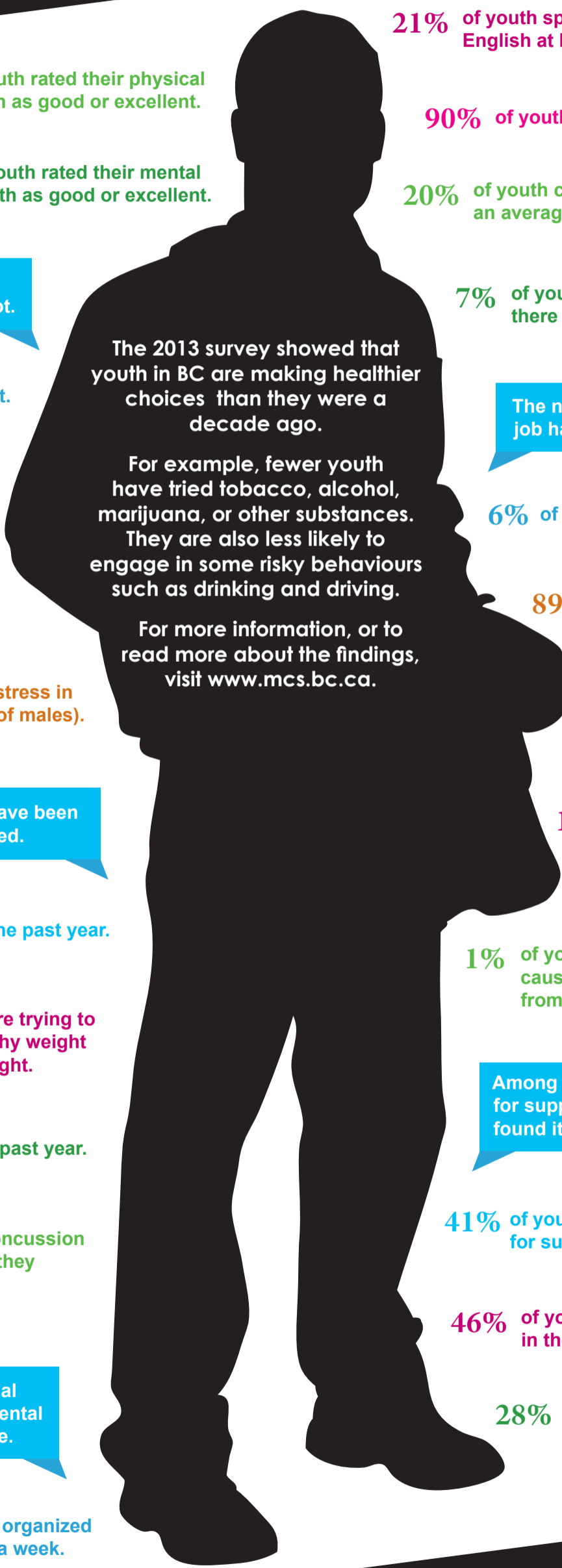


In 2013, nearly 30 000 youth in grades 7–12 took part in a survey in BC schools. They answered questions about their health and their life experiences.

**THIS IS WHAT THEY HAD TO SAY.**



**87%** of youth rated their physical health as good or excellent.

**81%** of youth rated their mental health as good or excellent.

**21%** of youth spoke a language other than English at home most of the time.

**90%** of youth had a cellphone.

**20%** of youth cared for a relative on an average school day.

**7%** of youth went to bed hungry because there was not enough money for food.

Rates of good or excellent mental health increased with each hour of sleep youth got.

**24%** of youth slept at least 9 hours last night.

The 2013 survey showed that youth in BC are making healthier choices than they were a decade ago.

The number of youth who worked at a paid job has decreased over the past decade.

**82%** of youth were online or on their phone after they were supposed to be asleep.

For example, fewer youth have tried tobacco, alcohol, marijuana, or other substances. They are also less likely to engage in some risky behaviours such as drinking and driving.

**6%** of youth worked 21 or more hours a week.

**11%** of youth did not access mental health services in the past year when they felt they needed it.

For more information, or to read more about the findings, visit [www.mcs.bc.ca](http://www.mcs.bc.ca).

**89%** of youth planned to graduate high school and 86% planned to continue their education after high school.

**13%** of females felt extreme stress in the past month (vs. 5% of males).

**45%** of youth had ever tried alcohol, compared to 58% a decade earlier.

Females were more likely to have been teased or purposefully excluded.

**19%** of youth who had ever tried alcohol drank the Saturday before taking the survey.

**24%** of youth had bullied someone in the past year.

**1%** of youth had ever been pregnant or caused a pregnancy. This is a decrease from 4% in 2008 and 2003.

**52%** of healthy weight females were trying to lose weight, and 33% of healthy weight males were trying to gain weight.

Among youth who turned to someone for support in the past year, the majority found it helpful.

**16%** of youth suffered a concussion in the past year.

**41%** of youth had approached a teacher for support in the past year.

**18%** of youth who had experienced a concussion did not access medical care when they thought they needed it.

**46%** of youth felt their ideas were listened to in the activities they were involved in.

Youth who played organized or informal sports reported better physical and mental health than those who were less active.

**28%** of youth felt safe in their neighbourhood at night. Males were more likely than females to feel safe.

**55%** of youth took part in organized sports at least once a week.

Receive up to \$500 for a youth-led project. Contact [yag@mcs.bc.ca](mailto:yag@mcs.bc.ca) for details.