

We all have a role:

Building social capital among youth in care



Community

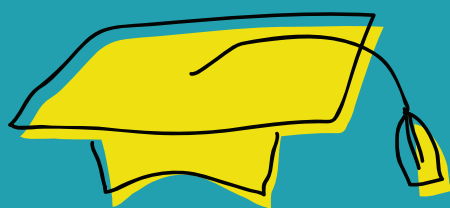


Stats are from the 2013 BC Adolescent Health Survey, completed by 30,000 students in grades 7-12 across the province, including over 1,000 who had been in government care. Visit www.mcs.bc.ca to view the other posters in this series and the full report.

56% of youth in care could identify an adult in their neighbourhood or community who really cared about them.



32% had an adult outside their family whom they could talk to if faced with a problem.



Youth who felt there were **local adults who cared about them** were more likely to think they would **be in school in five years' time**.



Youth in care in the past year approached **a range of adults** outside their family for help.

Most youth found **the support they sought to be helpful**, and this was linked to **health benefits**.

Youth were more likely to have **future school aspirations** if they **received helpful support from various adults**, such as a friend's parent, teacher, or school counsellor.



74% of youth in care took part in extracurricular activities within their community on a weekly basis, in the past year.

Youth in care who took part in informal sports on a weekly basis were **less likely to report extreme despair** in the past month.

Taking part in at least **one weekly activity** was associated with **planning to be in school in five years' time**.



14% had volunteered on a weekly basis.

Volunteering in the community was associated with youth planning to attend **post-secondary education**.



35% of youth in care felt like they were quite a bit or very much a part of their community, which was similar to the rate among youth not in care.



Youth in care who felt most **connected to their community** were more likely to report **positive mental health**, including lower rates of extreme stress or despair in the past month.

