

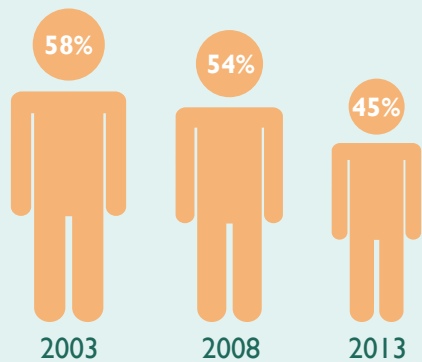
# ALCOHOL USE

## AMONG BC YOUTH

Statistics are from the 2015 McCreary Centre Society report *How Many is Too Many for BC Youth?: Alcohol use and associated harms* which uses data from the 2013 BC Adolescent Health Survey. For more information or to download the full report, visit [www.mcs.bc.ca](http://www.mcs.bc.ca).

Canada's low risk alcohol drinking guidelines suggest that if youth do decide to drink, they should never have more than one or two drinks and never drink more than once or twice a week.

### Youth aged 12–19 who had tried alcohol:



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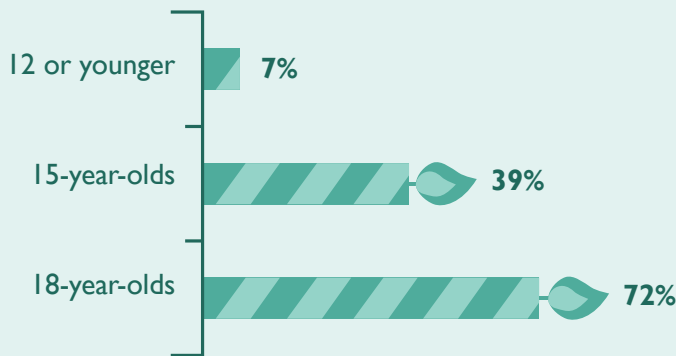
years old was the most common age youth first tried alcohol.



The most common reasons youth last drank alcohol were because they wanted to have fun, to experiment, and because their friends were doing it.



The younger youth were when they first drank, the less likely they were to rate their overall and mental health as good or excellent. Drinking regularly or heavily was also linked to poorer physical and mental health.



### Youth who did not drink or who drank within the Canadian low risk guidelines were more likely to...

- Feel connected to their family, school, and community.
- Find school staff or an adult inside their family helpful.
- Participate in at least one extracurricular activity on a weekly basis.
- Have not been a victim nor a perpetrator of bullying in the past year.
- Feel safe at school, at home, and in their neighbourhood.

If you would like to talk to someone about substance use, visit [www.youthinbc.com](http://www.youthinbc.com). For more resources to help youth and parents build their knowledge about substance use, visit [www.helpingschools.ca](http://www.helpingschools.ca).