

# Youth in BC BC Adolescent Health Survey

## Substance Use

45% of youth had ever tried alcohol.

The percentage of youth who have tried alcohol has decreased over the past decade.

39% of youth who had tried alcohol reported having five or more drinks within a couple of hours in the past month.

The older youth were when they first tried alcohol, the less likely they were to engage in risky use, such as binge drinking.

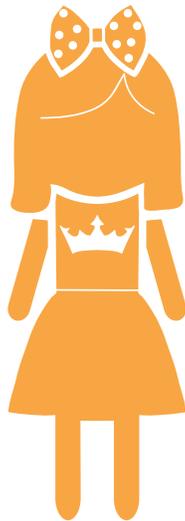
26% of youth had ever tried marijuana.

This was a decrease from previous years.

17% of students had tried a substance other than alcohol or marijuana, such as hallucinogens or prescription pills without a doctor's consent.

21% of youth had ever tried smoking.

This is a decrease from previous years.



23% of youth who had tried smoking successfully quit in the past year.

13% tried to quit but started again.

Among youth who had ever used alcohol or other drugs, 65% said the last time they did so was for fun.

33% said they did it because their friends were doing it.

28% said they wanted to experiment.

21% said they used substances because they were stressed.

If you think you need help with your substance use, call:

The Alcohol and Drug Information Referral Service: 1-800-663-1441

For information about substance use, visit:

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

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](http://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](http://www.mcs.bc.ca)

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 McCreary Centre Society's  
Youth Advisory and Action Council