

Youth in BC BC Adolescent Health Survey

Relationships

BC families are diverse and include single parents, extended families in one household, same-sex parents, and step-parents. Regardless of how families are made up, feeling connected to family is linked to positive mental and physical health.

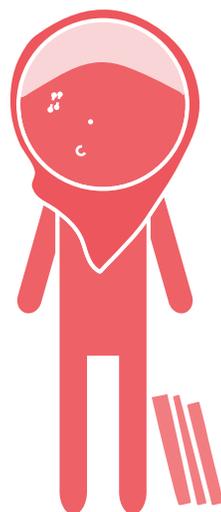
75% of students felt their family paid attention to them.

68% had fun with their family.

60% thought their family understood them.

73% of youth had an adult in their family they could turn to if they had a serious problem.

Older youth were less likely than younger youth to have a supportive adult inside their family, but more likely to have one outside their family.



32% of youth had an adult outside their family they could turn to for support.

Youth who had a supportive adult in their lives were more likely to report positive mental health.

Youth turned to a variety of people for help in the past year. When asked who they turned to, they most commonly responded friends:

73% of youth turned to a friend for support in the past year.

95% of males and 94% of females found this support helpful.

83% of youth had at least three close friends in their school or neighbourhood.

Having a close friend in the neighbourhood or at school was linked to better health.



Statistics are from McCreary Centre Society's BC Adolescent Health Survey. In 2013, nearly 30 000 students in grades 7-12 filled out the survey across the province. The survey has been completed every five years since 1992.

The Youth in BC poster series was created by McCreary's summer student and the Youth Advisory & Action Council. Visit www.mcs.bc.ca to view the rest of the series.

McCreary is a BC charity committed to improving youth health through research and youth engagement. Connect with us online for more information or to get involved.



McCreary Centre Society
www.mcs.bc.ca

 @mccrearycentre

 McCreary Centre Society's
Youth Advisory and Action Council