they were too busy (63% vs. 56%).

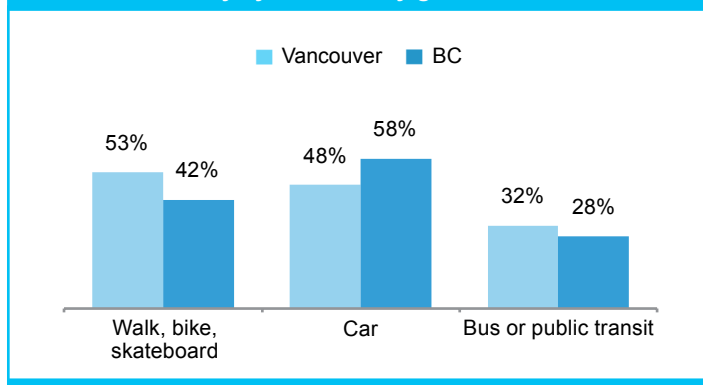
## Transportation

Students were asked what method of transport they usually used to get to school. Fifty-six percent of males and 50% of females used active means, including walking, biking or skateboarding. Forty-four percent of males and 52% of females got to school by car, and 29% of males and 34% of females took a bus or other public transit.

When asked about transportation in general, 91% of Vancouver youth used public transit, which was higher than the provincial rate of 73%.

Three percent of males and females had hitchhiked somewhere in the past month. Throughout the province, males were twice as likely as females to have hitchhiked, but this gender difference was not found in Vancouver.

Most common ways youth usually got to school

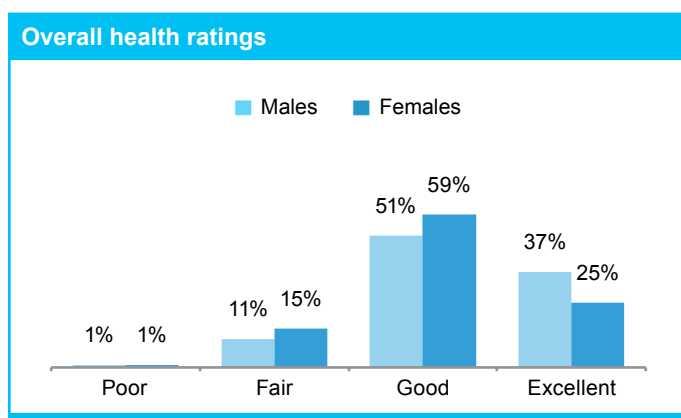


Note: The difference for usually got to school by bus or public transit was not statistically significant.



# Physical health

Consistent with provincial findings, most students (86%) rated their health as good or excellent. Males were less likely than females to rate their health as good and more likely to rate it as excellent.



Youth with a health condition or disability	
Long term or chronic condition (e.g., diabetes or asthma)	8%
Mental or emotional health condition	7%
Learning disability	3%
Sensory disability	3%
Behavioural condition	2%
Allergies severe enough to require an epinephrine injection	2%
Physical disability	1%

Note: Youth could choose more than one response.

## Health conditions & disabilities

Twenty-two percent of students (19% of males vs. 24% of females) had at least one health condition or disability. Local female students were less likely than females across BC to report having such a condition or disability (30% provincially).

Females were more likely than males to report having a mental or emotional health condition (11% vs. 4%) and were less likely to have a learning disability (3% vs. 4%).

Among youth with a health condition or disability, 27% of males and 46% of females had a condition that sometimes prevented them from doing things their peers could do, and 3% of students had a condition that always prevented them from participating in these activities.



“

I get dizzy a lot and have fainted 3 times.”

## Foregone medical care

In the past year, 8% of students (6% of males vs. 10% of females) did not get medical help when they thought they needed it. This was similar to the provincial picture.

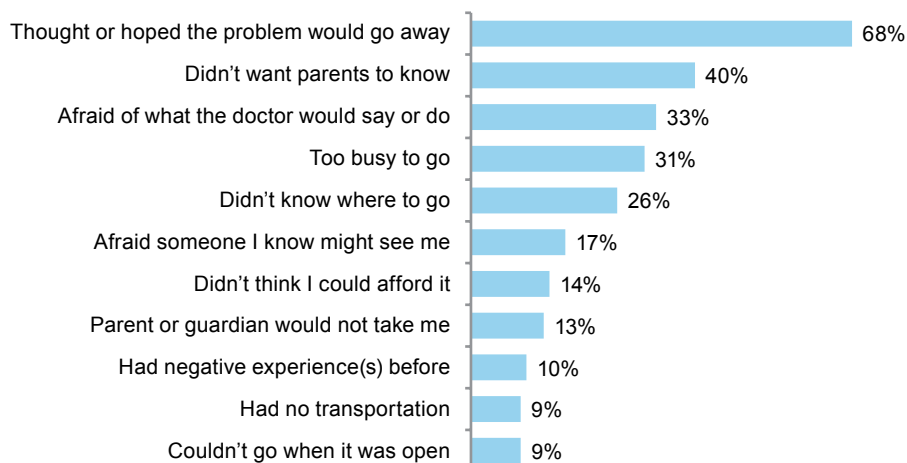
Among students who did not access needed medical care, the most common reasons were thinking or hoping the problem would go away and not wanting their parents to know.

Females were more likely than males to miss out because they were afraid of what the doctor would say or do (39% vs. 22%\*), while males were more than twice as likely as females to miss out on medical care because their parent(s) would not take them.

## Dental visits

Similar to the picture across the province, 85% of local students had visited the dentist in the past 12 months, while 5% had last visited more than 24 months ago, and 2% had never been to the dentist. For 7% of students (5% of males vs. 8% of females), their last visit to the dentist had been for pain.

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



Note: Youth could choose more than one response.



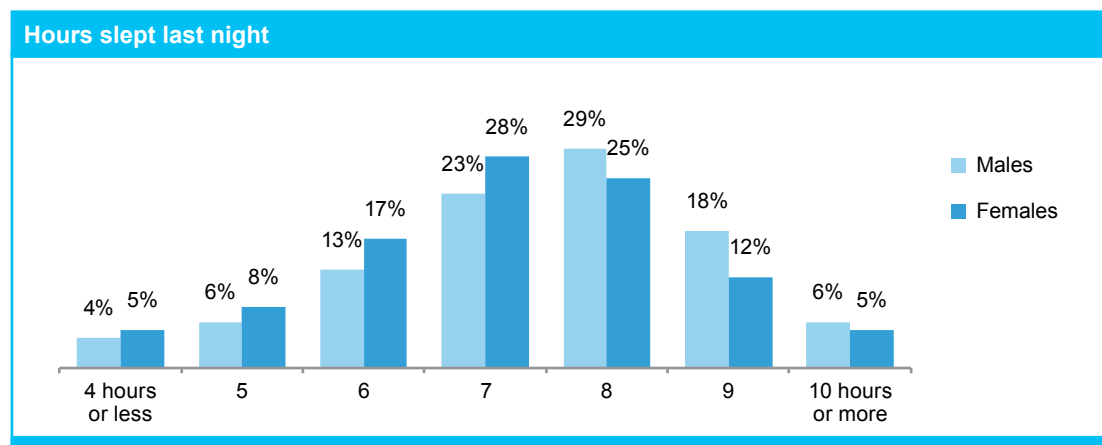


# Sleep

The National Sleep Foundation recommends that adolescents get between 8.5 and 9.25 hours of sleep each night. In Vancouver, 48% of students (54% of males vs. 42% of females) slept for eight or more hours on the night before taking the survey, while 5% slept for four hours or less. Females in Vancouver were less likely than those across BC to have slept for eight or more hours.

Older students slept less than younger ones. For example, 29% of students who were 18 years old slept for eight or more hours the previous night, compared to 81% of students aged 12 or younger.

Fifty-one percent of males and 60% of females were doing homework after the time they were normally expected to go to sleep. These percentages were higher than those across the province, where 40% of males and 49% of females were doing homework after their expected bedtime.



Note: The differences between males and females who slept 4 hours or less and 10 hours or more were not statistically significant.

Note: The percentages for males do not equal 100% due to rounding

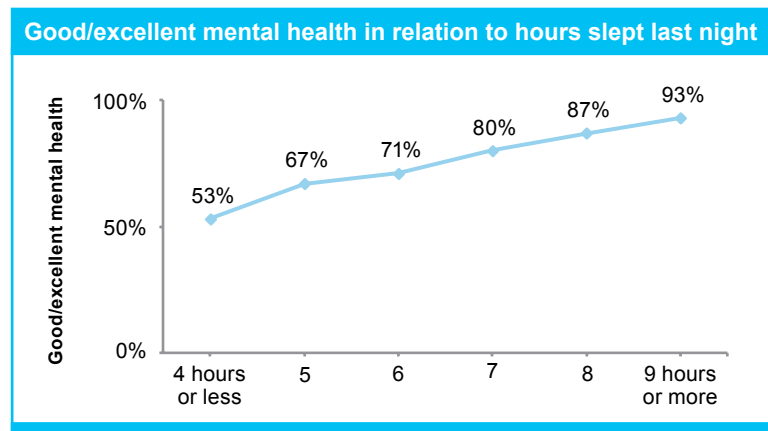


I only got 5 hours of sleep last night, but normally I get around 8-9.”

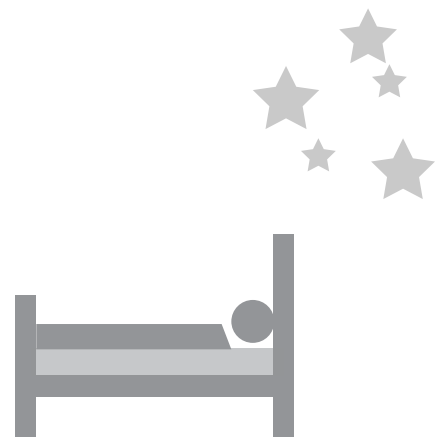
Some students were at particular risk for not getting enough sleep. For example, 33% of students who had been physically or sexually abused slept eight or more hours the night before taking the survey, compared to 51% of students who had not experienced abuse.

The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent. Sleep was also linked to positive mental health among vulnerable youth. For example, youth who had been abused who slept for at least eight hours were less likely to have self-harmed in the past year (23% vs. 33% who slept fewer hours).

Similarly, among Vancouver students who had been socially excluded, those who slept eight or more hours the previous night were more likely than those who slept fewer hours to feel good about themselves (79% vs. 60%) and about their skills and abilities (80% vs. 73%).



Note: The difference between 5 hours and 6 hours was not statistically significant.



# Mental health

Most youth (81%) rated their mental health as good or excellent, which was comparable to the percentage across the province. Males were more likely than females to rate their mental health as good or excellent (87% vs. 76%), whereas females were more likely to rate it as fair or poor (24% vs. 14% of males).

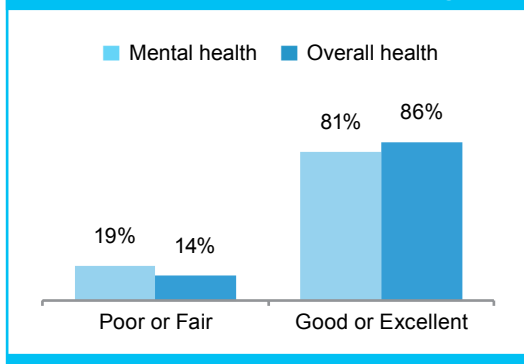
Consistent with provincial findings, students were less likely to rate their mental health as good or excellent than their overall health.

The majority of students felt good about themselves (89% of males vs. 72% of females) and felt they were as competent as most of their peers (90% of males vs. 81% of females).

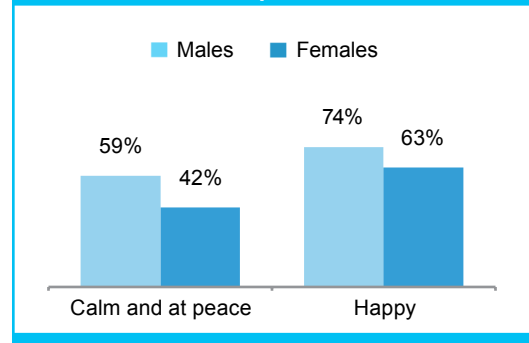
Most students reported excelling in at least one area, such as sports, school, the arts, or relationships (75% of males vs. 66% of females). Local males and females were less likely than those across the province to report being really good at something (71% vs. 76% provincially).

As with self-confidence and perceived competence, males were more likely than females to feel happy and to feel calm and at peace in the past month.

Mental health and overall health ratings



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



## Mental health conditions

Students were asked about specific mental health conditions. As was the case provincially, females were more likely than males to have at least one condition (14% vs. 10%). Females were also more likely to have multiple conditions (5% vs. 2% of males).

Youth most commonly reported having Depression (7%), Anxiety Disorder (5%), and/or Attention Deficit/Hyperactivity Disorder (ADHD; 4%). Females were more likely to have Anxiety Disorder and Depression, whereas males were more likely to report ADHD.

Local males and females were less likely than students across the province to have at least one condition (12% vs. 19% provincially), and less likely to specifically have Depression (7% vs. 10%) and Anxiety Disorder (5% vs. 8%).

Most commonly reported conditions		
	Males	Females
Depression	4%	9%
Anxiety Disorder/ Panic Attacks	2%	8%
ADHD	5%	3%

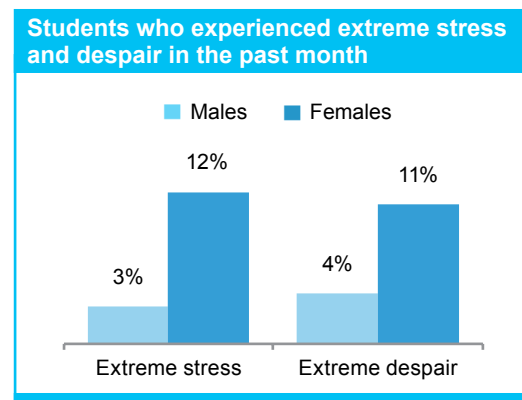
Note: Youth could choose more than one response.

## Stress & despair

Most students (87%) reported feeling at least some stress in the past month. Females were more likely than males to experience extreme stress that prevented them from functioning properly. Local males were less likely than males across the province to report extreme stress (3% vs. 5%), but there was no difference among females.

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

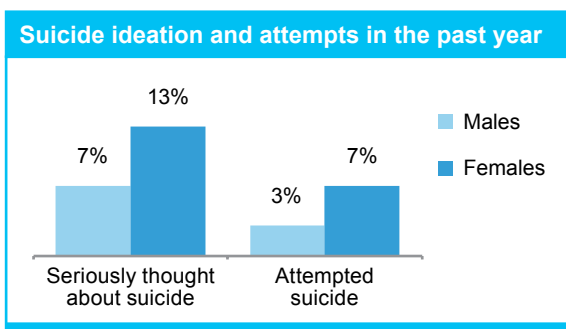
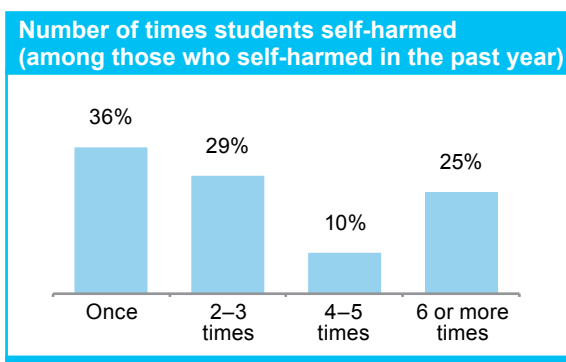
Percentages of students reporting extreme despair were similar to those in the province as a whole. Local males were less likely to report extreme despair in 2013 than 2003 (4% vs. 7%) but rates of extreme despair among females did not change over the past decade.



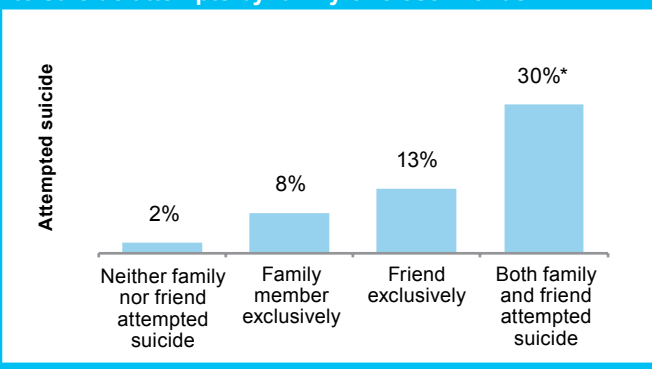
I used to have depression but I'm feeling much better this year."

## Self-harm

Reflecting the provincial picture, 6% of males and 20% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year.



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



Note: The difference between 'Family member exclusively' and 'Friend exclusively' was not statistically significant.

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

## Suicide

Females were more likely than males to have seriously thought about killing themselves and to have attempted suicide in the past year. The percentages for local females were lower than for females across BC, for both suicide ideation (13% vs. 17%) and attempts (7% vs. 9%), whereas the local and provincial rates among males were comparable.

Rates of suicide ideation were lower in 2013 than a decade earlier for males (7% vs. 10%) and females (13% vs. 20%). The percentage of local females who attempted suicide was also lower in 2013 than 2003 (7% vs. 9%) but there was no difference over time among males (3%).

A known risk factor for attempting suicide is having a family member or close friend attempt or die by suicide. Nine percent of students reported that a family member had tried to kill themselves at some point (3% in the past year), and 17% reported that a close friend had attempted suicide (11% 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.



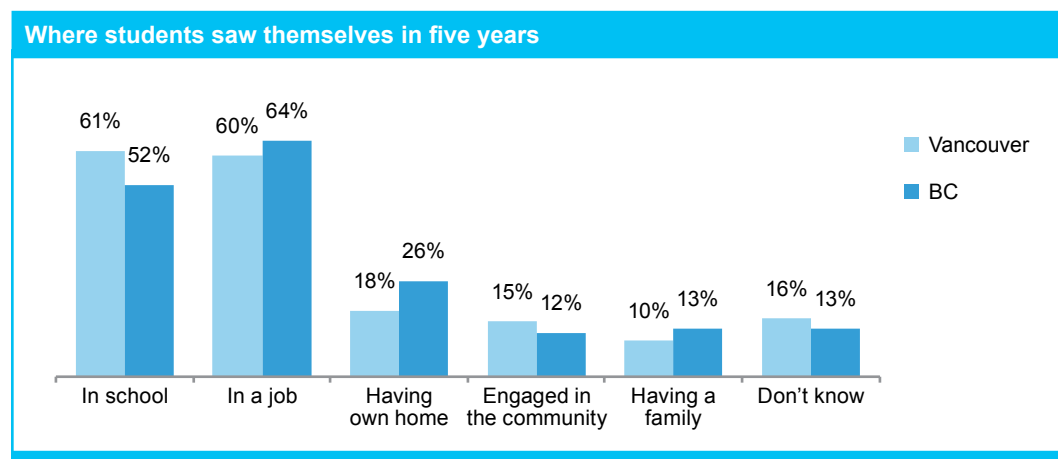
**I thought about committing suicide between ages 12-14 but did not attempt to do so.”**

## Hope for the future

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

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

Students in Vancouver were less likely than those across the province to see themselves in a job, having a home of their own, and having a family in five years. They were more likely to envision being in school and engaged in their community. Local students were also more likely to indicate not knowing where they would be in five years time.



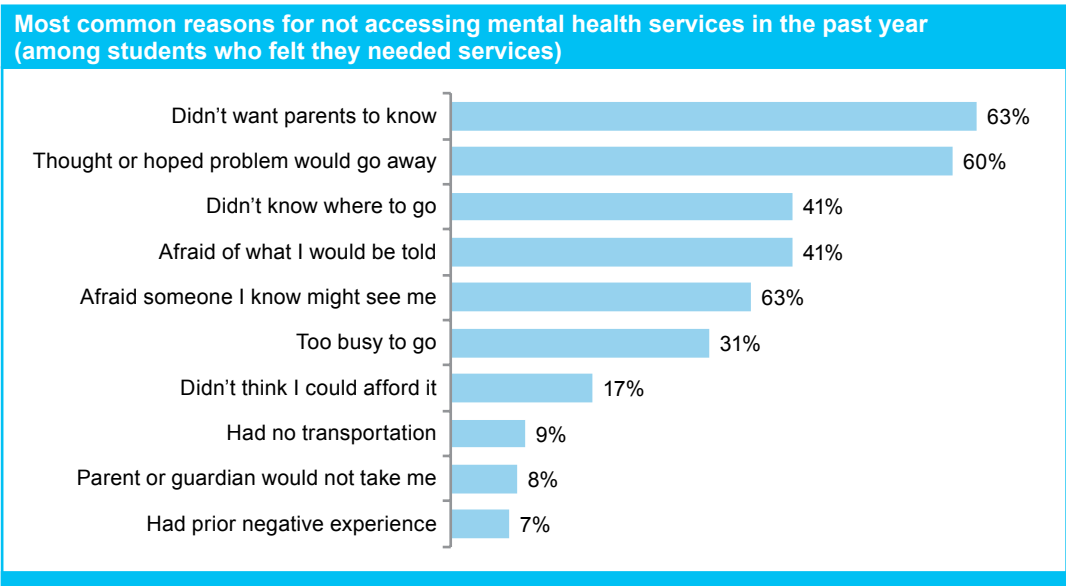
## Foregoing mental health services

In the past year, 10% of Vancouver students (5% of males vs. 14% of females) reported not accessing mental health services when they thought they needed to. These rates were similar to those in the province as a whole.

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

Females were more likely than males to miss out on accessing these needed services because they did not want their parents to know (67% vs. 48%\*), were fearful of what they would be told (44% vs. 30%\*), and because they thought or hoped the problem would go away (66% vs. 43%\*).

Local students were less likely than those across the province to not access needed services because they had a negative experience doing so in the past (7% vs. 12%).



Note: Youth could choose more than one response.



I would really like to know why therapists cost money and are not covered by BC Health.”



# Injuries & injury prevention

In the past year, 23% of male and 17% of female students were injured seriously enough to require medical attention. This was a decrease for males from 27% in 2003, but the rate was similar over time for females. The overall percentage of Vancouver youth who were injured remained lower than the provincial rate (20% vs. 27%).

Most youth who were injured were playing or training for sports or other recreational activities (60%). Also, 14% of injuries happened when youth were walking or running outside, 5% when snowboarding or skiing, and 4% when rollerblading or skateboarding. Four percent of students who were injured were using a cellphone or portable electronic device at the time.

## Concussions

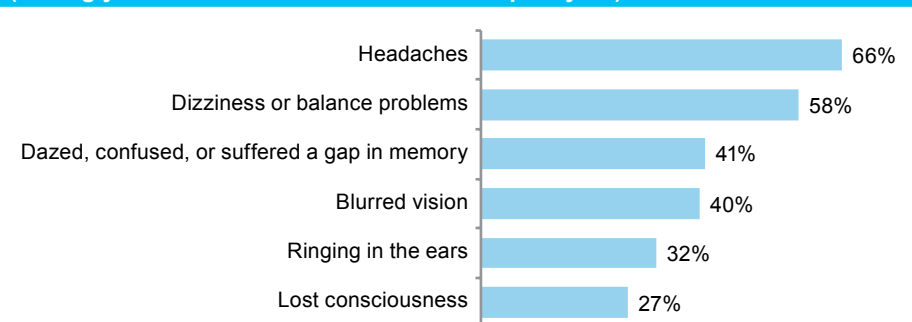
Eleven percent of youth had a concussion in the past year, which was lower than the 16% provincially. Eight percent of local youth had one concussion, 2% had two, and 1% had three or more. The most common symptoms experienced were headaches and/or dizziness or balance problems.

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

## Def.

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

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



Note: Youth could choose more than one response.



I have a neck injury and chronic migraines.”

**23%** of students who rode a bike never wore a helmet.

---

## Injury prevention

Similar to youth across the province, almost three quarters of local male and female students always wore their seat belt when riding in a motor vehicle.

Youth were more likely to take injury prevention seriously in some activities over others. For example, 79% always wore a helmet when snowboarding or skiing, while 45% always wore one when riding a bike, and 30% always wore one when skateboarding, roller-skating, or riding a kick scooter.

Wearing a helmet was linked to a lower risk of having a concussion or other serious injury. For example, 6% of youth who never wore a helmet when riding a bike had multiple concussions in the past year, which was three times the rate of those who always wore a helmet (2%). Also, 25% of local youth who always wore a helmet when skateboarding, roller-skating, or riding a kick scooter had been seriously injured in the past year, which was below the 33% who never wore a helmet during those activities.

Four percent of Vancouver youth who had tried drinking had ever driven a car after drinking alcohol, which was similar to the provincial rate. It was more common for youth to have driven after using marijuana, which 9% of marijuana users had ever done (below 15% provincially) and which 6% had done in the past month.

Overall, 23% of youth who had ever driven after using alcohol or marijuana did not have a driver's licence.

Seventeen percent of local students had been a passenger in a vehicle with a driver who had been drinking or using marijuana, and 7% had done so in the past month. Provincially, females were more likely than males to have been in a vehicle with an impaired driver, but there was no gender difference among local students.



# Nutrition

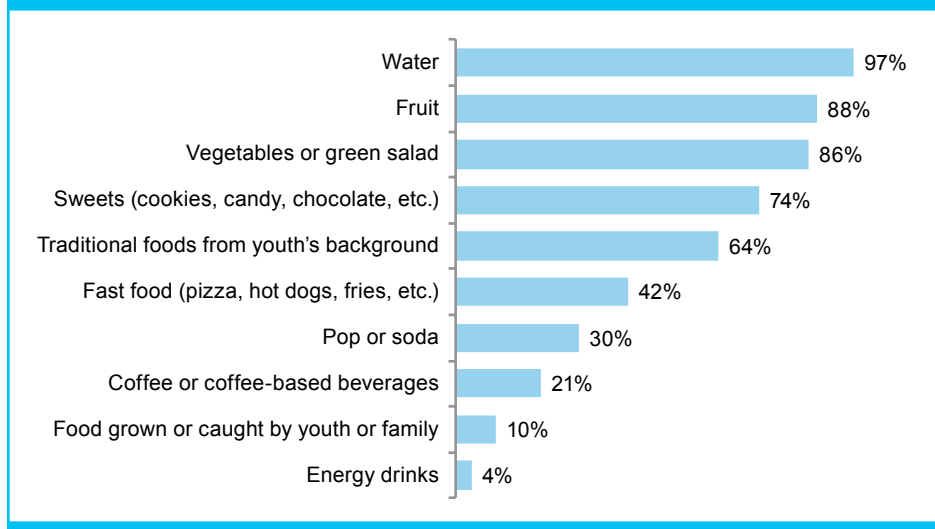
Canada's Food Guide recommends that males aged 14–18 should eat eight servings of fruit and vegetables daily and females should eat seven servings. Youth aged 13 and younger need six servings. Consistent with students across the province, around a third of local students had fruit or vegetables only once or twice the previous day (34%), while 61% had them three or more times that day.

Local males were more likely than females to have consumed fast food (47% vs. 37%), traditional foods from their background (67% vs. 61%), pop or soda (38% vs. 23%), and energy drinks (5% vs. 2%) the previous day.

Females were more likely than males to have consumed sweets (78% vs. 71%) and coffee or coffee-based beverages (24% vs. 18%).

When compared to their peers across the province, local students were more likely to have consumed vegetables or green salad (86% vs. 82%), traditional foods from their background (64% vs. 38%), and water (97% vs. 96%). Students in Vancouver were less likely than students across BC to have drunk pop or soda (30% vs. 35%), energy drinks (4% vs. 6%), and coffee or coffee-based beverages (21% vs. 27%).

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



Note: Youth could choose more than one response.



Is it bad for health if you drink 2 or 3 cola cans for three straight days?”

Youth who ate fruit or vegetables three or more times the previous day were more likely than those who had fewer servings to report good or excellent mental health (84% vs. 77%), and to feel calm (54% vs. 44%) and happy (72% vs. 62%) most or all of the time in the past month.

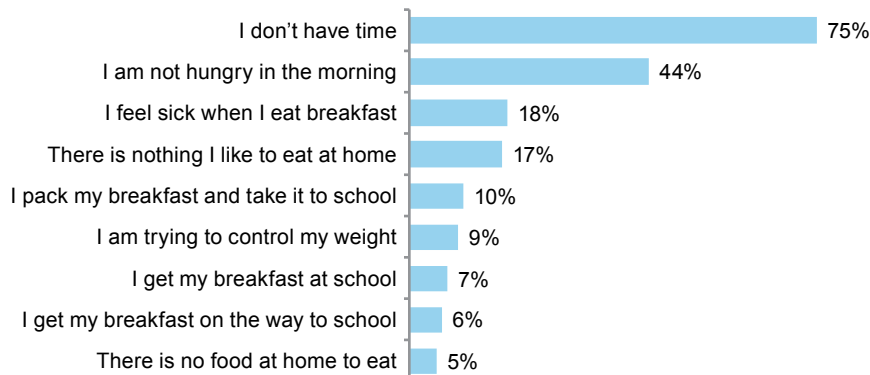
Good nutrition and physical activity were linked for even the most vulnerable students. For example, among youth with a debilitating health condition, those who had eaten three or more servings of fruit or vegetables were more likely to report good or excellent overall health (72% vs. 53%\* who ate them less often), and were more likely to be playing informal sports (55% vs. 31%\*) and organized sports (50% vs. 34%\*) on a weekly basis.

## Breakfast

Consistent with the provincial rate, 12% of Vancouver students reported never eating breakfast on school days. Sixty-three percent of males and 55% of females always ate breakfast, which was above the provincial rate for females (48%). There was an increase in the rate of students who reported always eating breakfast, from 50% in 2003 to 59% in 2013.

Among youth who did not eat breakfast at home, the reasons were generally similar to those seen provincially. Females were more likely than males to report they were not hungry in the morning (51% vs. 34%), they felt sick when they ate breakfast (24% vs. 10%), there was nothing they liked to eat at home (20% vs. 12%), and they packed their breakfast and took it to school (11% vs. 7%). Females were also more likely to report not eating breakfast because they were trying to control their weight.

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



Note: Youth could choose more than one response.

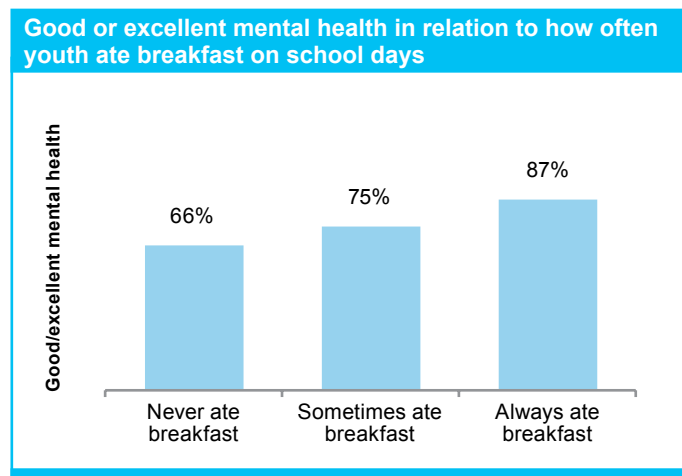


Youth who always ate breakfast on school days were more likely than those who ate breakfast less often or not at all to report good or excellent mental health (87% vs. 73%), better nutrition (such as eating fruit or vegetables three or more times yesterday; 67% vs. 54%), and to have slept for eight or more hours the previous night (56% vs. 36% who ate breakfast less often).

## Going to bed hungry

Consistent with findings across the province, 94% of youth in Vancouver never went to bed hungry because there was insufficient money for food at home, while 6% went to bed hungry sometimes, and 1% had this experience often or always.

Youth who indicated going to bed hungry at least sometimes were more likely to also report not having any food at home to eat for breakfast, compared to those who never went to bed hungry.



## Def.

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

# Body weight & body image

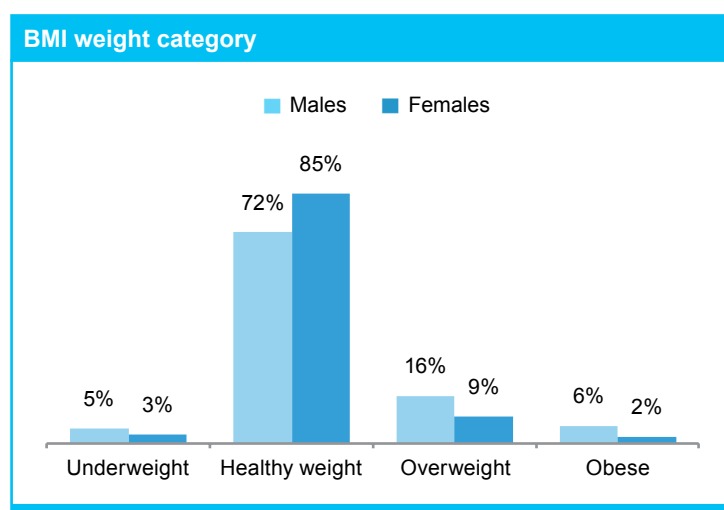
## Body weight

Students' body mass index (BMI) was calculated from their self-reported height and weight measurements. According to their BMI, 79% of local youth were a healthy weight for their age and gender, while 4% were underweight, 13% overweight (compared to 15% provincially), and 4% were obese (compared to 6% provincially).

Males in Vancouver were more likely than females to be underweight, overweight, or obese, whereas females were more likely to be a healthy weight. A greater percentage of females in 2013 were overweight or obese compared to 2003 (12% vs. 8%), although rates for males were comparable to those

seen a decade ago. On the other hand, males in this region were more likely to be underweight in 2013 compared to 2003 (5% vs. 3%).

Nutrition was linked with youth's BMI. For example, those who ate vegetables three or more times the day prior to taking the survey were less likely to be overweight or obese compared to those who did not consume vegetables (15% vs. 21%). Youth who drank pop or soda three or more times that day were more likely to be overweight or obese (31%\* vs. 16% of those who did not drink pop or soda).



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



I'm thin, but still extremely unfit and out of shape."



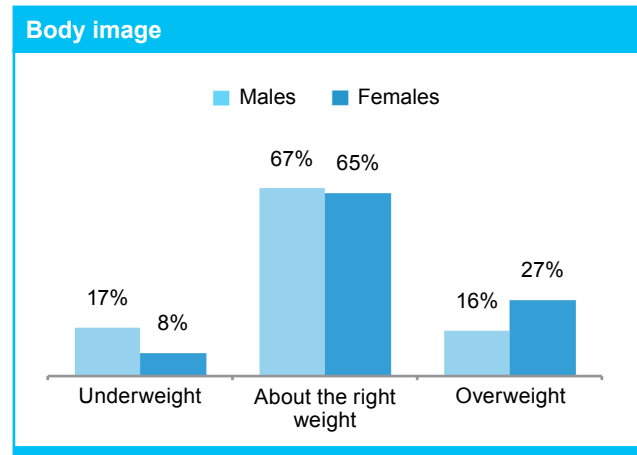
**21%** of healthy weight females thought they were overweight, compared to 5% of healthy weight males.

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## Body image

Students were asked how they saw themselves. Sixty-six percent of youth felt they were about the right weight, whereas 13% thought they were underweight, and the remaining 21% felt they were overweight.

Similar to results seen in 2003, 31% of healthy weight males were trying to gain weight (vs. 5% of healthy weight females), and nearly half (48%) of healthy weight females were trying to lose weight (vs. 14% of healthy weight males).



Note: The difference for felt 'about the right weight' was not statistically significant.

## Eating behaviours

Consistent with provincial results, 27% of youth (20% of males vs. 35% of females) had binge eaten in the past year, with 7% (5% of males vs. 8% of females) having done so weekly. Seven percent of youth (5% of males vs. 8% of females) had vomited on purpose after eating (purged) in the past year, with 1% having done so weekly.

Local females were less likely than those across BC to have purged in the past year (8% vs. 10%), and less likely to have done so weekly (1% vs. 2%), while the rates for males were consistent with those across the province.

Youth who reported poorer mental health were more likely to binge eat in the past year. For example, 14% of youth who rated their mental health as poor or fair had binge eaten on a weekly basis in the past year, compared to 5% of youth with good or excellent mental health. Also, 18% of students who did not feel happy during the past month reported binge eating on a weekly basis compared to 5% of students who felt happy most or all of the time. Similar relations were found between mental health and purging behaviour.

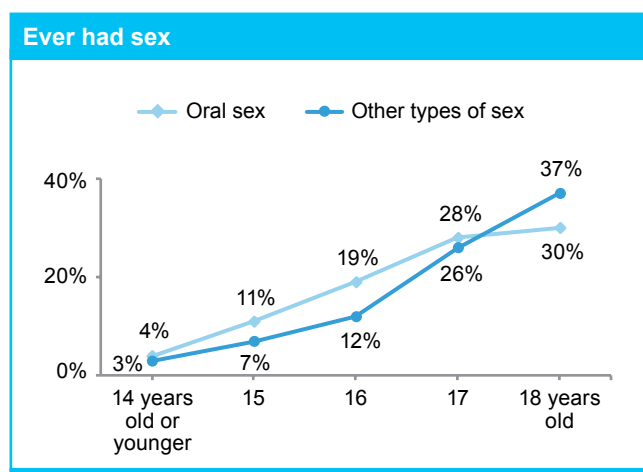


**I look about the right weight but feel overweight even though I'm not."**

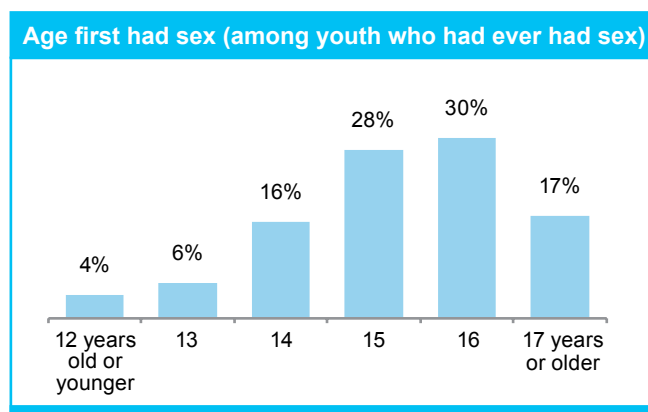


# Sexual behaviour

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



Note: The difference between 17- and 18-year-olds for ever having oral sex was not statistically significant.



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

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

## Oral sex

Fourteen percent of students reported ever having oral sex, which was lower than that reported in the province as a whole (23%). Males and females were equally likely to have received oral sex, but females were more likely to have given it (14% vs. 8% of males). The rate of ever having oral sex generally increased with age.

## CONDOM USE

Seventeen 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 across the province.

## Sex (excluding oral sex)

Twelve percent of local male and female students indicated ever having sex, other than oral sex or masturbation, which was lower than the provincial rate of 19%, and lower than the local rate a decade earlier (15%).

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

## AGE YOUTH FIRST HAD SEX

Vancouver youth who had ever had sex most commonly reported first doing so at age 16. The percentage of students who first had sex at age 14 or younger was lower in 2013 than a decade earlier (25% vs. 38%).

As was found across BC, local males were more likely than females to have first had sex at age 12 or younger. Vancouver students were less likely than those throughout the province to have first had sex at 12 or younger (4% vs. 6%).

## PARTNERS

Among students who had ever had sex, the majority (59%) had one sexual partner during the past year. Local students were less likely than those across BC to have had three or more partners in the past year (13% vs. 20%).

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

## SUBSTANCE USE

Comparable to the province as a whole, 20% of Vancouver students who had ever had sex reported using alcohol or other drugs before they had sex the last time. The rate for females was similar to that in 2003, but the percentage of males who reported substance use before sex decreased from 33% in 2003 to 20% in 2013.

## CONDOM USE

Similar to students across the province and to the local rate a decade ago, 67% of male and female Vancouver youth who ever had sex reported that they or their partner had used a condom or other latex barrier the last time they had sex.

## 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, birth control pills, and withdrawal (which is not a reliable method of birth control). For 7% of students, the last time they had sex was with a same sex partner. These results were generally similar to those found locally in 2003.

Students in Vancouver were less likely than those across BC to have used birth control pills to prevent pregnancy the last time they had sex (32% vs. 47%).

## Pregnancy

Overall, 1% of youth reported ever being pregnant or causing a pregnancy. The rate was 4% among male and female students who had ever had sex, which was comparable to the rate seen in the province as a whole and to that seen in this region a decade ago.

## Sexually transmitted infections

One percent of all students in the region reported that they had been told by a doctor or nurse at some point that they had a sexually transmitted infection (STI). Similar to the provincial rate, 3% of Vancouver youth who ever had sex (including oral sex) had ever had an STI.

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

Condoms	64%
Birth control pills	32%
Withdrawal	32%
Emergency contraception	6%
Other method prescribed by doctor or nurse (e.g., IUD, patch, ring)	5%
Not sure	5%
Depo Provera	NR

Note: Youth could choose more than one response.

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



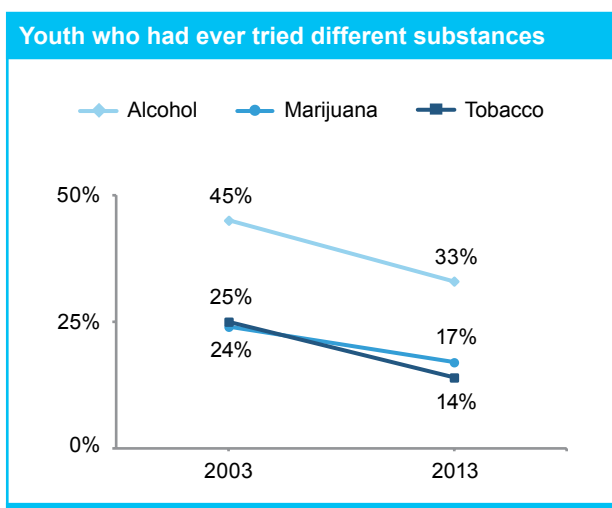
I think there should be better classes when it comes to sex-ed cuz seriously so many people make wrong choices about sex.”

# Tobacco use

Fourteen percent of youth in this region had ever tried smoking tobacco, which was below the provincial rate of 21%. This was also a local reduction from 2003.

Local youth started smoking at a similar age to youth in the province overall. Among those who had ever tried smoking, 18% first did so at 12 years or younger, while 50% waited until they were 15 or older. There were local improvements in the age youth started smoking. For example, more youth waited until they were at least 15 years old before trying smoking than in 2003 (28%).

Similar to the provincial picture, 48% of youth who had tried smoking had smoked in the past month. Eight percent of males who had tried tobacco had smoked every day in the past month, while no females had done so.

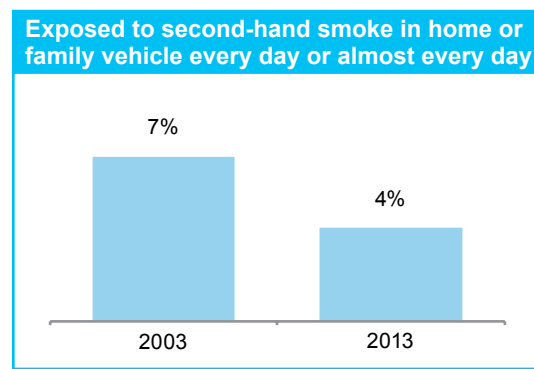


Youth used a variety of different tobacco products in the past month. Among those who had ever smoked, 48% had smoked cigarettes, 26% had smoked cigars or cigarillos (34% of males vs. 18% of females), 26% had used a hookah, and 21% used electronic cigarettes with nicotine (25% of males vs. 16% of females). Also, 15% of males had used chewing tobacco in the past month, compared to no females.

Among youth who had ever smoked, 24% had successfully quit smoking in the past year (similar to the provincial rate), and 11% had tried to quit but had started again. In the past month, 5% of smokers had used a product to help them stop smoking.

## Exposure to second-hand smoke

Being exposed to smoking is considered to be a risk factor for starting to smoke. Almost one in five local students (18%) were exposed to tobacco smoke inside their home or family vehicle at least sometimes, which was lower than the provincial rate (21%), and a decrease from ten years ago.



“ I don’t smoke.”

# Alcohol, marijuana, & other drug use

## Alcohol

The percentage of youth in this region who had tried alcohol decreased from 45% in 2003 to 33% in 2013. This rate was lower than the 2013 provincial rate (45%).

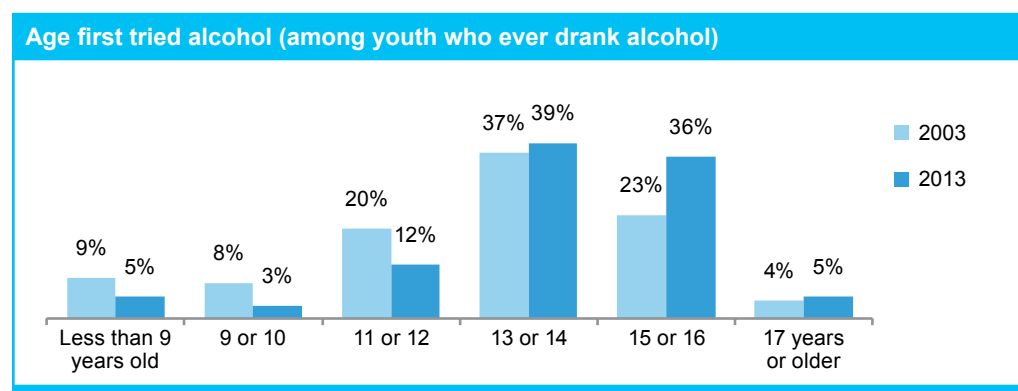
Local students who had tried alcohol reported having their first drink at a later age than youth across the province. Forty-one percent waited until they were at least 15 years old to first drink, compared to 35% across BC.

Delaying the onset of alcohol and marijuana use has been shown to reduce the risk of future substance dependence and other associated challenges. As a result, in 2010 the BC Ministry of Health Services and Ministry of Children and Family Development aimed to see a 10% reduction in the percentage of BC students who first use alcohol or marijuana before the age of 15. Among local youth who had tried alcohol, 59% had their first drink before turning 15, which was a decrease from 74% in 2003.

In the past month, 36% of youth who had tried alcohol had five or more drinks within a couple of hours. This was comparable for males and females, and similar to the provincial rate.

Twelve percent of youth drank on the Saturday before completing the survey. Specifically, 6% had beer (8% of males vs. 4% of females), 3% had wine, 9% had liquor, and 5% drank coolers. Among youth who drank last Saturday, 57% had mixed different types of alcohol, with 22% having mixed three or four types. Fourteen percent of youth who drank last Saturday mixed alcohol with energy drinks.

Among youth who drank last Saturday, 61% of females had four or more drinks and 62% of males had five or more drinks.



Note: The differences for 13 or 14 years old and for 17 years or older were not statistically significant.

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

**4%** of youth used marijuana last Saturday, and 3% used both alcohol and marijuana that day.

## Marijuana

The percentage of local students who had tried marijuana decreased from 24% in 2003 to 17% in 2013 (19% of males vs. 15% of females). Local youth were less likely to have tried marijuana than students across the province (26% across BC).

Among those who had tried marijuana, local youth were less likely than students throughout BC to have first used it at age 14 or younger (51% vs. 59%).

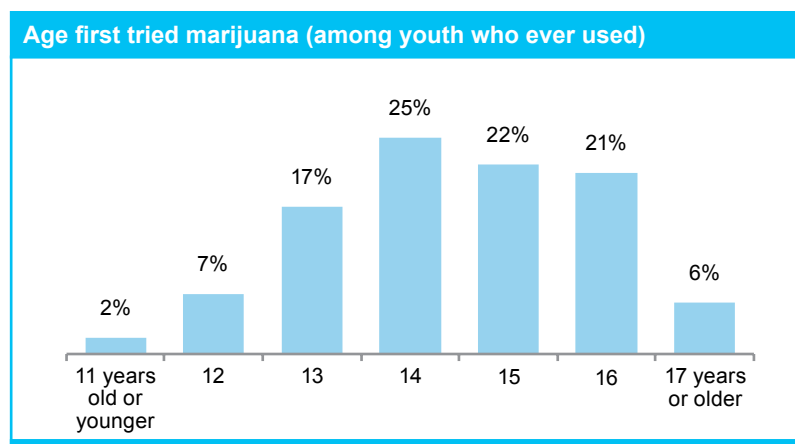
Youth were waiting longer to use marijuana than their peers in previous years. For example, in 2013 49% of those who used marijuana first used it when they were 15 or older, compared to 34% in 2003.

Similar to results over the past decade, 54% of youth who had tried marijuana used it in the past month. Almost a quarter of males (23%) and 10% of females had used it on six or more days during that month.

Students who used marijuana most commonly got it from a youth outside their family (88%). Thirteen percent got it from an adult outside their family (16% of males vs. 9% of females), 3% from an adult inside their family, and 4% from another youth in their family.

## Substances other than alcohol & marijuana

Vancouver youth had tried a variety of substances other than alcohol and marijuana. Local youth in 2013 were more likely to have ever misused prescription pills than in 2003 (11% vs. 8%), while the use of many other substances decreased. Fewer youth had tried cocaine (2% in 2013 vs. 5% in 2003), mushrooms (3% vs. 6%), inhalants (1% vs. 3%), amphetamines (including crystal meth; 1% vs. 2%), steroids without a doctor's prescription, and heroin. There was no change in the use of hallucinogens (including ecstasy, MDMA and ketamine), which 4% of youth had ever tried.



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

In 2013, the survey included specific questions about ketamine or GHB (which 1% of local students had tried), as well as ecstasy/MDMA (3%), and crystal meth (which very few students had tried).

The rates of trying some substances were similar to the province overall, but youth in Vancouver were less likely to have tried hallucinogens (2% vs. 4% provincially), ecstasy (3% vs. 4%), mushrooms (3% vs. 5%), inhalants (1% vs. 2%), crystal meth, heroin, ketamine, and steroids.

## Consequences of substance use

Forty percent of youth who had used alcohol or other substances reported negative consequences in the past year. Males who had used substances were more likely than females to have gotten into a fight or into trouble with the police.

In the past year, a total of 3% of Vancouver youth were either told or felt that they needed help for their substance use. Specifically, 2% needed help for their alcohol use, 2% for their marijuana use, and 1% for their other drug use. Females were more likely than males to feel they needed help for their alcohol use (2% vs. 1%).

Most common consequences of substance use in the past year (among youth who had used alcohol or other substances during that time)	
Was told I did something I couldn't remember	27%
Passed out	20%
Argued with family members	11%
Got injured	10%
School work or grades changed	9%
Damaged property	6%
Got in trouble with police	5%
Lost friends or broke up with a girlfriend or boyfriend	5%
Had sex when I didn't want to	3%
Got into a physical fight	3%
Overdosed	2%

Note: Youth could choose more than one response.



A lot of my friends outside of school have recently started doing cocaine and other hard drugs.”

## Reported reasons for using

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

Females were more likely than males to have used substances because of stress (23% vs. 14%) or because they felt down or sad (22% vs. 11%).

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

I wanted to have fun	60%
I wanted to try it/experiment	36%
My friends were doing it	32%
Because of stress	19%
I felt down or sad	16%
I felt like there was nothing else to do	10%
To manage physical pain	5%
I was pressured into doing it	4%
I thought it would help me focus	2%
To change the effects of some other drug(s)	1%

Note: Youth could choose more than one response.



I am in a secure environment and I don't feel the need to do drugs to fit in. Also, I am very busy with school and sports. I don't have the time or urge to experiment."





# School

## School connectedness

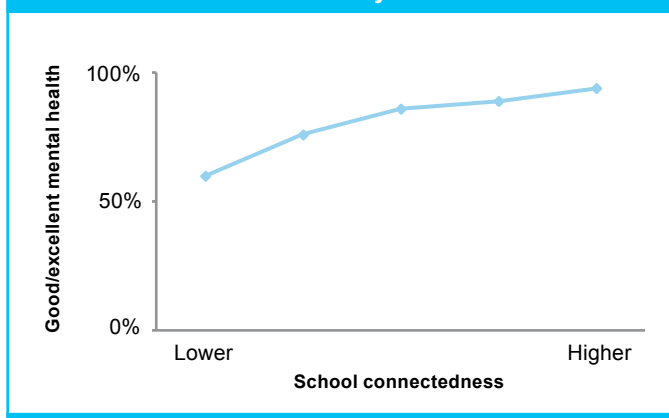
School connectedness was measured using a scale which included students' feelings about school and their school community. Students in Vancouver reported similar levels of school connectedness to students across the province.

Most students felt that they were treated fairly by school staff (73%), they got along with their teachers (69%), and their teachers cared about them (59%). In addition, 42% felt that school staff other than teachers cared about them.

Compared to 2003, students were more likely to feel that they were a part of their school (63% in 2013 vs. 56% in 2003) and happy to be at their school (68% vs. 60%).

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

Good/excellent mental health by school connectedness



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

## School safety

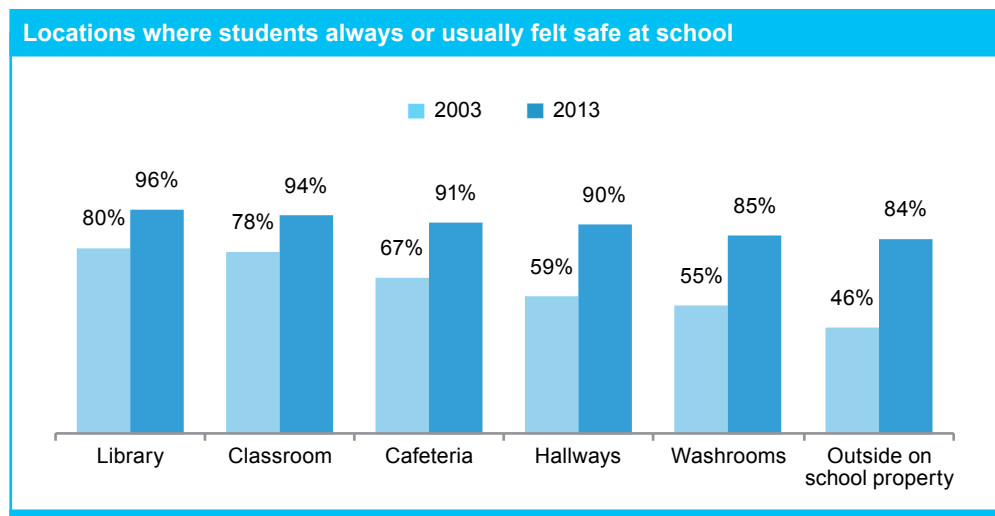
Males and females in Vancouver felt equally safe in each area of the school except for outside on school property (87% of males vs. 81% of females) and getting to/from school (91% of males vs. 87% of females). Students in Vancouver felt safer in every area of their school in 2013 than in 2003.

In terms of overall feelings of safety at school, 78% of local youth agreed or strongly agreed that they felt safe at school, which was consistent with the provincial rate and an increase from 66% in 2003. These youth were less likely to have missed school in the past month (46% vs. 66% of those who did not feel safe at school), and were more

likely to have post-secondary plans (91% vs. 77%). Youth who felt safe at school were also more likely to rate their mental health as good or excellent (86% vs. 46%\*) as well as their overall health (90% vs. 63%).

## Weapon carrying

Three percent of students in Vancouver carried a weapon, such as a knife or bat, to school in the past month. Local females were as likely as their female peers throughout BC to carry a weapon (2%), while local males were less likely to carry a weapon than males provincially (4% vs. 6%).



**24%** of students skipped school in the past month.

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## School absences

Overall, 48% of students in Vancouver had missed class on at least one day in the past month. This was lower than the provincial rate of 57%. Consistent with provincial findings, illness was the most common reason for missing school.

Local males and females were equally likely to have missed school due to illness (33% overall), unlike across the province where missing school for this reason was more common among females. Local females were more likely than males to have missed school because they had been bullied (2% vs. 1%).

Students in Vancouver were less likely than those throughout BC to have missed school due to bullying (2% vs. 3%), family responsibilities (9% vs. 13%), and work (2% vs. 3%).

Older students were more likely than younger ones to have missed class for any reason, and specifically because they had skipped school or were working. For example, 46% of 17-year-olds had skipped class in the past 30 days, compared to 6% of 13-year-olds.

## Educational aspirations

Vancouver students were more likely than students across the province to expect to graduate from high school (91% vs. 89%). They were also more likely to anticipate continuing their education beyond high school, such as through university, college, or trade school (90% vs. 86%), and less likely to have not thought about their school plans (5% vs. 6%). Four percent of students both locally and across BC did not know what their school plans were.

Similar to the provincial picture, local males were less likely than females to expect to graduate from high school (89% vs. 93%) or to have post-secondary plans (88% vs. 92%).

The percentage of students who expected to finish high school but not pursue post-secondary studies decreased, from 4% in 2003 to 1% in 2013.

Some groups of youth were less likely to plan to continue their education beyond high school. For example, youth who were physically assaulted were five times more likely than youth who were not bullied in this way to plan to finish their schooling upon graduation or earlier.



My friends and family made a general impression that going to university is necessary for success in life.”

# 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 48.)

Rates of bullying victimization and perpetration were similar between Vancouver and the province as a whole.

## TEASING

In the past year, 37% of Vancouver students (32% of males vs. 41% of females) had been teased at least once to the point where they felt bad or extremely uncomfortable. There was an increase in the percentage of female students who experienced teasing, from 36% in 2003, while the rate remained stable for males. Eight percent of students experienced teasing on three or more occasions in the past year.

Being a victim of teasing was most common at age 14 for females (47%) and age 15 for males (38%).

## SOCIAL EXCLUSION

In the past year, 33% of local students (26% of males vs. 39% of females) reported being socially excluded at least once. There was no change in rates of exclusion from ten years previous. Nine percent of students (7% of males vs. 12% of females) experienced social exclusion on three or more occasions.

Similar to being teased, males were most likely to report being socially excluded at 15 years old, while for females it was most common at age 14.

## ASSAULT

In the past year, 6% of students (9% of males vs. 4% of females) reported being physically attacked or assaulted at least once, and 1% had this experience three or more times. These percentages represented a decrease from 2003 when 8% of students reported being physically attacked or assaulted at least once.

The experience of being physically attacked was most commonly reported by males who were age 12 or younger, and by females who were age 14.



I don't feel like I belong at [my school].  
People here are not friendly and many  
people are bullies.”

## Impacts of bullying

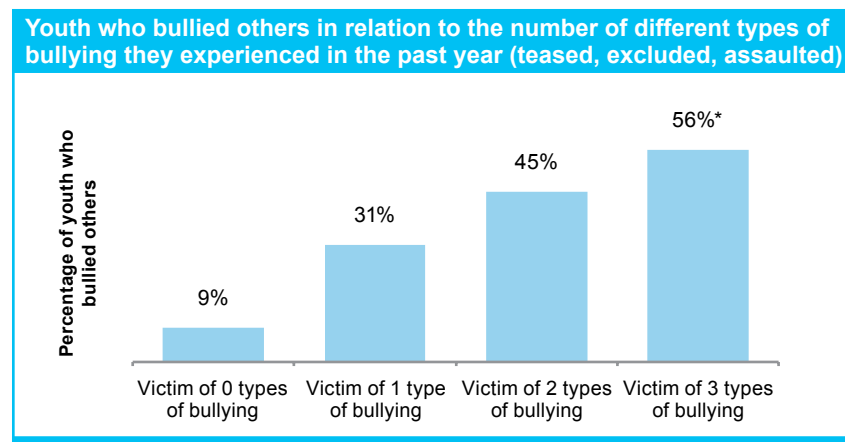
Youth who were teased, excluded, or assaulted in the past year were more likely to report skipping class in the past month (29% vs. 19% who had not been bullied). They were also more likely to miss out on extracurricular activities because they were afraid they would be bullied there too. For example, 18% of youth who had been assaulted reported missing out on activities for fear of being bullied further, compared to 3% who had not been assaulted. Similar patterns were seen among youth who has been teased and socially excluded.

Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 28% of students who had been teased in the past year reported teasing others during this same time frame, compared to 6% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (28% vs. 10% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (28% vs. 1% of those who had not been assaulted).

## Perpetrators

In the past year, 14% of Vancouver students (16% of males vs. 12% of females) reported they had teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 16% of students (14% of males vs. 18% of females) had socially excluded another youth, and 3% of students (5% of males vs. 1% of females) had physically attacked or assaulted another youth.

The more types of bullying youth experienced, the more likely they were to also bully others. Specifically, youth who had experienced teasing, exclusion, and assault in the past year were more likely to bully others than youth who had experienced fewer types of bullying.



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

## Discrimination

Youth in Vancouver identified a number of different discrimination experiences. Females were more likely than males to report being discriminated against because of their physical appearance (20% vs. 13%), their age (9% vs. 5%), being seen as different (13% vs. 9%), and their gender or sex (9% vs. 2%). Males were more likely than females to report being discriminated against because of their sexual orientation (4% vs. 2%).

Students in Vancouver were less likely than students provincially to have felt discriminated against because of their sexual orientation (3% vs. 4%), physical appearance (16% vs. 19%), or being seen as different (11% vs. 13%).

The percentage of local students who reported discrimination because of their race decreased from a decade earlier (13% in 2013 vs. 17% in 2003), while the percentage who reported discrimination due to their sexual orientation increased (3% vs. 2%).

Perceived reasons for being discriminated against in the past year	
Physical appearance	16%
Race, ethnicity, or skin colour	13%
Being seen as different	11%
Age	7%
Gender/sex	6%
Income or family income	5%
Sexual orientation (being or thought to be gay or lesbian)	3%
A disability	2%



# Physical abuse, sexual abuse, & sexual harassment

Students were asked about their experiences of physical and sexual abuse, as well as their experiences with sexual harassment. All local percentages reported in this section were comparable to those across the province unless noted.

## Physical abuse

Thirteen percent of students in Vancouver had been physically abused at some point in their life, which was comparable to the local rate in 2003. Provincially, females were more likely than males to have been physically abused, but this gender difference was not present among local students.

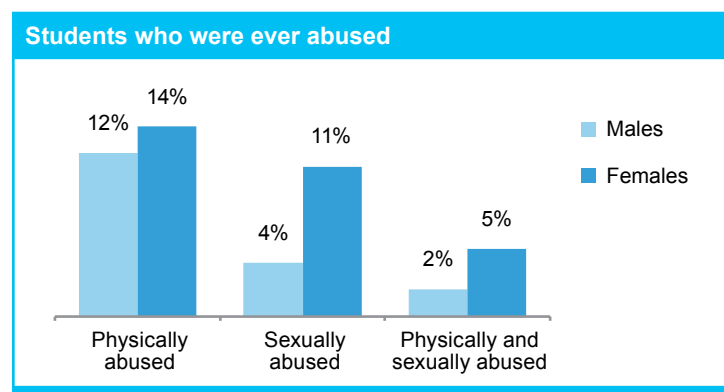
## Sexual abuse

When youth were asked specifically if they had ever been sexually abused, 5% of students (3% of males vs. 8% 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. Three percent (1% of males vs. 5% of females) were forced into sexual activity against their will by another youth, and 1% by an adult. In addition, 1% of youth 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 7% of students (4% of males vs. 11% of females) were sexually abused. This was a decrease from 9% in 2003.

Local females were less likely than females across BC to have been forced into sexual activity by another youth (5% vs. 7%).



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

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

## Females were more likely than males to experience verbal and physical sexual harassment.

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### Sexual harassment

Students were asked about their experiences of verbal and physical sexual harassment in the past year.

Twenty-nine percent of males experienced verbal sexual harassment (including 10% who were harassed three or more times), which was a local decrease from 36% in 2003.

Eleven percent of males were physically sexually harassed (with 3% having had this experience three or more times). This represented a local decrease from 2003 when 17% of males experienced such harassment.

Forty-two percent of females were verbally sexually harassed, which was a decrease from 47% in 2003. Thirteen percent of females had experienced verbal sexual harassment three or more times, compared to 17% provincially.

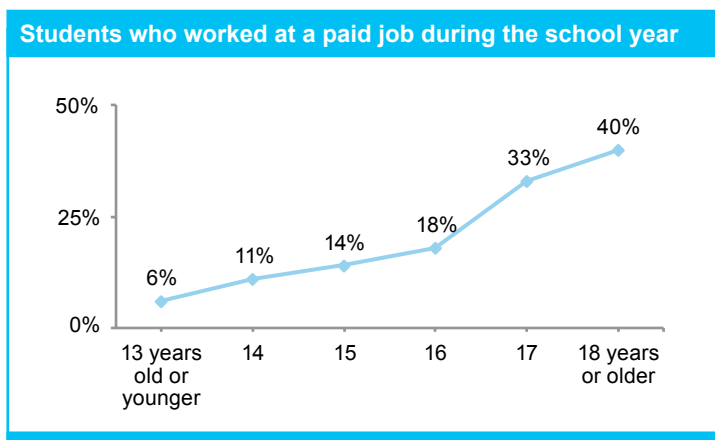
Female students in Vancouver were less likely than those throughout the province to have experienced physical sexual harassment in the past year (21% vs. 26%). This also represented a local decrease from 29% in 2003.



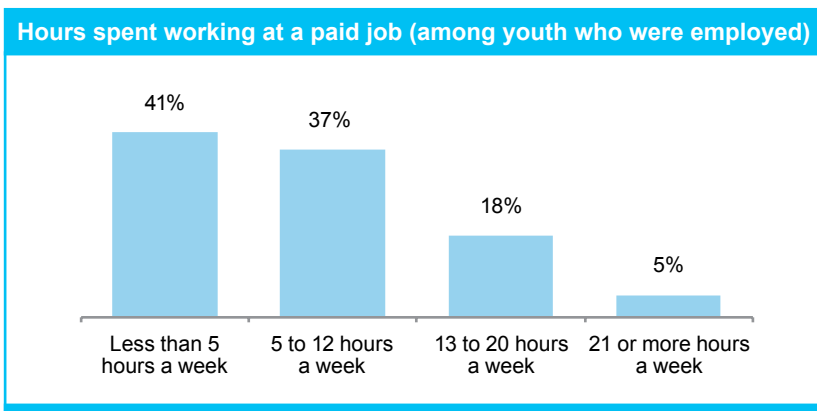


# Employment

A total of 18% of male and female students in Vancouver worked at a paid job during the school year. This was below the provincial rate (29%), and down locally from 23% in 2003.



Note: Not all age differences were statistically significant.



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



**5%**

of employed students in Vancouver worked 21 or more hours each week.

# Physical activity, sports, & leisure

## Physical activity

The Canadian Physical Activity Guidelines recommend that youth aged 12 to 17 do an hour of moderate to vigorous physical activity every day. Locally, 13% of students (17% of males vs. 9% of females) met these guidelines. This was lower than the provincial rate of 17%.

As was found across BC, local females were more likely than males to have not exercised at all during the past week (11% vs. 7%).

Younger students were more likely than older ones to have met the physical activity guidelines. For example, 20% of students aged 12 or younger had exercised for an hour daily in the past week, compared to 8% of students aged 17.

Canadian Guidelines recommend that individuals aged 18 and older take part in 150 minutes of moderate to vigorous physical activity each week. Similar to youth across BC, 53% of students age 18 or older (65%\* of males vs. 41%\* of 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. 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 (64% vs. 45% of students who exercised on fewer days), and to rate their mental health as good or excellent (85% vs. 81%).

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 (75% vs. 65% of those who exercised on fewer days), and about their skills and abilities (82% vs. 76%).



I consider myself healthy, but I need to get more fit because sometimes I struggle a lot in PE.”



**85%** of students who played organized sports reported good or excellent mental health, compared to 76% who never participated.

## Sports

During the past year, students in Vancouver were as likely as students throughout BC to have participated weekly in organized sports (53%), as well as yoga, dance, or exercise classes (17%). However, local students were less likely than those throughout the province to have played informal sports on a weekly basis (such as road hockey, hiking, and skateboarding; 54% vs. 58% provincially).

The local rate for weekly participation in informal sports declined from 2003 (63%), while weekly participation in organized sports increased (from 47% in 2003).

Males were more likely than females to be involved on a weekly basis in informal sports (64% vs. 44%) and organized sports (57% vs. 48%), while females were more likely than males to be taking weekly dance, yoga, or exercise classes (24% vs. 10%).

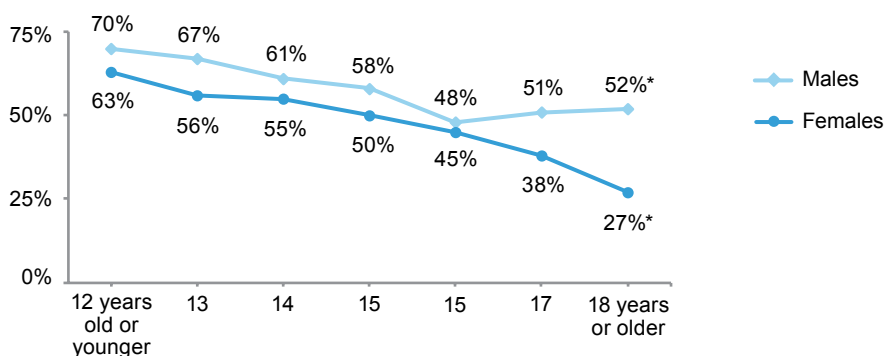
Consistent with the provincial picture, older students were less likely than younger ones

to play organized sports on a weekly basis. However, among local males the participation rate decreased until age 16 and then levelled off.

There were health benefits to being involved in sports and exercise classes. For example, youth who took part in informal sports on a weekly basis were more likely than those who did not take part to rate their mental health as good or excellent (85% vs. 73%), or to have slept for eight or more hours on the previous night (51% vs. 42%).

Among youth who had been physically and/or sexually abused, those who played weekly organized sports were more likely to rate their overall health as good or excellent (83% vs. 68% of those who did not play organized sports). Similarly, 80% of youth who had been abused who played informal sports rated their health as good or excellent, compared to 64% who did not play informal sports.

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



Note: Not all age differences were statistically significant.

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

## Barriers to participation

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

Students in Vancouver were less likely than those across BC to have missed out on participating in sports and other activities because they were worried about being bullied (4% vs. 6%) and because they could not get there or home (12% vs. 16%). However, local students were more likely to be too busy to participate (52% vs. 46% provincially).

Barriers to participation in activities		
	Males	Females
Too busy	48%	57%
Activity wasn't available in community	12%	14%
Couldn't afford to	10%	18%
Couldn't get there or home	9%	15%
Worried about being bullied	3%	5%

Note: The difference for not participating because the activity wasn't available was not statistically significant.

## 2010 Winter Olympics

Three years after the 2010 Winter Olympic and Paralympic games, 13% of students (17% of males vs. 10% of females) reported that they were more physically active as a result of the Games. This was similar to the provincial rate.

Also comparable to the provincial picture, 7% of Vancouver students (9% of males vs. 5% of females) felt they had more sports opportunities as a result of the Games.

## Gambling

While the legal gambling age in BC is 19, 9% of Vancouver students aged between 12 and 19 (14% of males vs. 4% of females) had gambled in the past 12 months. Almost all of these youth were aged under 19. This was similar to the 2013 provincial rate, but represented a local decrease from 45% in 2003.

Two percent of students had gambled more than once a month during the past year, with males more likely than females to have done so. This represented a decrease from 2003, when 7% of Vancouver students had gambled more than once a month in the past year.



# Technology use

Ninety-two percent of females and 84% of males owned a cellphone or other portable electronic communication device. Ninety-seven percent of these youth had used their device on the previous school day.

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

Females were more likely than males to use their cellphone to communicate with friends and parent(s) as well as to chat online or for social networking.

Seventy-eight percent of students were online or on their phone after they were supposed to be asleep. The most common activities included surfing the Internet (65%), chatting online or social networking (57%), and using a phone to talk or text (54%).

Used cellphone to...	Did this on last school day	When activity took place		
		Before school	During school	After school
Communicate with friends	88%	42%	59%	72%
Play games/entertainment/music	84%	33%	45%	70%
Communicate with parent(s)/guardian(s)	79%	15%	24%	69%
Chat online or social networking	73%	27%	35%	63%
Find information	72%	20%	49%	49%
Communicate with teachers	7%	1%	4%	4%
Sexting	5%	1%	2%	5%
Bully others	2%	NR	1%	1%

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

Note: Youth could choose more than one response.

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

Technology use after students were expected to go to sleep		
	Males	Females
Surfing the Internet	63%	67%
Chatting online or social networking	51%	62%
Using a phone to chat or text	45%	64%
Online gaming	42%	21%

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

## Def.

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

Twelve percent of students reported that they did not have a cellphone or other such device. There were some differences between these students and those who had a phone. For example, students without a phone were more likely than their peers with a phone to rate their mental health as good or excellent (86% vs. 81% with a phone), to feel good about themselves (85% vs. 80%), and to have slept for eight or more hours the previous night (66% vs. 45%).

Students without a cellphone were more likely to feel happy at their school (76% vs. 67% with a phone) and to feel school staff treated them fairly (78% vs. 72%), whereas those with a cellphone were more likely to report feeling safe at their school (79% vs. 73% without a cellphone).

Students with a cellphone were more likely than those without a phone to have an adult outside their family they felt comfortable talking to (30% vs. 19% without a phone), whereas those without a phone were more likely to have an adult in their family they felt okay talking to (75% vs. 67% with a phone).

## On-line safety

Twelve percent of students (10% of males vs. 14% of females) reported that they had been cyberbullied in the past year. Females in Vancouver were less likely than females across the province to have been cyberbullied (14% vs. 19%), but there was no difference among males.

Six percent of students (8% of males vs. 5% of females) reported that they had cyberbullied someone else in the past year.

Females were nearly twice as likely as males to report meeting someone through the Internet who made them feel unsafe (20% vs. 11%).



# Youth engagement

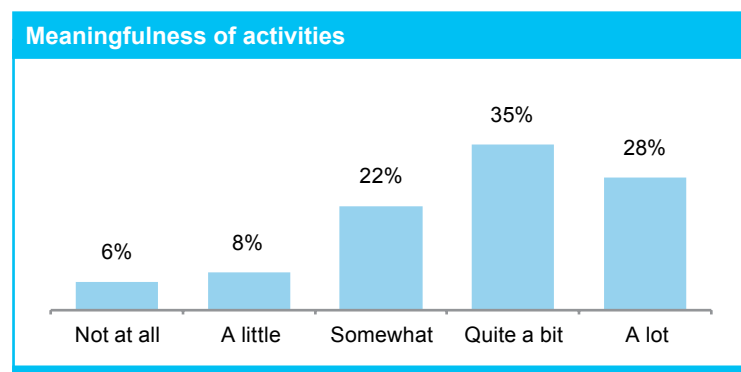
Students were asked about their level of engagement in the activities they took part in. Specifically, they were asked about how meaningful they felt their activities were and how much they felt their ideas were listened to and valued within these activities.

Sixty-three percent of Vancouver students reported that the activities they were involved in were at least quite a bit meaningful to them. This was lower than the provincial rate of 70%.

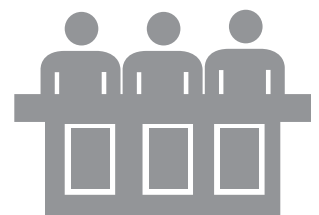
When asked if they felt that their ideas were listened to and acted upon in these activities, 41% of students (44% males vs. 38% females) felt that they were to a significant extent. This was also lower than the 2013 provincial rate (44%).

There were many positive associations for youth who felt valued within their activities and who felt that their activities were meaningful. For example, students who felt their ideas were listened to at least quite a bit were more likely to rate their overall health as good or excellent (94% vs. 74% of students who did not feel their ideas were listened to as much).

Among youth who had been teased, excluded, or assaulted in the past year, those who felt their activities were meaningful were more likely than those who did not feel this way to report feeling good about themselves (77% vs. 61%) and to rate their mental health as good or excellent (78% vs. 64%).



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



# Family relationships

The survey asked youth about their sense of connectedness to their family. Most students felt their family paid attention to them (76%) and understood them (59%). Additionally, 65% felt that their family had fun together, although this was lower than the provincial rate (68%). Females were less likely than males to feel their family understood them (53% vs. 64%) or paid attention to them (73% vs. 79%).

Six percent of youth felt their family did not pay attention to them, 11% felt their family did not have fun together, and 15% felt that their family did not understand them.

There were links between positive family relationships and 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 (6% vs. 36%) or to have self-harmed (10% vs. 38%) in the past year. They were also more likely to report feeling good about themselves (86% vs. 44%) and their abilities (90% vs. 60%).

There was an association between family relationships and decreased substance use. When students felt that their family understood them, they were less likely to have ever tried alcohol (27% vs. 49% who felt their family did not understand them), marijuana (13% vs. 26%), or any other drug.

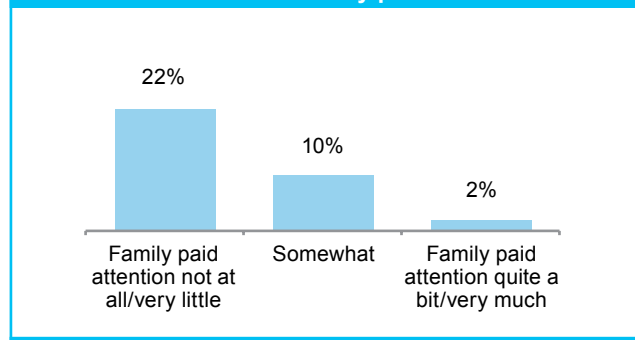
In addition, students who felt that their family understood them were more likely to plan to continue their education after high school (92% vs. 86% who did not feel their family understood them) and to have only positive aspirations for the future, such as having a job or going to school (91% vs. 81%).

Family connectedness was also a protective factor for even the most vulnerable youth. For example, the more connected that youth who had been physically and/or sexually abused felt to their family, the more likely they were to report good or excellent mental health and overall health.

## Def.

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

Attempted suicide in the past year in relation to how much students felt their family paid attention to them





Students were asked on the survey if there was an adult in their family they could turn to if faced with a serious problem. In Vancouver, 68% of students indicated that there was. This was lower than the provincial rate (73%), for both males (71% locally vs. 76% provincially) and females (64% vs. 70% across BC). Students who had such an adult in their lives were less likely to miss out on needed mental health services (5% vs. 20% 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 more likely than those without such an adult in their life to rate their mental health as good or excellent, and were less likely to have missed out on needed mental health services.

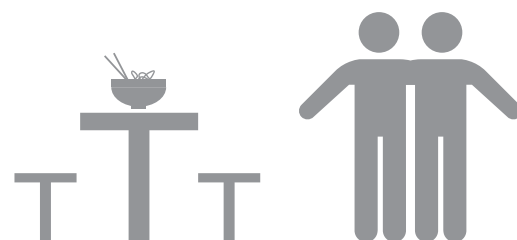
In addition, among youth with an emotional or mental health condition, those who had an adult in their family to talk to were twice as likely to report feeling good about themselves (50%\* vs. 25%), and were less likely to have self-harmed (41%\* vs. 60%\*) or attempted suicide in the past year (19% vs. 35%).

## Parental monitoring

Seventy-four percent of students in Vancouver reported that their parents always or mostly knew what they were doing in their free time. This was lower than the provincial rate of 76%. Ten percent of local youth reported that their parents never or rarely knew what they were doing.

Students whose parents were aware of what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep (51% vs. 68% of students whose parents were not monitoring their spare time). They were also more likely to have slept for eight or more hours the night before taking the survey (53% vs. 24%).

Consistent with the province, 74% of youth ate an evening meal with their parents most or all of the time in the past month. Youth who ate their evening meals with their parents were more likely to report consuming fruit or vegetables three or more times yesterday (66% vs. 41% who never or rarely ate with their parents). They were also more likely to rate their mental health as good or excellent (85% vs. 66%), and to feel good about themselves (84% vs. 64%) and their abilities (88% vs. 74%). In addition, they were less likely to have missed out on needed mental health care (8% vs. 19%) or medical care (6% vs. 18%).



# Supportive & caring adults outside the family

## Adult to turn to for support

Twenty-nine percent of youth felt they had an adult outside their family they could turn to if faced with a problem. Vancouver males were as likely as males throughout the province to feel this way, while local females were less likely than females across BC to have such an adult in their life (30% vs. 34%).

Students who could identify a supportive adult outside their family were more likely to feel like a part of their community (46% vs. 37% without this support).

Among students who identified as lesbian, gay, or bisexual, those who had a supportive adult outside their family to talk to were more likely to feel good about themselves and about their skills and abilities.

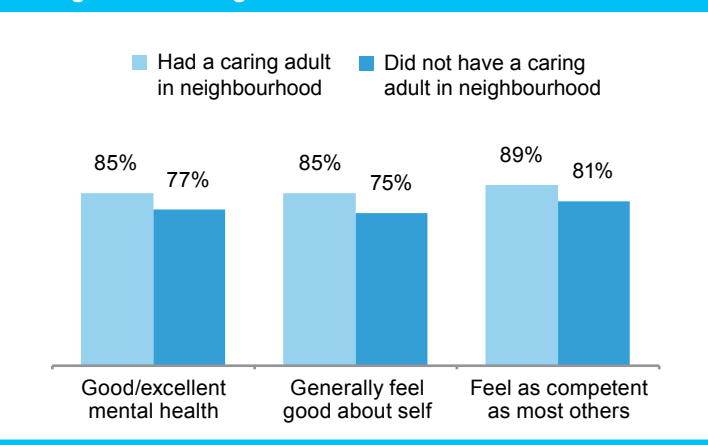
## Local adult who cares

Half of students (50%) reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. This was lower than the provincial rate of 61%.

Students with an adult in their community who cared about them were more likely to feel that the activities they engaged in were meaningful (72% vs. 55% who could not identify a local adult who cared about them) and to feel that their ideas were listened to and acted upon (51% vs. 31%).

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

Caring adults in neighbourhood and mental health outcomes



# Help seeking

When students in Vancouver needed help, they most commonly approached friends and family members, which was similar to students throughout BC. Students also sought support from a variety of different professionals, most commonly teachers, school counsellors, and doctors.

Males were more likely than females to have sought help from a teacher (46% vs. 39%), other school staff (19% vs. 15%), or a sports coach (24% vs. 15%), whereas females were more likely to have sought help from a friend (81% vs. 70% of males).

Males and females in Vancouver were less likely than those in the province as a whole to seek the help of a friend's parent (13% vs. 18%) or a sports coach (19% vs. 23%). However, Vancouver males were more likely than males across BC to have sought help from a friend (70% vs. 65%), school counsellor (33% vs. 24%), or doctor (28% vs. 25%). There were no differences among females.

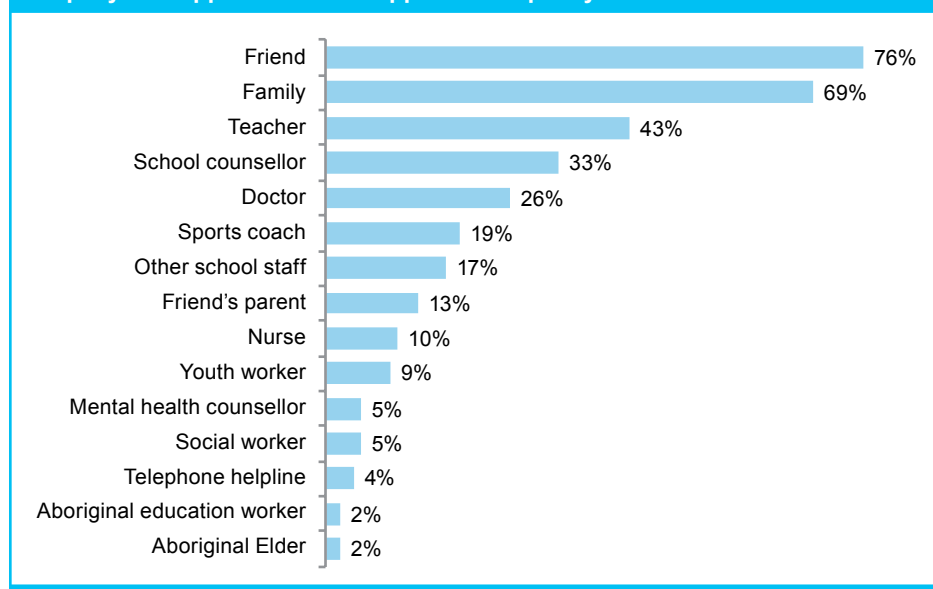
The majority of male and female students found the people they approached to be helpful, although some vulnerable groups

were less likely to feel this way. For example, youth who had been teased, socially excluded, and/or assaulted who asked a teacher for help were less likely than their peers without these experiences to have found a teacher helpful (89% vs. 96%).

When youth found the adults in their lives to be helpful, there were health benefits. For example, among youth who had been bullied who asked their teacher for help, those who found this experience helpful were less likely to have seriously considered suicide in the past year (15% vs. 29%\* of those who did not find the support helpful). They were also more likely to rate their mental health as good or excellent (82% vs. 51%\*), and were less likely to have missed out on needed mental health services or medical care.

In addition, among youth who had been physically and/or sexually abused and asked their school counsellor for help, those who found the support helpful were more likely to feel good about their skills and abilities (73% vs. 52%\* of those who did not find the support helpful). They were also half as likely to have self-harmed in the past year (26% vs. 53%\*).

People youth approached for support in the past year



I don't feel like I can talk to my parents about my mental health."

# Peer relationships

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

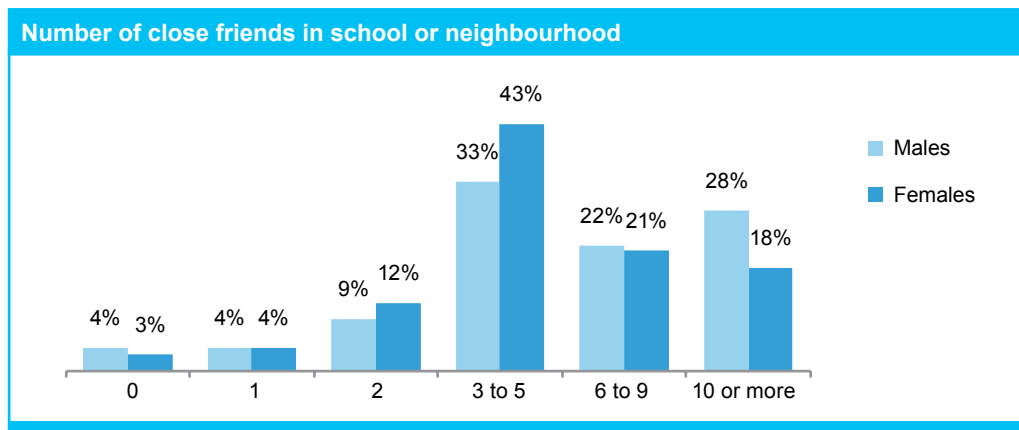
Twenty-eight percent of students in Vancouver had been in a romantic relationship in the past year, which was down from 46% in 2003. Among these students, 6% of male and female youth had been the victim of dating violence. While the percentage of students in a dating relationship was lower in Vancouver than in BC overall (39% provincially), the rates of violence within relationships were comparable. The local rate of dating violence was similar to the percentage in 2003.

In total, 96% of students in Vancouver (97% of males vs. 96% of females) reported having at least one close friend. Provincially, males were more likely than females to

report having three or more close friends, but this gender difference was not found locally.

There were positive associations with having more than just one or two friends. For example, students who had three or more close friends in their school or neighbourhood were more likely than those with fewer friends to rate their overall health as good or excellent (88% vs. 80%). They were also less likely to have been teased, excluded, or assaulted in the past year (46% vs. 63%).

Having more than two close friends appeared to be protective for youth who were bullied. For example, students with three or more friends who had been teased were more likely than those with fewer friends to feel good about themselves (73% vs. 57%).



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

Note: The difference for 6 to 9 close friends was not statistically significant.

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



## Friends with pro-social attitudes

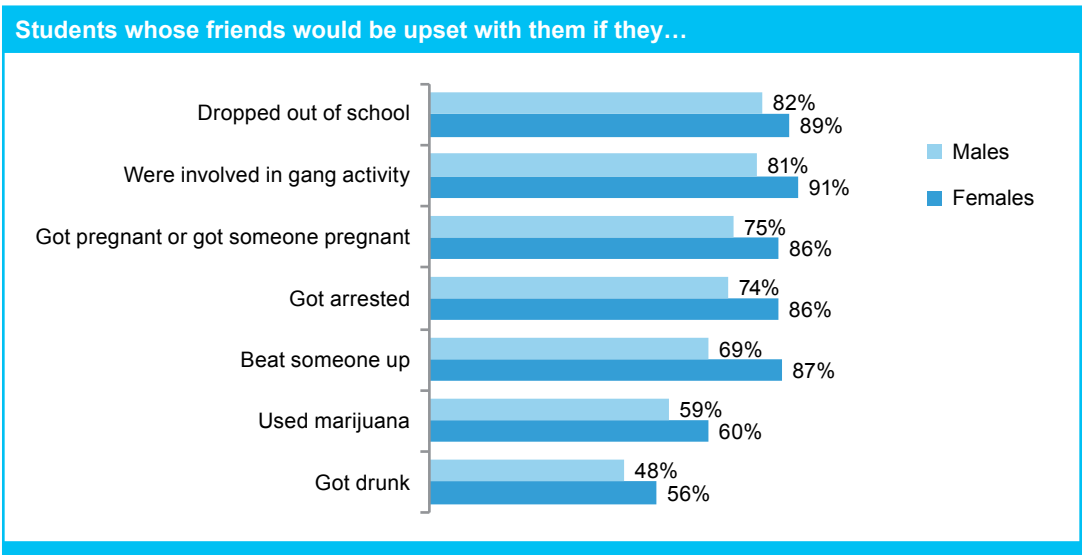
Students were asked if their friends would be upset with them if they were involved in certain risk behaviours, such as getting arrested, dropping out of school, or using marijuana. They generally had friends who would be upset with them for engaging in most of these behaviours. Further, students in Vancouver were more likely than those throughout BC to have friends who would be upset with them if they beat someone up (78% vs. 71%), got drunk (52% vs. 44%), or used marijuana (64% vs. 58%).

Having pro-social peers was a protective factor for Vancouver 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. 6%). In addition, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (92% vs. 80% of those whose friends would not be upset with them for leaving school).

Also, 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 (39%\* vs. 62% of those whose friends would not be upset with them for getting drunk).

Students whose friends would be upset with them if they...			
	2003	2013	Change from 2003
Dropped out of school	79%	86%	↑
Were involved in gang activity	NA	86%	
Got pregnant or got someone pregnant	70%	81%	↑
Got arrested	62%	80%	↑
Beat someone up	56%	78%	↑
Used marijuana	57%	64%	↑
Got drunk	39%	52%	↑

NA The question was not asked.



# Neighbourhood safety

Reflective of the picture across the province, most local youth always felt safe inside their home (80%). However, local youth were less likely than their peers across BC to always feel safe in their neighbourhood during the day (58% vs. 64% provincially) or at night (20% vs. 28%).

Sixteen percent of youth who used public transit always felt safe doing so, which was similar to the provincial rate. Three percent never felt safe, which was below the provincial rate of 5%.

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

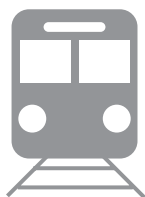
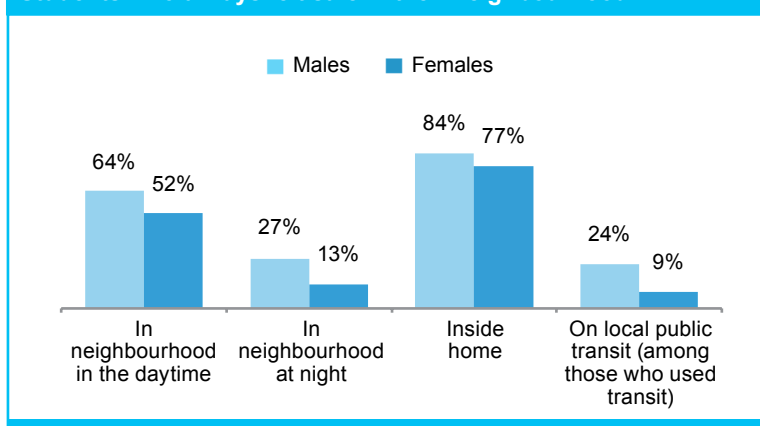
Youth who always felt safe in their neighbourhood during the day were more likely to get outside and play informal sports such as road hockey, skateboarding or cycling on a weekly basis compared to those who did not feel safe (59% vs. 40%\*). They were also more likely to describe their mental health as good or excellent (86% vs. 72%\*

who never felt safe), to plan to continue their education after high school (92% vs. 69%\*), and to have only positive future aspirations (90% vs. 74%\*).

In addition, youth who always felt safe in their neighbourhood during the day were less likely to have considered suicide and to have attempted suicide in the past year, compared to youth who did not feel safe there.

Feeling safe was also 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 (45% vs. 61% of youth who were not abused) or at night (11% vs. 22%). However, if these students did feel safe in their neighbourhood in the daytime, they were more likely to feel good about themselves and were less likely to have attempted suicide in the past year than those who rarely or never felt safe.

Students who always felt safe in their neighbourhood



# Community connectedness & cultural engagement

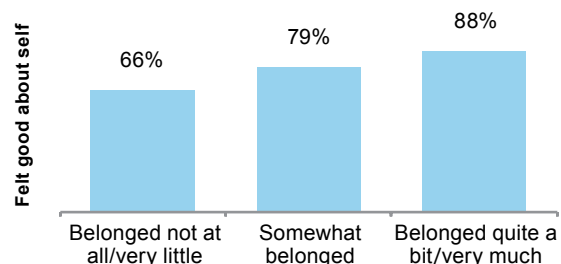
## Community connectedness

Students were asked how much they felt like a part of their community. As was seen across BC, 40% of students in Vancouver reported that they felt quite a bit or very much connected to their community.

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

Youth who experienced victimization also specifically benefitted from feeling like a part of their community. For example, youth who had been teased in the past year were more likely to rate their mental health as good or excellent if they felt very connected to their community (81%) than if they only somewhat felt that way (69%) or did not feel connected (56%). Similarly, the more connected that youth who had been socially excluded felt to their community, the more likely they were to feel good about themselves (77% vs. 55% of those who were very little or not at all connected).

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



## Cultural engagement

In addition to feelings about their community, students were asked about their engagement in their culture. Similar to youth across the province, 7% of Vancouver youth participated in cultural or traditional activities at least weekly. Youth who were involved in traditional activities on a weekly basis were over twice as likely to have volunteered weekly (50% vs. 23% of those who never took part in traditional activities).



# Summary list of protective factors

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

PROTECTIVE FACTOR	EXAMPLE
Stable home	Among youth who had been in government care, those who had not changed address in the past year were more likely than those who had moved to rate their overall health as good or excellent.
Eight or more hours of sleep	The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent.
Good nutrition	Among youth with a debilitating health condition, those who ate three or more servings of fruit or vegetables the previous day were more likely to report good or excellent overall health than their peers who ate fewer servings.
Sports and exercise	Students who exercised daily in the past week were more likely than those who exercised less frequently to have slept for eight or more hours the previous night.
Feeling safe at home, in school, and the community or neighbourhood	Youth who always felt safe in their neighbourhood during the day were more likely to participate in informal sports such as road hockey, skateboarding or cycling on a weekly basis compared to those who did not feel safe.
Feeling connected to school	The more connected students felt to their school, the better their mental health ratings.
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 than if they did not feel their activities were meaningful.
Feeling connected to family	The more connected that youth who had been physically and/or sexually abused felt to their family, the more likely they were to rate their mental health and overall health as good or excellent.



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

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

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

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

**A supportive adult outside family**

Students who could identify a supportive adult outside their family were more likely to feel like a part of their community, compared to students who did not have such an adult in their lives.

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

Feeling cared about by an adult outside the family was linked to good or excellent mental health.

**Helpful sources of support**

Among youth who had been bullied who asked their teacher for help, those who found this experience helpful were less likely to have seriously considered suicide in the past year, compared to those who did not find the support helpful.

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

Among students who had been teased or excluded, those with three or more close friends were more likely to feel good about themselves than those with fewer friends.

**Having friends with pro-social attitudes**

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.

**Community connectedness**

Youth who had been teased in the past year were more likely to rate their mental health as good or excellent if they felt very connected to their community than if they only somewhat felt that way, or did not feel connected.

**Cultural engagement**

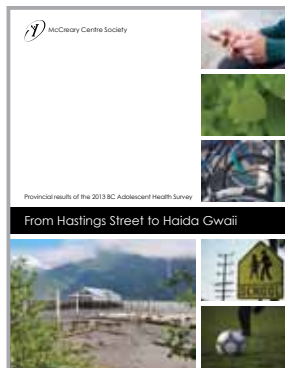
Youth who were involved in weekly traditional activities were over twice as likely to have volunteered on a weekly basis as those who never took part in traditional activities.

# 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](http://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](mailto:community@mcs.bc.ca).

## A selection of BC AHS resources

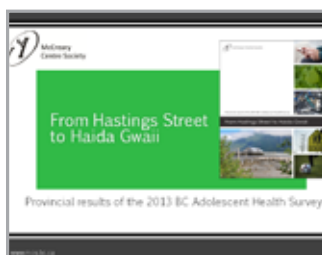


### *From Hastings Street to Haida Gwaii*

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



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



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

## YOUTH RESOURCES



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

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



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



