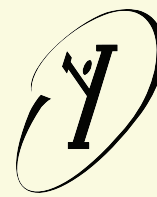


# We all have a role:

## Building social capital among youth in care

### Peers



McCreary  
Centre Society

vancouver  
foundation

fostering  
**CHANGE**

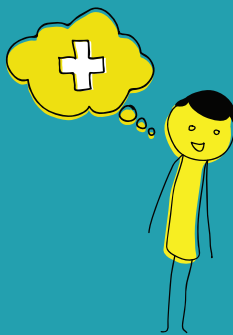
Stats are from the 2013 BC Adolescent Health Survey, completed by 30,000 students in grades 7-12 across the province, including over 1,000 who had been in government care. Visit [www.mcs.bc.ca](http://www.mcs.bc.ca) to view the other posters in this series and the full report.

**75%** of youth in care had 3 or more close friends in their school or community.

Youth in care who had **three or more close friends** were more likely than those with fewer friends to **feel good about themselves** and to **anticipate only positive circumstances** in their future.



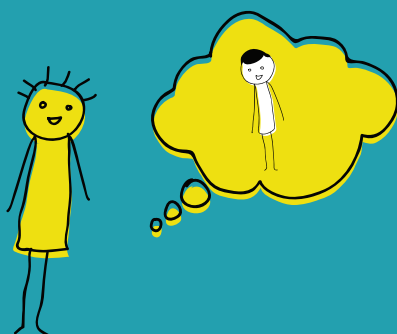
Youth in care who indicated that they **had positive relationship skills** were more likely than their peers without these skills to have **three or more close friends**.



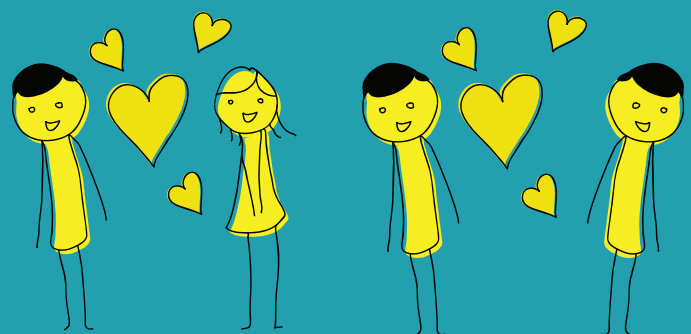
**75%** of youth in care had asked a friend for help in the past 12 months, which was similar to the rate among youth not in care.

Among youth in care who had asked a friend for help, the vast majority **found the assistance helpful**.

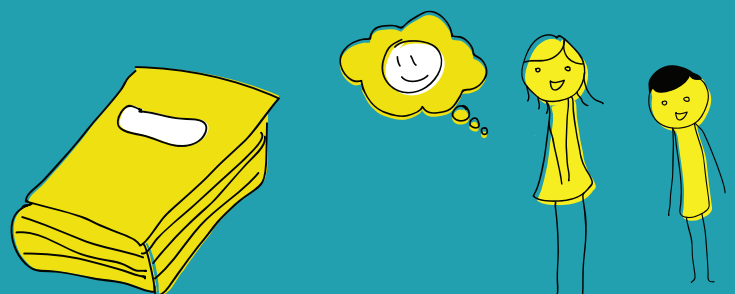
These youth were more likely than those who did not find their friend's support helpful to report **good or excellent mental health**, to **feel happy** in the past month, and to have only **positive aspirations for the future**.



Youth in care were more likely than their peers to have been in a **romantic relationship** in the past year.



Youth in **non-violent romantic relationships** were more likely to rate their **overall health as good or excellent** and were less likely to have **self-harmed** and to report **extreme stress**, than those who experienced dating violence.



Among youth with recent care experience, **youth in 2013** had friends with **more prosocial attitudes** than youth in 2008 (eg friends who would be upset if they dropped out of school or got drunk).

Youth **with pro-social friends** were less likely to have **recently used substances** and were more likely to **plan to attend post-secondary**.