



## BALANCE AND CONNECTION IN FRASER EAST



THE HEALTH AND WELL-BEING  
OF OUR YOUTH

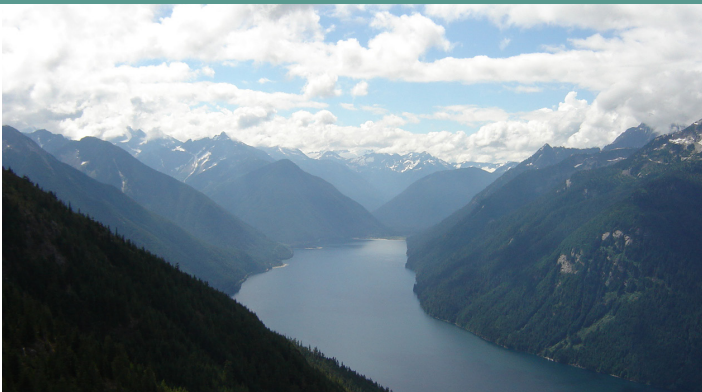


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# BALANCE AND CONNECTION IN FRASER EAST:

## THE HEALTH AND WELL-BEING OF OUR YOUTH

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The BC AHS was administered in Fraser East by Public Health Nurses and nursing students from University of the Fraser Valley. Their role in the survey was fundamental to its success. Not only did they reassure students that they could answer honestly because their answers would remain confidential, but they were also available to answer any questions students had about their health.

Quotes from Fraser East youth who completed the 2018 BC AHS are included throughout the report.

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# KEY FINDINGS

■ The cultural make up of Fraser East is changing. The percentage of youth who identified as European decreased, while those of Indigenous, Latin/South/Central American, and West Asian heritage increased. Also, 40% of local students spoke a language other than English at home, including 17% who did so most of the time.

■ During the school year, 38% of students worked at a paid job. This was above the provincial rate of 33% and a local increase from 29% in 2013. Local students were more likely than their peers across BC to have worked in excess of 20 hours a week.

■ The percentage of students who slept for at least eight hours decreased locally from 52% in 2013 to 48%. Around 4 in 10 students (39%) reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). These students were more likely to wake up feeling rested.

■ There was a decrease in the percentage of Fraser East students who always ate breakfast on school days (43% vs. 51% in 2013) and a rise in the percentage who never did (22% vs. 14%). Local students were less likely than those across BC to eat breakfast and to eat three meals a day (31% vs. 37% provincially).

■ Reflecting the provincial trend, there was an increase in the percentage of local youth who reported they had vomited on purpose after eating in the past year. This increase was seen for both males (12% vs. 6% in 2013) and females (15% vs. 10%).

■ There was a decrease in local females reporting good or excellent mental health (from 73% in 2013 to 60%), and an increase in those who had seriously considered suicide (from 20% in 2013 to 26%). However, the rate for attempting suicide was similar to 2013 (8% of females).

■ Locally, 20% of youth had a family member who had attempted or died by suicide (vs. 16% provincially), and 33% had a close friend who had done so (vs. 29% provincially). Fraser East youth who had a close friend or family member who had attempted or died by suicide were more likely to have attempted suicide themselves.

■ There was an increase in local youth who had missed out on mental health services they felt they needed (20% vs. 13% in 2013). The majority of these students (61%) did not access needed mental health care because they did not want their parents to know.

■ Around a fifth (21%) of students had vaped with or without nicotine in the past month, and 14% had done both. Among students who had smoked tobacco, 61% also vaped with nicotine and 53% vaped without nicotine in the past month. Youth who had never smoked tobacco were also vaping (17% had vaped in the past month).

■ Twenty-two percent of Fraser East youth who had tried alcohol engaged in binge drinking on the Saturday before taking the survey, which was a decrease from 30% in 2013.

■ Similar to the provincial picture, 16% of Fraser East youth had been physically abused and 13% had been sexually abused. This represented an increase for females in physical abuse (19% vs. 15% in 2013) and sexual abuse (21% vs. 15%).

■ Fraser East youth were more likely to report feeling deprived of items their peers had than youth across BC (28% vs. 25%). The more items youth were deprived of, the more likely they were to go to bed hungry; and the less likely they were to report positive physical or mental health, and to feel connected to their school or community.

■ Participation in organized sports; informal sports; and dance, yoga, and exercises classes declined from five years earlier. Consistent with the rest of the province and with local results in 2013, being too busy was the most common barrier to participation reported by Fraser East youth (46%).

■ Most Fraser East students planned to finish Grade 12 (86%), but they were less likely than their peers across BC to plan to attend post-secondary (79% vs. 83%). They were also less likely than five years earlier to plan to finish Grade 12 (86% vs. 90% of Fraser East students in 2013) or attend post-secondary (79% vs. 87%).

■ Fraser East youth generally felt positively about their quality of life. For example, most indicated they had a good life (77%) and their life was going well (72%). Also, 58% of youth usually felt good about themselves. Students who felt good about themselves were more likely than those who did not feel this way to feel hopeful for their future (87% vs. 27%).

■ Reflective of the picture across the province and local rates five years earlier, 70% of Fraser East students had an adult inside their family they could talk to if they had a serious problem. Also, most had an adult in their life who helped them with making and getting to appointments, homework, preparing for post-secondary, and finding employment.

■ Two thirds (66%) of Fraser East youth felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them. This reflected a local increase from 63% in 2013.

■ Nearly two thirds (65%) of local youth felt they had the right amount of time to do what they wanted on their own, whereas 23% felt they did not have enough time, and the remainder felt they had too much time. Students who felt they had the right amount of time on their own were more likely to report positive mental health and well-being, and were less likely to experience extreme stress in the past month.

■ There was a decrease in the percentage of students who felt the activities they took part in were meaningful to them (63% vs. 72% in 2013). However, Fraser East youth who experienced meaningful engagement in their activities were more likely to report positive mental health, to feel an adult in their community cared about them, and to feel connected to their community.

■ Two thirds (66%) of Fraser East students felt quite a bit or very hopeful for their future, with males the most likely to feel this way. Youth who felt hopeful were more likely than their peers who felt less hopeful to report good or excellent mental health (85% vs. 28%) and to feel happy in the past month (78% vs. 19%), as well as to report lower rates of extreme stress (7% vs. 36%) and despair (3% vs. 32%) in the past month.

■ The most common topics Fraser East youth identified wanting to learn more about were mental health and sexual health.



# INTRODUCTION

## 2018 BC ADOLESCENT HEALTH SURVEY

The BC Adolescent Health Survey (BC AHS) is the most reliable, comprehensive survey of youth aged 12–19 in British Columbia. The survey has been completed every five years since 1992. In 2018, over 38,000 students in 58 of BC's 60 school districts participated.

The 2018 BC AHS was developed in consultation with young people, parents, and other experts in youth health. It was extensively pilot tested before being administered by Public Health Nurses and nursing students to students in mainstream public schools between February and June 2018.

A report of the provincial findings was released in March 2019 (*Balance and connection in BC: The health and well-being of our youth*) and can be accessed at [www.mcs.bc.ca](http://www.mcs.bc.ca).

### REGIONAL REPORTS

This report is one of 16 regional reports of the BC AHS results. It shares data provided by students in Grades 7–12 in the Fraser East Health Service Delivery Area (HSDA).

Fraser East HSDA is comprised of four school districts: Chilliwack (SD 33), Abbotsford (SD 34), Mission (SD 75), and Fraser-Cascade (SD 78). This was the first time all four school districts in this region took part in the survey. It was also the first time all participating school districts chose parental notification as their consent procedures. Additional analyses were conducted to ascertain if any changes in participation or consent procedures may have affected the regional results, and this did not appear to be the case unless noted in the text.

This regional report focuses on the 2018 Fraser East results with relevant comparisons to the 2018 provincial results, as well as to local results in 2013.



## A GUIDE TO THIS REPORT

This report is intended for a community audience, and therefore does not detail all aspects of the methodology, including analyses conducted and statistical testing applied. This information is available at [www.mcs.bc.ca](http://www.mcs.bc.ca) or by email from [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca).

The report is divided into five main sections. The first provides background information about the young people who completed the survey, the second focuses on their health profile, the next section considers some potentially adverse experiences or challenges to growing up healthy, and precedes a section which looks at factors that can support young people to thrive. The final section offers Fraser East students' suggestions for health topics they would like to learn more about.

The 2018 BC AHS included many questions which have been asked on the BC AHS in previous years. This allowed us to report trends over time. The survey also included some new items which reflected the changing challenges and opportunities experienced by the province's young people. These items were deemed important to include by stakeholders who participated in consultations during the development of the survey.

Based on the feedback we received about the 2013 BC AHS and through consultations during the development of the 2018 survey, one of the areas which was updated was gender identity. Following recommendations from Statistics Canada, the 2018 survey included two new

questions: one about sex/gender assigned at birth (what is listed on a student's original birth certificate, with an option of male or female) and one about current gender identity (which included the response options of male, female, neither male nor female, and not yet sure).

Previous versions of the BC AHS only included male and female options for gender. Therefore, in this report, trends are reported only for males and females (based on the question about sex/gender assigned at birth). For analyses conducted exclusively with the 2018 data, results are reported using the second question about current gender identity (male, female, and non-binary). Non-binary youth include those who identified as neither male nor female as well as those who were not yet sure of their gender identity.

All reported comparisons and associations within Fraser East and to previous survey years which are included in this report are statistically significant at  $p < .05$ . This means there is up to a 5% likelihood these results occurred by chance. Comparisons between Fraser East and the province are statistically significant at  $p < .01$ , which means there is up to a 1% likelihood that the results occurred by chance. Differences in tables or charts that are not statistically significant are noted.

Any percentage that is marked with an asterisk (\*) should be interpreted with caution, as it has a higher than expected standard error, but is still within the releasable range.



## LIMITATIONS

When reading this report, it is important to remember that although it is considered representative of youth aged 12–19 who were attending mainstream schools in Fraser East, it does not capture the health picture of all young people in this age range. For example, those who were in alternative schools, independent schools, were home-schooled, were dealing with challenges which kept them out of school, or were absent on the day the survey was administered were not included.

Also, the survey was only administered on paper and in English, which excluded some youth with certain disabilities, and literacy or comprehension challenges.

Finally, the percentage of students in Fraser East who identified as non-binary was small (2%). Therefore, although non-binary youth were considered in all gendered analyses, it was often not possible to report the findings due to the risk of deductive disclosure or the possibility that the percentage estimate was unreliable.

## GLOSSARY

For readability, the following terms are used in this report:

■ **Extreme sports** include activities such as back-country skiing and BMX.

■ **Ideas listened to** refers to youth who reported that their ideas were listened to ‘quite a bit’ or ‘a lot’ in the activities that they were involved in.

■ **Informal sports** are sports without a coach such as skateboarding and hiking.

■ **Meaningful activities** are activities which youth indicated were ‘quite a bit’ or ‘very’ meaningful to them.

■ **Non-binary** reflects youth who did not identify as either male or female or were not yet sure of their gender identity.

■ **Organized sports** are sports with a coach, such as school teams and swimming lessons.

■ **Phone** refers to a cell phone, smartphone, or other portable electronic communication device.

■ **Sexting** refers to sending sexually explicit photographs or messages via a phone. It was also referred to on the survey as ‘sending nudes.’

■ **Students** and **youth** are used interchangeably to refer to survey participants aged 12–19.

# YOUNG PEOPLE IN FRASER EAST

## BACKGROUND

In 2018, Fraser East youth most commonly identified as European (51%). This was a local decrease from 57% in 2013, but remained above the provincial rate (46%).

In comparison to 2013, local students were more likely to identify as Indigenous (15% in 2018 vs. 11%), Latin/South/Central American (6% vs. 4%), West Asian (a slight rise to 1%), or to not know their heritage (14% vs. 9%).

Students were less likely to identify as South Asian (15% vs. 21% in 2013). However, this appears to have been driven by the addition of one school district which did not participate in the 2013 survey.

## BIRTHPLACE & LANGUAGE

As in 2013, 11% of Fraser East students were born outside Canada (vs. 21% provincially). This included 4% who were international students (vs. 6% provincially).

Among Fraser East students who were born abroad, 25% had been in Canada less than two years and 28% had been in Canada between two and five years.

Locally, 40% of students spoke a language other than English at home (vs. 53% provincially), with 17% doing so most of the time (vs. 23% across BC).

Family background		
	Fraser East	BC
European	51%	46%
South Asian	15%	11%
Indigenous	15%	10%
East Asian	7%	18%
Latin/South/Central American	6%	5%
Southeast Asian	4%	8%
African	2%	3%
Australian/Pacific Islander	2%	2%
West Asian	1%	3%
Don't know	14%	10%
Other	4%	4%

Note: Youth could choose more than one response.

Note: The majority of students who chose 'Other' indicated they were Canadian.

Note: The differences between Fraser East and BC were not statistically significant for South Asian, Latin/South/Central American, African, Australian/Pacific Islander, or Other.

## INDIGENOUS YOUTH

In Fraser East, 15% of students identified as Indigenous. Among these youth, 60% were First Nations, 35% were Métis, and the remainder identified as another Indigenous background (including Inuit).

More than a quarter (28%) of Indigenous students had lived on a First Nations reserve, including 18% who currently lived on a reserve.

Twenty-three percent of Indigenous students spoke at least a few words of an Indigenous language, although none could speak fluently.

Over a third (36%) of Indigenous students reported that at least one member of their family had been in residential school, including 19% whose grandparents had attended. This is likely an underestimation, as 43% of local Indigenous youth did not know their family's history of residential school attendance.

Six percent of Indigenous youth identified as Two Spirit.

## GENDER IDENTITY & SEXUAL ORIENTATION

A little over half (51%) of Fraser East students were female on their birth certificate and 49% were male. For nearly all students, their current gender identity corresponded with their sex at birth, whereas 1% were transgender (e.g., their birth certificate listed female and they currently identified as male) and 2% identified as non-binary (including 1% who were not yet sure of how they identified).

Reflecting the picture across the province and the local picture five years earlier, most students identified as straight. Males were more likely than females to identify as straight (92% vs. 80%), whereas females were more likely to identify as mostly straight (5% vs. 3% males), bisexual (7% vs. 1%), or to be unsure of their sexual orientation (4% vs. 2%).

### Sexual orientation of Fraser East youth

Straight	85%
Mostly straight	4%
Bisexual	5%
Gay or lesbian	1%
Not sure yet	4%
Something other than those listed above	2%

Note: Among Fraser East students who identified a sexual orientation other than the options listed on the survey, the two most common were pansexual and asexual.

Note: Percentages do not equal 100% due to rounding.

## GOVERNMENT CARE

Students were asked if they had experienced different types of government care (through the BC Ministry of Children and Family Development or a delegated agency) or alternatives to care. Three percent had been in foster care, 3% on a Kith and Kin agreement, 1% had stayed in a group home, 1% had been held in a custody centre, and 1% who were age eligible had been on a Youth Agreement.

## LIVING SITUATION

Most Fraser East youth lived with at least one parent (94%). Compared to 2013, they were more likely to report living with their father/stepfather, grandparent(s), sibling(s)/step-sibling(s), other children or youth, and other related and unrelated adults.

Youth were asked if they had caretaking responsibilities on a typical school day. Around a quarter (24%) looked after another relative (e.g., a relative with a disability or younger sibling) and 59% took care of a pet. Females were more likely than males to be caring for a relative (27% vs. 21%) or a pet (61% vs. 55%).

Reflecting the provincial pattern, there was an increase in the percentage of Fraser East students who had moved in the past year (24% vs. 21% in 2013), including 7% who had moved three or more times. Also, 9% of Fraser East students had run away from home and 7% had been kicked out in the past year.

The majority of local students (93%) often or always felt safe inside their home, while 3% never or rarely did.

Who Fraser East youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	85%	86%	–
Father/Stepfather	72%	77%	↑
Sibling(s)/Step-sibling(s)	61%	72%	↑
Grandparent(s)	12%	16%	↑
Live with both parents at different times	8%	9%	–
Other related adult(s)	4%	5%	↑
Other unrelated adult(s)	2%	3%	↑
Foster parent(s)	1%	1%	–
Other children or youth	1%	2%	↑
Two mothers or two fathers	1%	1%	–
Live alone	NR	1%	–
Own child or own children	NR	NR	–

Note: Youth could choose more than one response.

↑ Indicates there was a statistically significant increase from 2013 to 2018.

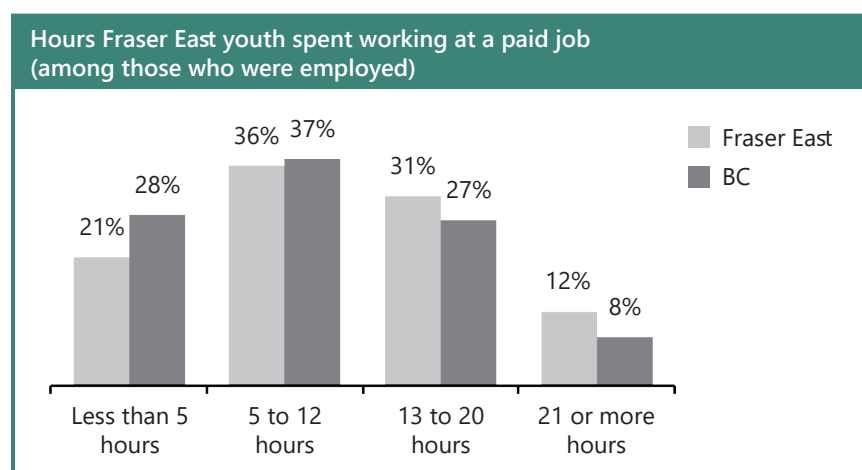


## EMPLOYMENT

During the school year, 38% of students had worked at a paid job. This was above the provincial rate of 33%, and a local increase from 29% in 2013. Local students were more likely than their peers across BC to have worked in excess of 20 hours a week.

## PHONE USE

Most students in Fraser East (94%) had a cell phone, smartphone, or other portable device. Students most commonly used their device to listen to music.



Note: The difference between Fraser East and BC was not significant for '5 to 12 hours'.

Fraser East students' phone use on their last school day (among those with a phone)	
Listening to music	88%
Communicating with friends they know in person	84%
Using social media	83%
Communicating with parents/guardians	77%
Watching shows, movies, YouTube, etc.	75%
Finding information (other than health information)	59%
Playing games	56%
Doing homework	55%
Communicating with someone they know only online	25%
Finding health information	19%
Watching porn	10%
Sexting	5%
Gambling	1%

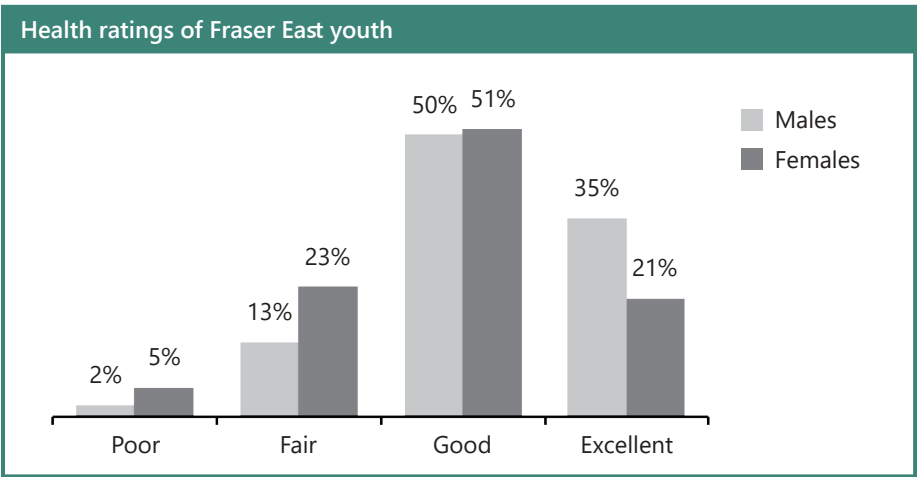
Note: Youth could choose more than one response.

# HEALTH PROFILE OF FRASER EAST YOUTH

## PHYSICAL HEALTH

Results of the 2018 BC AHS showed that youth who reported eating healthily, getting plenty of exercise, and getting enough sleep (including going offline at bedtime) not only reported better physical health, but also reported better mental health than their peers.

Consistent with youth across the province, most students in Fraser East (79%) rated their health as good or excellent. However, this was a decrease from 86% in 2013, and the percentage who rated their health as poor doubled (4% vs. 2%). As in 2013, males were more likely than females to rate their health as excellent.



Note: The difference between males and females for 'Good' was not significant.



## HEALTH CONDITIONS & DISABILITIES

Similar to youth across BC and to local youth five years earlier, 30% of students indicated having at least one health condition or disability. The most common condition was a mental health or emotional condition (17% vs. 12% in 2013).

The increase in reporting a mental health condition was seen for both males (8% vs. 6% in 2013) and females (25% vs. 17%).

Around half (49%) of local students who had a health condition or disability reported that it prevented them from doing things their peers could do.

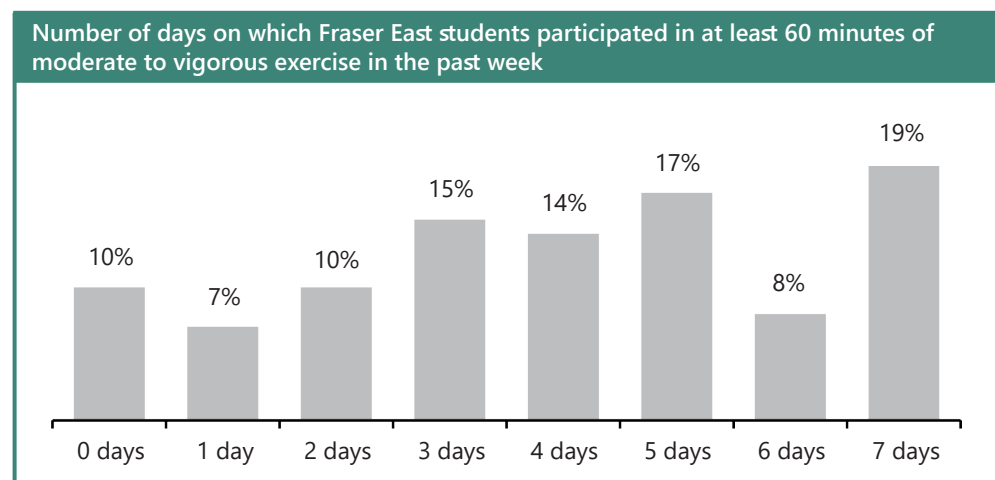
Health conditions and disabilities reported by Fraser East youth	
Mental health or emotional condition	17%
Long-term/chronic medical condition	9%
Learning disability	4%
Sensory disability	4%
Severe allergy requiring EpiPen	2%
Physical disability	1%
Other	2%

Note: Youth could choose more than one response.

## PHYSICAL ACTIVITY

The Canadian Physical Activity and Sedentary Behaviour Guidelines state that children and youth aged 5–17 should complete at least 60 minutes of moderate to vigorous exercise every day. Reflecting the local pattern five years earlier and results across the province, 20% of Fraser East youth aged 12–17 met these recommendations in the week before taking the survey. Males were more likely than females to exercise this regularly (26% vs. 14%).

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Similar to 2013, 63% of local students aged 18 or older met this recommendation by participating in 60 minutes of exercise on at least three days in the past week.



## SLEEP

Similar to youth across BC, 48% of Fraser East students slept eight or more hours on the night before completing the survey (including 21% who slept nine or more hours), and 7% slept four hours or less. The percentage of students who slept for at least eight hours decreased locally from 52% in 2013. Non-binary youth were the least likely to have slept for at least eight hours the night before (29%\*).

Older students were less likely than younger ones to have slept for at least eight hours. For example, 31% of 17-year-olds slept for at least eight hours the night before completing the survey, compared to 46% of 15-year-olds and 65% of 13-year-olds.

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (59%), homework (45%), gaming (29%), and online activities other than gaming (e.g., watching videos, checking social media; 72%).

Females were more likely than males to report chatting or texting (66% vs. 52%) and doing homework (52% vs. 38%), and were less likely to report gaming (16% vs. 41%).

Around 4 in 10 students (39%) reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). Females were more likely than males to go offline (42% vs. 36%).

On the day they completed the survey, 51% of local students had woken up feeling like they got enough rest. Students who reported going offline at night were more likely to wake up feeling rested than those who did not go offline (58% vs. 47%). Students who went offline and did not engage in any activity (e.g., homework) after their expected bedtime were the most likely to have woken up feeling rested (68%).

## ACCESS TO HEALTH CARE

Reflecting the pattern across BC, 22% of youth had not needed health care in the past year, and 4% had needed health care but had not been able to access it.

Most youth got their health care from a family doctor. Youth in Fraser East were more likely than their peers across the province to have received health care from a walk-in clinic (40% vs. 35%).

Where Fraser East youth got health care in the past year	
Family doctor	59%
Walk-in clinic	40%
Emergency room (ER)	17%
Counsellor/psychologist	13%
Nurse	8%
Youth clinic	3%
School wellness centre	2%
Traditional healer	1%

Note: Youth could choose more than one response.

When asked specifically about accessing medical care when they were physically sick or hurt in the past year, 59% of Fraser East youth indicated that they had not needed medical help, 32% received the help they needed, and 9% had not received the medical help they needed (similar to the local rate in 2013 and to the provincial rate). Females were more likely than males to miss out on needed medical care (11% vs. 5%).

## DENTAL VISITS

Most youth (83%) had been to the dentist in the past 12 months, while 10% had visited the dentist between a year and two years ago, 6% had last been to the dentist more than two years ago, and 2% had never been.

Around 1 in 10 (11%) local students who had been to the dentist reported that their last visit had been for pain.



## NUTRITION

Reflecting the provincial trend, there was a slight decrease from 2013 in the percentage of local youth who ate fruit and vegetables on the day before completing the BC AHS (91% vs. 93%).

Compared to five years earlier, there was an increase in the percentage of students who consumed fast food (48% vs. 42% in 2013), food grown or caught by them or their family (15% vs. 11%), water (97% vs. 96%) and energy drinks (8% vs. 5%).

In 2018, Fraser East youth were more likely than those across the province to have had pop (42% vs. 37%), and were less likely to have eaten fruit and vegetables (91% vs. 93%) or traditional foods from their background (32% vs. 41%).

## MEALS

Reflecting the provincial trend, there was a decrease in the percentage of Fraser East students who always ate breakfast on school days (43% vs. 51% in 2013) and a rise in the percentage who never did (22% vs. 14%). Local students were less likely than those across BC to always eat breakfast (43% vs. 50% provincially), and were more likely to never do so (22% vs. 17% provincially). Males were the most likely to always eat breakfast (e.g., 53% vs. 35% of females).

Among local students who ate breakfast, the majority ate at home, 11% got their breakfast on the way to school (vs. 8% provincially), and 6% got it at school.

What Fraser East students ate or drank yesterday		
	Once or twice	Three or more times
Water	24%	73%
Fruit	58%	23%
Sweets (cookies, cake, candy, chocolate, etc.)	62%	14%
Vegetables or green salad	56%	19%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	41%	7%
Pop	37%	5%
Traditional food from their background	23%	10%
Food grown/caught by them or their family	11%	4%
Energy drinks	7%	2%

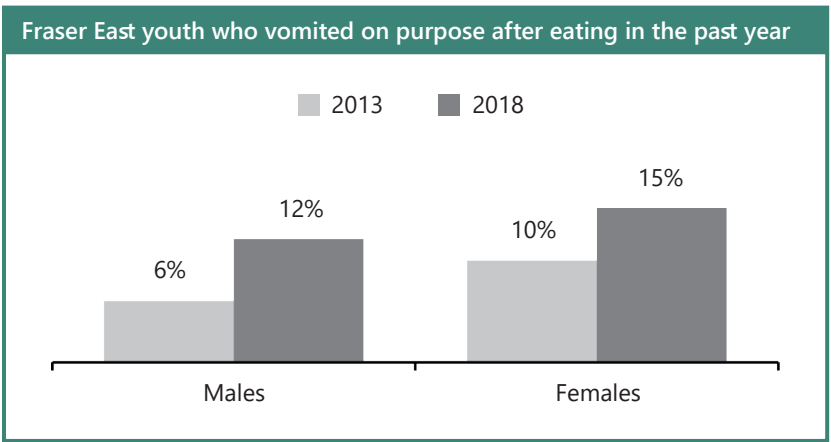


The 2018 survey asked for the first time about eating lunch and dinner. Locally, 58% of students always ate lunch (vs. 64% across BC) and 6% never did (vs. 5% provincially), while 85% always ate dinner and 1% never did.

Locally, 31% of students ate three meals a day on school days, compared to 37% provincially. Males were the most likely to eat three meals a day.

### EATING BEHAVIOURS

Reflecting the provincial trend, there was an increase in the percentage of local youth who reported they had vomited on purpose after eating in the past year. Fourteen percent of youth had purged in the past year, including 3% who did so two or three times a month and 1% who did so at least weekly.



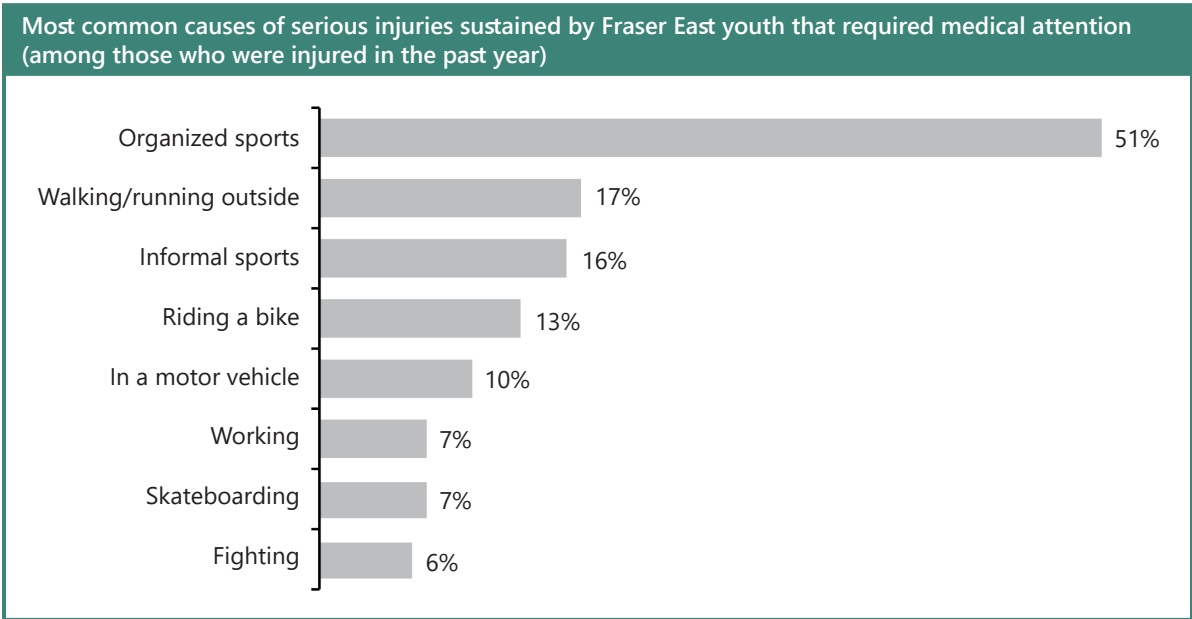
# INJURIES & INJURY PREVENTION

## INJURIES

Reflecting local results five years earlier and the provincial picture in 2018, 26% of Fraser East youth were injured seriously enough to require medical attention in the past year, including 7% who experienced two serious injuries and 3% who had three or more.

Unlike in previous years when males were more likely to experience a serious injury, there were no gender differences in 2018.

Fraser East youth were most likely to have been seriously injured when playing or training for organized sports. They were more likely than youth across the province to have been injured in a motor vehicle (10% vs. 6%).



Note: Youth could choose more than one response.



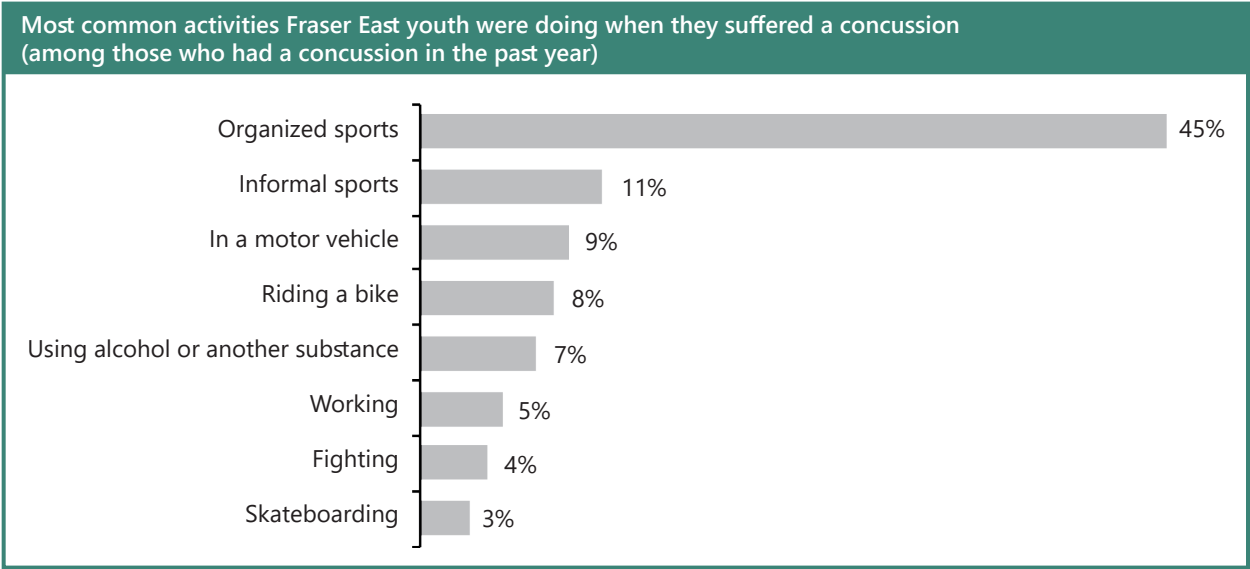
# CONCUSSIONS

Similar to the provincial results, 15% of Fraser East students had experienced a concussion in the past year, including 3% who had two or more concussions. Compared to 2013, local males were less likely to have sustained a concussion in the past year (16% vs. 20%), while the rate for females remained unchanged (14%).

Youth who experienced a concussion typically reported multiple symptoms including head-aches (73%); dizziness or balance problems (67%); blurred vision (50%); ringing in their ears (47%); feeling dazed, confused, or experiencing memory loss (42%); and loss of consciousness (32%).

The most common activity youth were doing when they suffered a concussion was playing or training for organized sports.

Half (50%) of Fraser East youth who experienced a concussion in the past year received medical treatment for their injury.

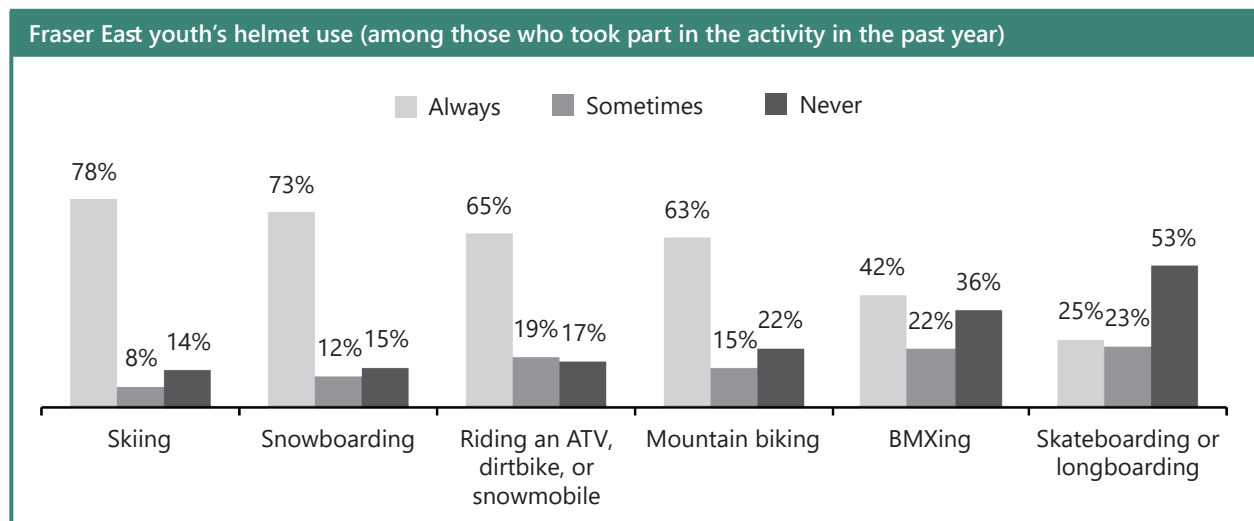


Note: Youth could choose more than one response.

## INJURY PREVENTION

As in previous years, most Fraser East youth (75%) always wore a seatbelt when riding in a motor vehicle. There were no gender differences or differences between this region and the province.

There was an increase in the percentage of local youth who always wore a helmet when cycling (36% vs. 29% in 2013). However, local youth remained less likely than their peers across BC to do so (36% vs. 45%). They wore a helmet in other activities that put them at risk of a head injury (such as snowboarding and BMXing) at similar rates to their peers across BC.



Note: For snowboarding and riding an ATV, dirtbike, or snowmobile, the differences between 'Sometimes' and 'Never' were not statistically significant.

Note: For BMXing, the difference between 'Always' and 'Never' was not statistically significant.

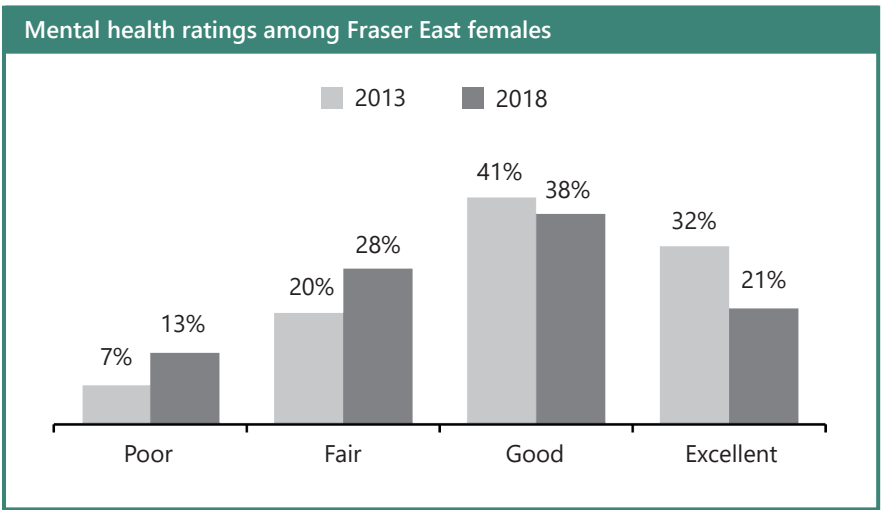
Note: For skateboarding or longboarding, the difference between 'Always' and 'Sometimes' was not statistically significant.

# MENTAL HEALTH

Across BC there was a decline in the percentages of male and female students who reported good or excellent mental health. In Fraser East, the decline was only seen among females (from 73% in 2013 to 60%), whereas the percentage among males was similar to five years earlier (83%). However, when results were considered only among school districts which participated in both the 2013 and 2018 surveys, the decline was also seen among males.

# HAPPINESS

Comparable to the province as a whole, 63% of local youth felt happy most or all of the time in the past month, 25% felt happy some of the time, and 12% rarely or never did. Males in 2018 were as likely as males five years earlier to feel happy most or all the time (73%), but there was a decrease among females (53% vs. 59% in 2013).



Note: The difference between 2013 and 2018 for 'Good' was not statistically significant.

## STRESS & DESPAIR

*"I feel like I am alone."*

**Grade 7 student**

*"I have little confidence in myself. I never thought about suicide, but I have thought if anything would change if I disappeared."*

**Grade 12 student**

Most youth in Fraser East (82%) experienced some level of stress in the month prior to taking the survey, including 13% who felt so stressed that they could not function properly. Local females were more likely to report feeling extreme stress than five years earlier (19% vs. 14%), while the rate among males remained stable (6%). Consistent with 2013, females were more likely than males to have experienced extreme stress.

For the first time, the BC AHS asked students how well they managed their stress. Among those who experienced stress, 34% felt they managed it well and 18% managed it very well. However, 27% managed their stress only fairly well and 21% managed it poorly.

Similar to five years earlier, 56% of students felt some level of despair in the past month, including 8% who felt so sad, hopeless, or discouraged that they were unable to function properly. Females remained more likely than males to have experienced this level of extreme despair (12% vs. 4%).





## MENTAL HEALTH CONDITIONS

*"I have bad anxiety attacks."*

Grade 7 student

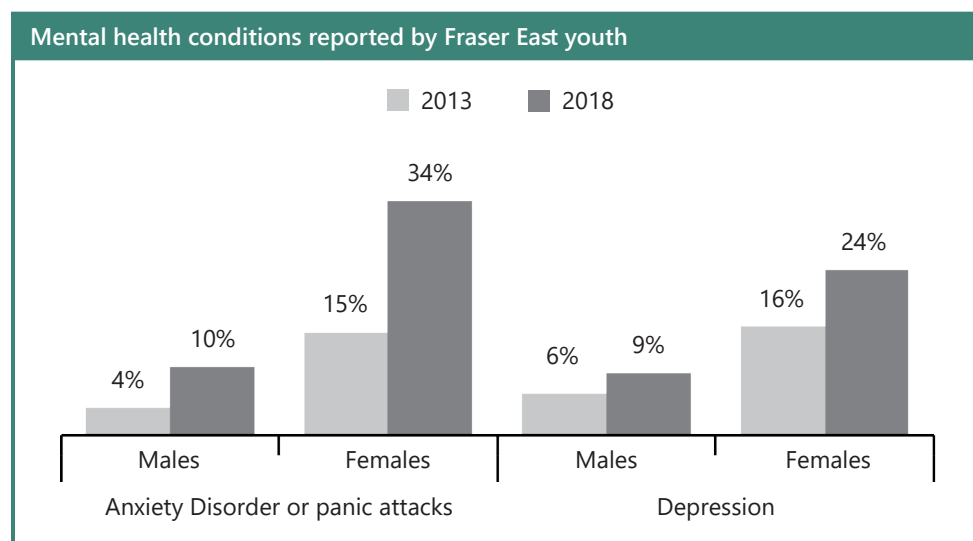
*"I don't know if I have depression or not but sometimes it feels a lot like it."*

Grade 9 student

Females were more likely than males to have Anxiety Disorder/panic attacks, Depression, and PTSD (4% vs. 2%), while males were more likely to have ADHD (9% vs. 6%). Compared to their peers across BC, local females were more likely to report having an Anxiety Disorder/panic attacks (34% vs. 28% provincially).

Among non-binary youth, 59%\* had Depression and 56%\* had Anxiety Disorder/panic attacks.

There were increases in local students who reported having Anxiety Disorder/panic attacks (22% vs. 10% in 2013), Depression (17% vs. 12%), Attention Deficit/Hyperactivity Disorder (ADHD; 8% vs. 5%), and Post-Traumatic Stress Disorder (PTSD; 3% vs. 1%). Youth also reported having Asperger's or Autism Spectrum Disorder (1%) and Fetal Alcohol Spectrum Disorder (FASD; 1%).



## SELF-HARM & SUICIDALITY

*"I didn't seriously consider killing myself but I thought of it a little."*

Grade 9 student

*"I want to ask for help but I have no time. I feel like sometimes, if I had a gun or something, I would be pretty dangerous to myself."*

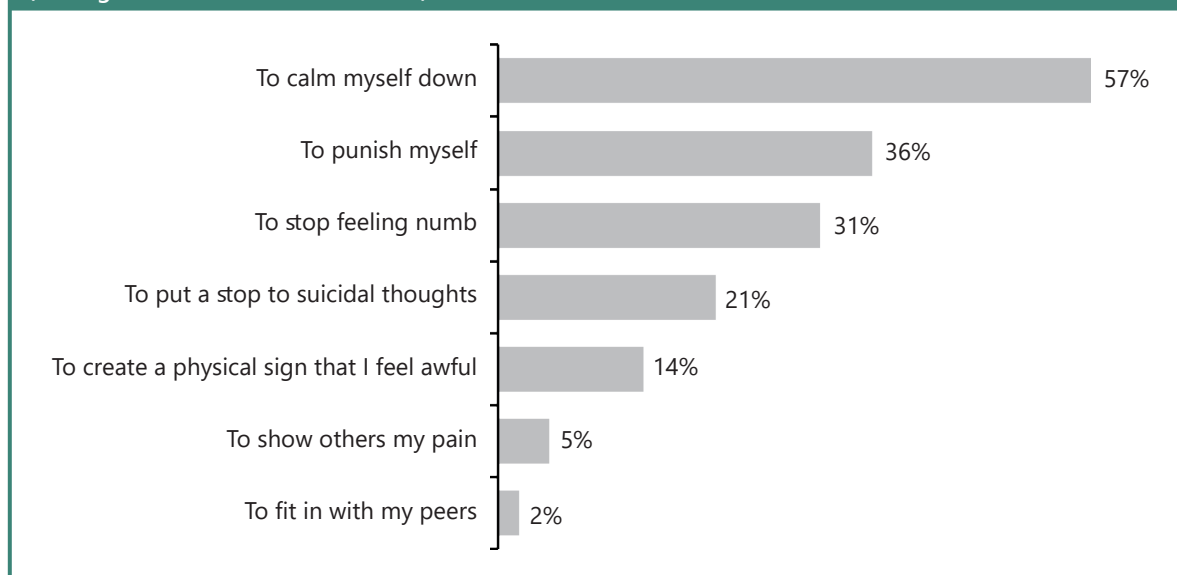
Grade 12 student

In the past year, 12% of males, 24% of females, and 52%\* of non-binary youth had cut or injured themselves on purpose without the intention of killing themselves. The most common reason students gave for self-harming was to calm themselves down.

There was an increase in the percentage of females who had seriously considered suicide (26% vs. 20% in 2013). However, rates of attempting suicide were similar to 2013 (8%).

For males, the percentage who seriously considered suicide (12%) and who attempted suicide (3%) were comparable to five years earlier. However, if results were considered only among students in school districts which participated in both the 2013 and 2018 surveys, there was an increase in suicidal ideation among males.

Fraser East youth's most commonly reported reasons for self-harming the last time (among those who ever self-harmed)



Note: Youth could choose more than one response.

## MISSED OUT ON NEEDED MENTAL HEALTH SERVICES

One in five (20%) Fraser East students had needed mental health services in the past year but had not accessed them. This rate was comparable to the province as a whole, but was a local increase from 13% in 2013.

Among students who did not access needed mental health services, the most common reasons were thinking or hoping the problem would go away and not wanting their parents to know. These were also the most common reasons in 2013 and across BC.

Compared to five years earlier, students were more likely to forego needed mental health services because they were too busy (34% vs. 27%).

### Fraser East youth's most commonly reported reasons for not accessing mental health services in the past year (among those who felt they needed services)

Thought or hoped the problem would go away	64%
Didn't want parents to know	61%
Afraid of what I would be told	46%
Didn't know where to go	42%
Afraid someone I know might see me	36%
Too busy to go	34%
Didn't think I could afford it	20%
Had prior negative experience	17%
Parent/guardian would not take me	14%
Had no transportation	12%
Couldn't go when it was open	4%
On a waiting list	3%

Note: Youth could choose more than one response.

# SEXUAL HEALTH

## ORAL SEX

Consistent with youth across the province and local youth in 2013, 22% of Fraser East youth had engaged in oral sex.

Among these youth, around 1 in 5 (18%) used a condom or other barrier/protection the last time they had oral sex. This was also similar to youth across BC, but represented a local decrease from 25% in 2013.

## INTERCOURSE

In Fraser East, 21% of youth had ever had sex other than oral sex or masturbation, which was similar to the provincial rate and to local results in 2013.

Among those who ever had intercourse, the most common ages for first doing so were 15 (28%) and 16 (27%) years old. Provincially, there was an increase in youth who waited until they were at least 15 years old to first have intercourse, but this trend was not seen in Fraser East.

More than half of Fraser East youth (54%) who ever had intercourse had one sexual partner in the past year, while 16% had two partners, 19% had three or more partners, and around 1 in 10 did not have intercourse in the past year.

Comparable to students across the province and to local results in 2013, 66% of local youth who engaged in intercourse used a condom or other barrier/protection the last time they had sex. As in 2013, males who had intercourse were more likely than females to use protection (74% vs. 59%).

The last time they had sex, condoms were the most common method youth had used to prevent pregnancy. However, there was an increase in youth who did not use any method to prevent pregnancy (3% vs. 1% in 2013). Also, around 1 in 10 (11%) used withdrawal as their only method.

One percent of local youth had ever been involved in a pregnancy.

Methods Fraser East youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	58%
Withdrawal	50%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	40%
Emergency contraception	6%
IUD	4%
Not sure	4%
No method	3%
Depo Provera	2%

Note: Youth could choose more than one response.

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

Locally, 1% of youth reported they had been told by a doctor or nurse that they had an STI.

The HPV vaccines protect against infection from certain types of cancers, and have been available to girls in Grade 6 since 2008 and to boys in Grade 6 since September 2017. Yet, only 23% of youth reported they had been vaccinated (13% of youth who were assigned male on their birth certificates and 33% of females), and 62% (68% of males vs. 56% of females) did not know whether they had been vaccinated.

REFUSAL SKILLS

Most youth felt they were able to say 'no' if they were asked to engage in sexual activity which they did not want to do.

USED PHONE TO SEXT OR WATCH PORNOGRAPHY

Five percent of Fraser East students with a phone used it on their most recent school day to engage in sexting (a decrease from 8% in 2013), and 10% used their device to watch pornography (asked for the first time on the 2018 survey).

Older youth were slightly more likely than younger youth to report having watched pornography.

Fraser East youth who felt they could say no if asked to ...			
	Could say no	Could not say no	Not sure
Have sex with a new partner when didn't want to	92%	2%	6%
Have sex with a long-term partner when didn't want to	87%	3%	10%
Send nudes/sext	92%	2%	6%



# SUBSTANCE USE

## SMOKING, VAPING, & TOBACCO USE

*"I quit smoking four months ago and used e-cigarettes with nicotine to do so."*  
Grade 12 student

Similar to the province as a whole and to local rates in 2013, 19% of Fraser East youth had ever smoked tobacco (e.g., cigarettes, cigars, or cigarillos). Also similar to the local picture five years earlier, 42% of students waited until they were at least 15 years old to first smoke.

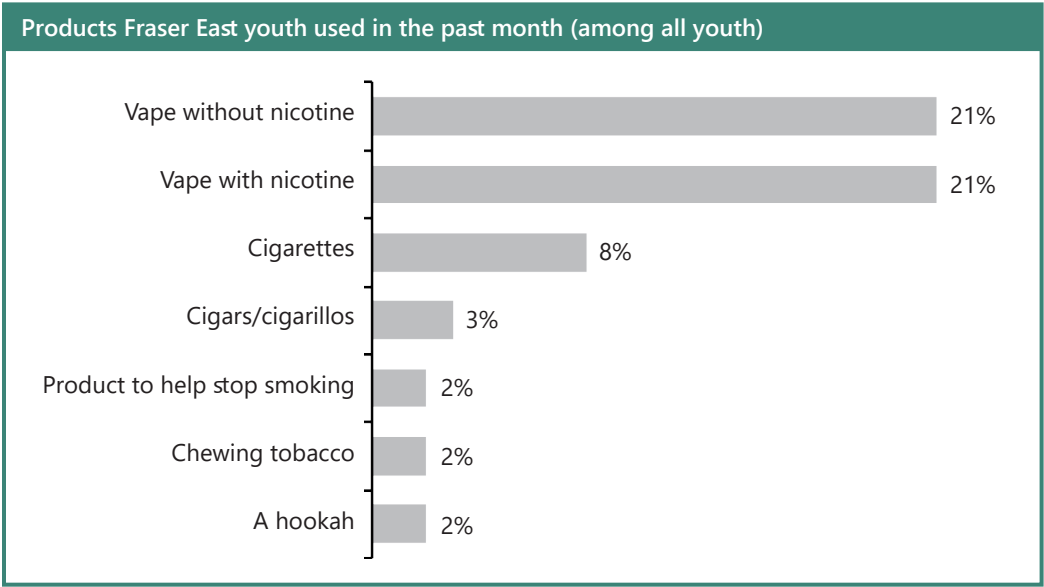
Among those who had ever smoked tobacco, 45% smoked in the past month, including 6% who smoked daily.

Reflecting the provincial pattern, the most common products used by students were a vape pen or stick with or without nicotine. Around a fifth of students had vaped with or without nicotine in the past month, and 14% had done both.

Among students who had smoked tobacco, 61% vaped with nicotine (similar to the provincial rate) and 53% vaped without nicotine (vs. 43% provincially) in the past month.

Youth who had never smoked tobacco were also vaping (17%), including 11% who vaped with nicotine and 13% who vaped without nicotine.

There were few gender differences in smoking except males were the most likely to have smoked cigars/cigarillos (4% vs. 1% of female and non-binary youth).



Note: Youth could choose more than one response.



ALCOHOL

As in 2013, 43% of local youth had ever tried alcohol. However, unlike in 2013, when females were more likely to have tried alcohol, there was no such gender difference in 2018.

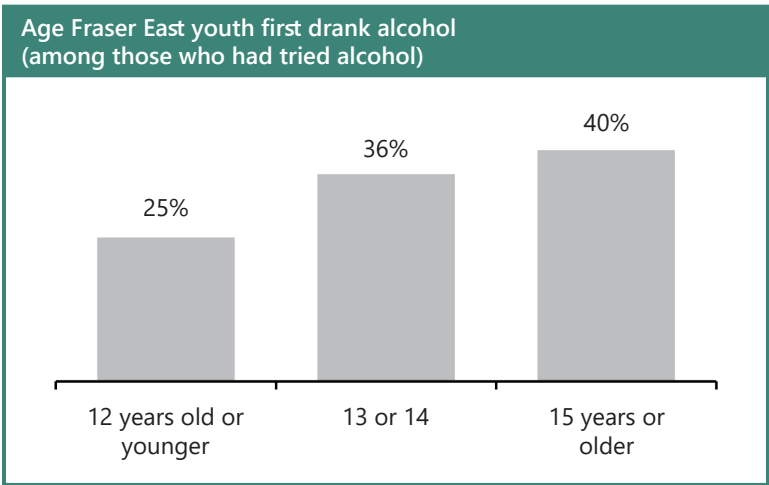
The most common ages for youth to have their first drink of alcohol were 13, 14, or 15. Among those who had tried alcohol, 40% waited until they were 15 or older to first drink. This was consistent with provincial results and with local results in 2013.

Among youth who had tried alcohol, 66% had at least one drink in the past month, including 8% who drank alcohol on at least 10 days that month.

Reflecting the provincial pattern, 35% of local students who had tried alcohol drank on the Saturday prior to completing the survey. Youth most commonly drank liquor (31%; among those who had tried alcohol), followed by coolers (23%), beer (16%), and wine (5%).

Among youth who had tried alcohol, males were more likely than females to drink beer (24% vs. 8%), while females were more likely to drink coolers (32% vs. 15%).

Among youth who drank last Saturday, 51% drank at least two different types of alcohol (e.g., drank liquor and coolers), including 15% who mixed three or four types (vs. 25% in 2013). Females were more likely than males to mix different types of alcohol (58% vs. 43%).



Canadian Low Risk Drinking Guidelines suggest not exceeding two drinks on any one occasion. However, among those who had tried alcohol, 31% had more than two drinks at least once in the week before they took the survey, and 6% did so on three or more days that week.

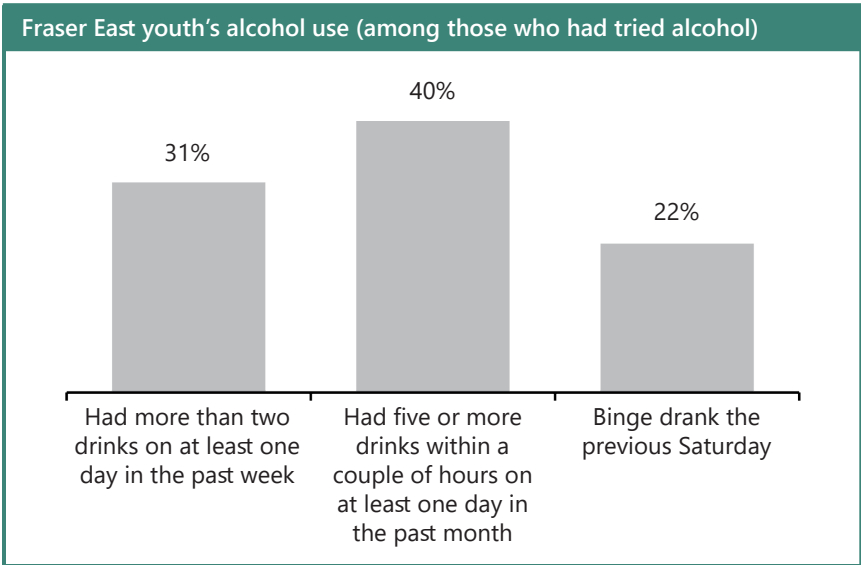
Also, 40% of students who had tried alcohol consumed five or more drinks within a couple of hours at least once in the past month. Females engaged in this type of heavy drinking at a similar rate to 2013, but males were more likely to do so compared to five years earlier (42% in 2018 vs. 33% in 2013).

Binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and females who consume three or more. Twenty-two percent of Fraser East youth who had tried alcohol engaged in binge drinking on the Saturday before taking the survey, which was a decrease from 30% in 2013.

For the first time, the BC AHS asked youth where they got their alcohol the last time they drank. Youth in Fraser East most commonly got it from an adult.

Where Fraser East youth got alcohol from the last time (among those who had tried alcohol)	
Adult gave it to me	40%
At a party	32%
Gave someone money to buy it for me	28%
Took it without permission	13%
Youth gave it to me	12%
Bought it	6%
Exchanged something for it	NR
Made it	NR

Note: Youth could choose more than one response.  
NR: Not releasable due to the risk of deductive disclosure.



Note: Binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and to females who consume three or more.

## MARIJUANA

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. Locally, 27% of youth had ever used marijuana, with no gender differences. This was comparable to the provincial rate, and an increase from five years earlier (27% vs. 22% in 2013).

The most common ages for youth to first try marijuana were 14, 15, or 16; and the percentage of students who waited until they were at least 15 years old to first try it was comparable to five years earlier.

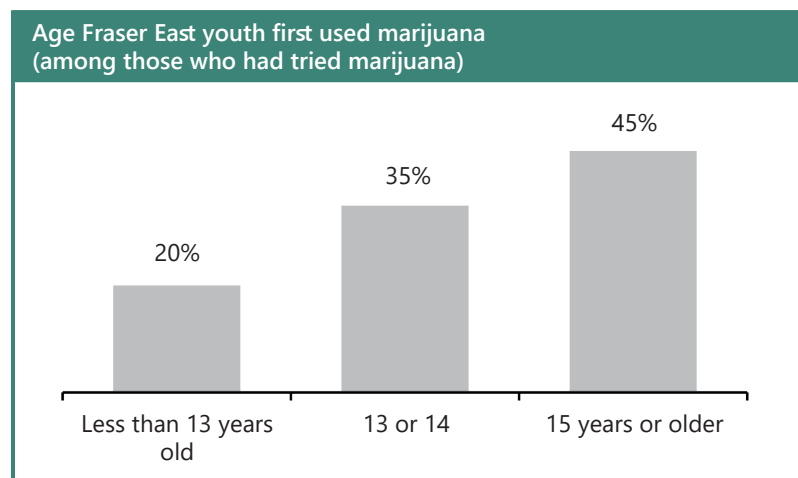
Among youth who had tried marijuana, 60% had used it in the past month, including 23% who used on 6 or more days and 11% who used on 20 or more days. These rates were comparable to 2013.

Also comparable to 2013, 30% of Fraser East youth who had tried marijuana had used it on the Saturday before taking the survey.

Five percent of all youth in Fraser East had used both alcohol and marijuana that Saturday.

For the first time, the BC AHS asked students how they had consumed marijuana the last time they used it. Most students (91%) who had used marijuana smoked it, 16% ate it in a cooked recipe, and 5% took it in another way such as through gummies or vaping.

One percent of local youth had been prescribed medical marijuana.



USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

Similar to their peers across the province, 16% of youth in Fraser East had tried at least one substance other than alcohol or marijuana. As in 2013, local youth most commonly reported misusing prescription medications.

There was a decrease in the use of prescription pills without a doctor’s consent (from 12% in 2013 to 8%). However, local youth were more likely than those across BC to indicate using more of their own prescription than prescribed (7% vs. 5%).

One percent of Fraser East youth had injected an illegal drug.

Fraser East youth who ever used substances other than alcohol and marijuana	
Prescription pills without a doctor’s consent	8%
More of my own prescription than prescribed	7%
Mushrooms	4%
Ecstasy/MDMA	3%
Cocaine	2%
Hallucinogens (excluding ecstasy/MDMA and Ketamine)	2%
Inhalants	2%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	1%
Ketamine, GHB	1%
Heroin	1%
Crystal meth	1%



## CONSEQUENCES OF USE

Over half (57%) of youth who used alcohol or other substances reported negative consequences of their use in the past year. The most common was being told they did something they couldn't remember.

Among youth who ever had sex, 19% used alcohol or other substances before having sex the last time, which was similar to 2013.

In the past year, 6% of students felt that they needed help or were told that they needed help for their substance use. In total 4% needed help for their alcohol use, 3% for their marijuana use, and 2% for their use of other substances. Also, when asked about health conditions, 3% of youth indicated having an alcohol or drug addiction.

Consequences of substance use experienced by Fraser East youth in the past year (among those who used alcohol or other substances during that time)	
Was told I did something I couldn't remember	41%
Passed out	33%
Argued with family members	16%
Got injured	16%
School work or grades changed	14%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	11%
Got into a physical fight	8%
Damaged property	8%
Had sex when I didn't want to	7%
Got into trouble with the police	6%
Had to get medical treatment	2%
Overdosed	3%
Used alcohol or other substances but none of these happened	43%

Note: Youth could choose more than one response.

## DRIVING AFTER SUBSTANCE USE

Among youth who had tried alcohol, 8% reported they had driven a car or other vehicle after they had been drinking, which was comparable to the rate five years earlier. However, there was an increase in the percentage who drove after drinking alcohol in the past month (4% vs. 2% in 2013; among those who had tried alcohol).

Fifteen percent of local youth who had tried marijuana drove after using it, including 10% who had done so in the past month. These rates were comparable to 2013.

In addition, 4% of youth who used substances other than alcohol or marijuana had ever driven after using such substances. (The percentage of youth who engaged in this behaviour in the past month was too small to report.)

While youth were more likely to drive after using marijuana than after drinking alcohol, they were more likely to ride with a driver who had been using alcohol (23%) than one who had been using marijuana (16%). These rates reflected an increase for being a passenger of a driver who had been drinking alcohol (from 20% in 2013), and were unchanged for marijuana.

Rates of driving after alcohol, marijuana, and other substance use were comparable to the provincial rates, as were those for being a passenger of a driver who had used these substances.

## REPORTED REASONS FOR USING

As in 2013, the most common reason youth gave for using substances the last time they did so was to have fun (67%). However, the percentage who used substances because they felt down or sad increased (from 20% in 2013 to 24%).

Reasons Fraser East youth used substances the last time (among those who had used alcohol or other substances)

I wanted to have fun	67%
I wanted to try it/experiment	33%
My friends were doing it	30%
Because of stress	27%
I felt down or sad	24%
I felt like there was nothing else to do	11%
To manage physical pain	7%
I was pressured into doing it	4%
I thought it would help me focus	4%
Because of an addiction	2%
I didn't mean to do it	2%
To change the effects of some other drug	1%
Other	8%

Note: Youth could choose more than one response.

Note: Among youth who wrote 'Other' a common response was that they used substances during a special occasion.

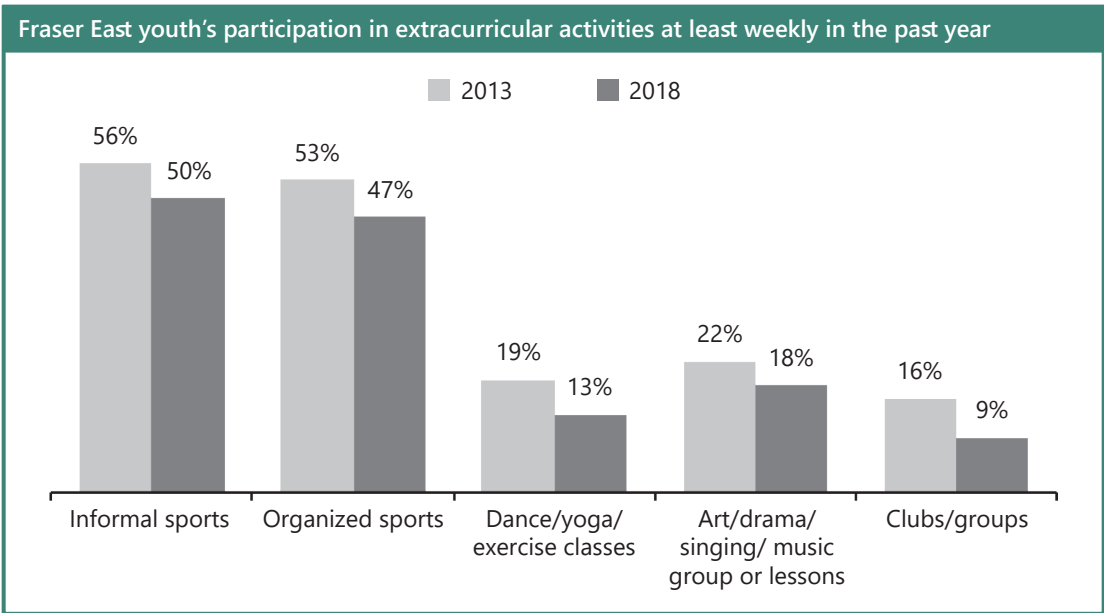


# EXTRACURRICULAR ACTIVITIES

BC AHS results show that participation in extracurricular activities has many benefits, including an increased likelihood that youth will have access to a supportive adult outside their family and will feel connected to their community. Engaging in regular physical activity (such as weekly organized or informal sports) is also linked to better mental health and better sleep patterns.

In the past year, 89% of Fraser East students participated in at least one extracurricular activity (such as sports, dance, clubs, art, or volunteering), including 77% who did so on at least a weekly basis. Among youth who engaged in weekly extracurricular activities, 68% took part in two or more different types of activities (e.g., volunteering and organized sports), including 12% who participated in four or more weekly activities.

Over the past year, the most common weekly activities local youth engaged in were informal sports (sports without a coach such as biking, skateboarding, hiking) and organized sports (sports with a coach such as school teams). Weekly participation rates were similar to 2013 for volunteering (17%), extreme sports (9%), and engagement in traditional or cultural activities (7%) but decreased for most other extracurricular activities.



## BARRIERS TO PARTICIPATION

As in 2013, males were more likely than females to participate weekly in informal sports (57% vs. 43%), organized sports (50% vs. 44%), and extreme sports (15% vs. 4%). Local female students remained more likely to participate weekly in art, drama, music, and singing groups or classes (23% vs. 14% of males); dance, yoga, and exercise classes (20% vs. 6%); volunteer activities (21% vs. 12%); clubs or groups (11% vs. 8%); and cultural or traditional activities (8% vs. 5%).

Compared to youth across the province, Fraser East students were less likely to participate weekly in organized sports (47% vs. 52% across BC); arts, drama, singing, or music (18% vs. 23%); and dance, yoga, or exercise classes (13% vs. 16%).

Students were asked about any barriers they had experienced to taking part in extracurricular activities in the past year. Consistent with the rest of the province and with local results in 2013, being too busy was the most common barrier reported by Fraser East youth (46%).

There was an increase in the percentage of local youth who reported that they did not participate in extracurricular activities because they were worried about being bullied (8% vs. 6% in 2013). However, local youth were less likely to report missing out on activities because they could not get there or home (15% vs. 19% in 2013) or could not afford the activity (13% vs. 17%). Other barriers included being too anxious or depressed to take part (16%) and the activity not being available in their community (12%).

*"I am under a great deal of pressure with all of the activities I do, and I've had at least two emotional meltdowns just this past week."*

Grade 9 student

Fraser East youth's participation in extracurricular activities in the past year				
	Never	Less than once a week	1 to 3 times a week	4 or more times a week
Informal sports	28%	21%	31%	19%
Organized sports	47%	6%	24%	23%
Volunteered without pay	63%	20%	14%	3%
Art/drama/singing/music (group or lessons)	74%	8%	13%	6%
Cultural/traditional activities	77%	16%	6%	1%
Dance/yoga/exercise classes	80%	7%	8%	6%
Extreme sports	82%	9%	6%	4%
Clubs/groups	86%	5%	8%	1%

Note: Percentages for each activity may not equal 100% due to rounding.



# GAMBLING

In BC, it is against the law for young people under the age of 19 to enter a gambling facility or participate in online or in-person gambling for money.

The BC AHS asked students if they had played a number of games of chance in the past year (e.g., online gaming, cards/dice, sports betting, lottery tickets/scratch cards), and, if so, whether they had played these games for money. Similar to youth across the province, 63% of Fraser East students had played at least one of these games, including 20% who had played for money. Females were the least likely to have gambled in the past year (e.g., 49% vs. 76% of males).

## GAMBLING FOR MONEY

Among students who gambled for money in the past year, the most common way they gambled was through buying lottery tickets/scratch cards (44%). They also played cards/dice in person (35%) and online (7%), engaged in online gaming (34%), and participated in sports betting in person

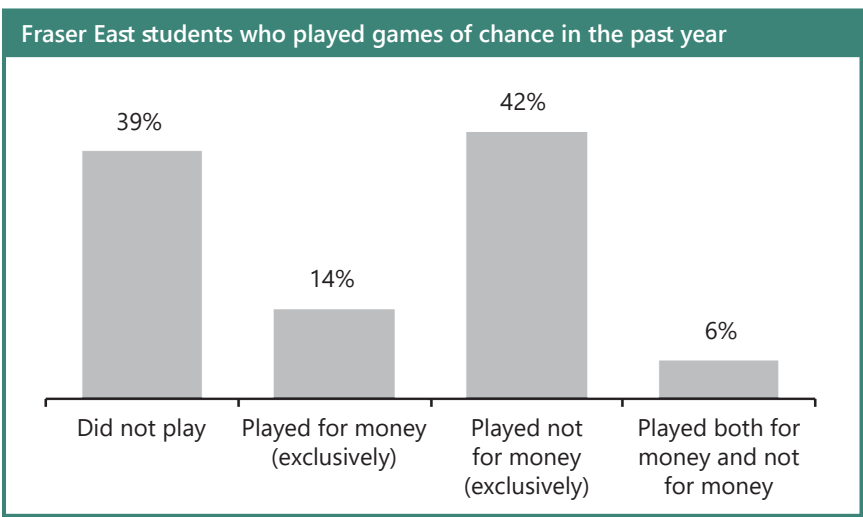
(30%) and online (7%). These rates were comparable to those seen across BC.

Local males were more likely than females to engage in sports betting in person (34% vs. 23%) and online gaming (43% vs. 15%), and were less likely to buy lottery tickets/scratch cards (33% vs. 66% of females).

Reflecting the provincial pattern, 22% of local youth who had gambled for money did so on at least a weekly basis over the past year. Online gaming was the most popular weekly activity (15%), followed by playing cards/dice in person (6%), and buying lottery tickets/scratch cards (2%).

Among local students who had gambled for money in the past year and had access to a phone, 3% had used their device to gamble on the day before completing the survey.

Among all Fraser East youth, 1% felt or had been told that they needed help for their gambling in the past year.



Note: Percentages do not equal 100% due to rounding.

# RISKS TO HEALTHY DEVELOPMENT

This section considers some of the adverse experiences which can have lasting negative effects on health and well-being.

## POVERTY & DEPRIVATION

### GOING TO BED HUNGRY

In Fraser East, 1 in 10 (10%) youth went to bed hungry at least sometimes because there was not enough money for food at home, including 2% who often or always went to bed hungry. The percentage who never went to bed hungry because there was not enough money for food (90%) was consistent with that seen provincially, but represented a local decrease from 92% in 2013.

### DEPRIVATION

Going to bed hungry because there is not enough money for food at home is a measure of extreme poverty, and the BC AHS has previously struggled to get a reliable measure of other experiences of poverty and deprivation.

With the help of over 800 youth across BC, an Index of Deprivation was developed for the 2018 survey. The Index highlights the 10 items BC youth felt were most important for them to have to feel like they belonged, and which if they did not have, could make them feel like they were missing out on things their peers had. The 2018 BC AHS asked youth if they had the 10 items, and whether they wished they had them if they did not.

Fraser East youth who felt deprived of ...	
Money to spend on themselves	12%
Smartphone	9%
Space of their own to hang out in	6%
Lunch for school/money for lunch	5%
Money for school supplies, trips, and extracurricular activities	5%
Access to transport	4%
Equipment/clothes for extracurricular activities	4%
Clothes to fit in	2%
A quiet place to sleep	2%
Access to the Internet	1%



Most youth had all the items on the list. For example, 97% of Fraser East youth had access to a quiet place to sleep, while 2% did not have this but wished they had it, and 1% did not have it and did not want it or did not know if they wanted it.

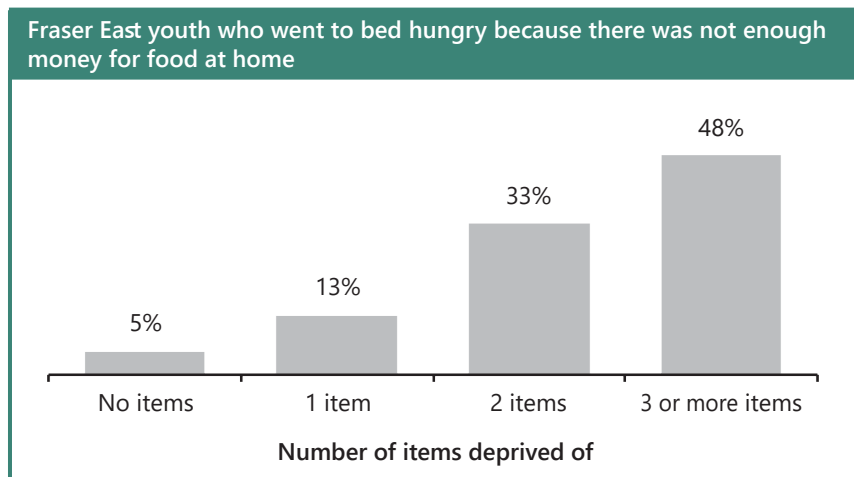
Fraser East students were more likely than their peers across BC to feel deprived of money to spend on themselves (12% vs. 10%) and a smart-phone (9% vs. 6%).

When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 81%\* of youth who did not have but wished for a quiet place to sleep had slept for less than eight hours on the night before completing the survey, compared to 51% of those who had somewhere quiet to sleep. Also, youth who wished for but did

not have the money to buy school supplies, go on school trips, or join in extracurricular activities were less likely to think they would go on to post-secondary (62% vs. 82% of those who could afford these things).

In Fraser East, more than a quarter (28%) of youth reported they lacked but wished they had at least one of the items in the Index (vs. 25% across BC), including 16% who lacked one item, 6% who lacked two items, 3% who lacked three items, 1% who lacked four items, and 1% who lacked five or more items.

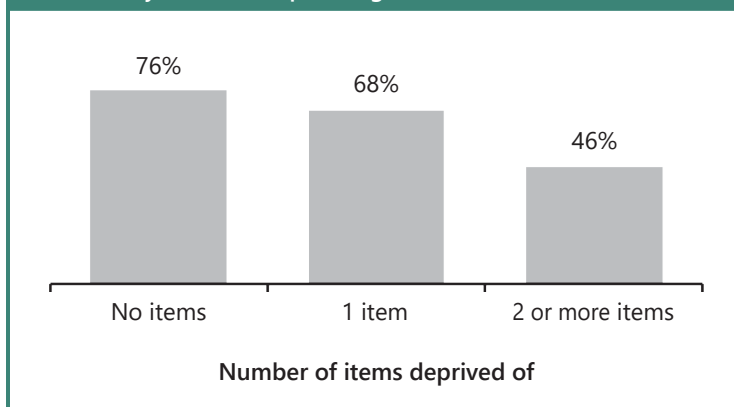
The more items youth reported not having but wishing they had, the more likely they were to go to bed hungry because there was not enough money for food at home.



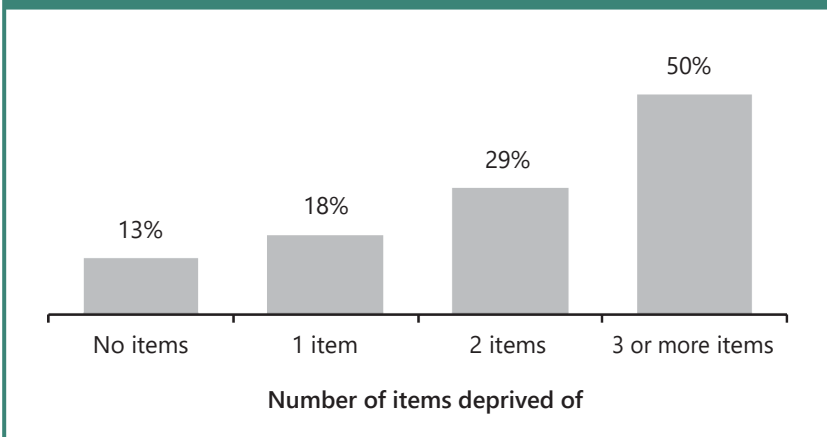
The more items youth were deprived of, the less likely they were to feel like a part of their school or community. For example, 34% of those who were deprived of two or more items reported feeling like a part of their school, compared to 60% of those who were not deprived of any items on the list. Also, 44% of youth who had all the items on the Index felt connected to their community, compared to 27% of those who were deprived of two items, and 14% who were deprived of three or more items on the list.

Deprivation was also associated with poorer overall health, mental health, and well-being. For example, 83% of youth who had all items on the list reported good or excellent health, compared to 75% of those who felt deprived of one item, and 46% of those who were deprived of three or more of the items. Additionally, the more items youth felt deprived of, the more likely they were to wish they had a different life.

Fraser East youth who reported good/excellent mental health



Fraser East youth who wished they could have a different life



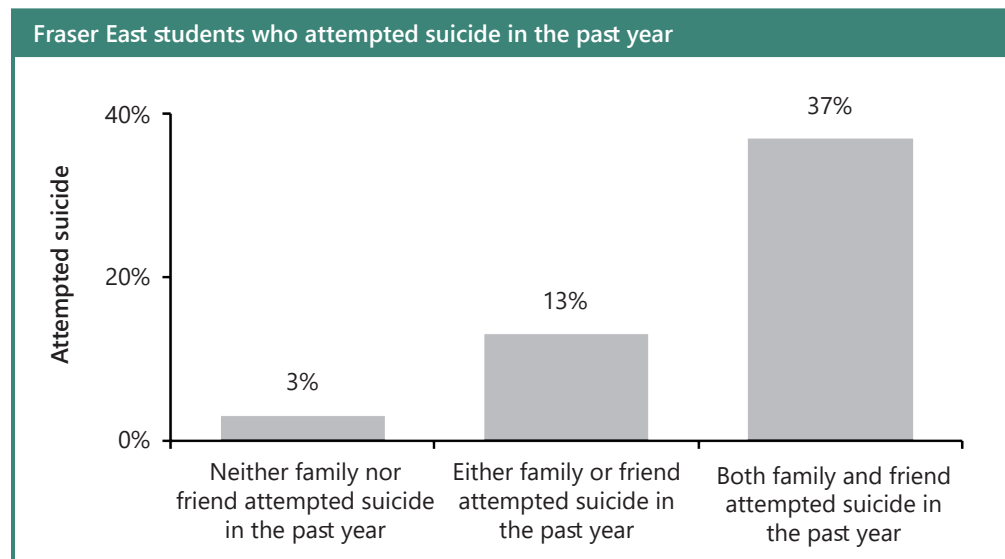
## LOSS & BEREAVEMENT

Most Fraser East students (72%) had experienced bereavement. They had most commonly lost someone close to them due to illness (47%) and old age (45%). Other reasons included an accident (17%), suicide (12%), violence (5%), a fentanyl overdose (3%), and an overdose from a substance other than fentanyl (4%).

Youth were also asked if a family member or close friend had attempted or died by suicide, and if this experience had happened within the past year. Overall, 41% of local youth had experienced at least one of these events (vs. 36% provincially), an increase from 35% in 2013.

Locally, 20% had a family member who had attempted or died by suicide (vs. 16% provincially), and 7% had this experience in the past year. Also, 33% had a close friend who had attempted or died by suicide (vs. 29% provincially), and 19% had this experience in the past year.

Fraser East youth who had a close friend or family member who had attempted or died by suicide were more likely to have attempted suicide themselves.



## VIOLENCE & DISCRIMINATION

### DATING VIOLENCE

In the past year, 47% of Fraser East students had been in a romantic relationship (compared to 43% provincially). Among these students, 9% had been the victim of physical violence within their relationship (with no gender differences). For both males and females, rates of dating violence were consistent with five years earlier.

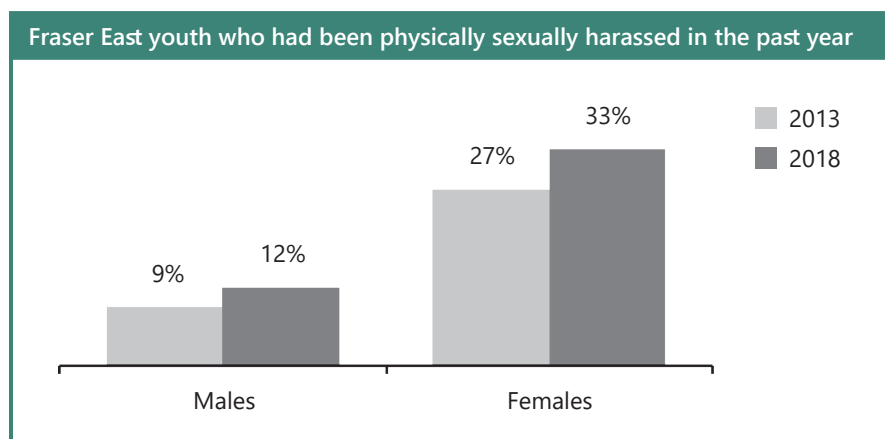
### SEXUAL HARASSMENT

Provincially, the percentage of females who had been verbally sexually harassed in the past year increased from 2013, while the percentage for males decreased. Locally, rates of verbal sexual harassment were similar to five years earlier. Females remained more likely than males to have been harassed in this way (49% vs. 28%).

Reflecting the pattern across the province, rates of physical sexual harassment increased for both males and females from 2013.

### PHYSICAL & SEXUAL ABUSE

Similar to the provincial picture, 16% of Fraser East youth had been physically abused or mistreated and 13% had been sexually abused. This represented an increase for females in physical abuse (19% vs. 15% in 2013) and sexual abuse (21% vs. 15%). For males, rates of physical abuse (12%) and sexual abuse (4%) were unchanged.



DISCRIMINATION

Comparable to the province as a whole, 40% of Fraser East students had experienced at least one form of discrimination in the past year. The most commonly perceived reason for being discriminated against was because of their physical appearance.

Compared to five years earlier, there were increases in discrimination on the grounds of gender/sex (10% vs. 6% in 2013), income or family income (8% vs. 5%), and because of a disability (4% vs. 3%).

Local youth were less likely than those across BC to report being discriminated against because of their race, ethnicity, or skin colour (12% vs. 14% provincially).

Fraser East youth’s perceived reasons for being discriminated against in the past year	
Physical appearance	25%
Weight	18%
Race, ethnicity, or skin colour	12%
Gender/sex	10%
Income or family income	8%
Sexual orientation (e.g., being or thought to be gay or lesbian)	6%
A disability	4%

Note: Youth could choose more than one response.



## BULLYING

*"Some people don't understand how bad anxiety, depression, etc. can get and I feel like more people need to understand it in order to not bully or hurt others."*

Grade 7 student

Similar to youth across the province and to local youth five years earlier, over half (52%) of Fraser East students had been bullied at school or on the way to or from school in the past 12 months. This included being teased to the point where they felt bad or extremely uncomfortable (38%), being socially excluded on purpose (39%), and being physically attacked (8%).

Females remained more likely than males to have been teased (47% vs. 28%) and socially excluded (49% vs. 29%), whereas males were more likely to have been physically attacked (10% vs. 7% of females).

In the past year, 9% of Fraser East students reported they had teased, excluded, or physically attacked someone else at school or on the way to or from school.

## WEAPON CARRYING

In 2018, 5% of students carried a weapon to school in the past 30 days, including 1% who always carried one.

Students who had been the victim of bullying were more likely to carry a weapon. For example, 21% of youth who had been physically attacked in the past year carried a weapon, compared to 3% who had not been attacked.

## INTERNET SAFETY

Reflecting the picture across BC, 19% of local students had met someone online who made them feel unsafe in the past year. This represented an increase for both females (26% vs. 19% in 2013) and males (11% vs. 7%).

Also similar to the provincial picture and to local rates five years earlier, 15% of students (20% of females vs. 10% of males) had been cyberbullied in the past year.

Locally, 6% of students reported that they had cyberbullied someone else in the past year. The percentage of females who had cyberbullied someone decreased from 7% in 2013 to 4%, but remained comparable for males (7%).





# SUPPORTING HEALTHY DEVELOPMENT

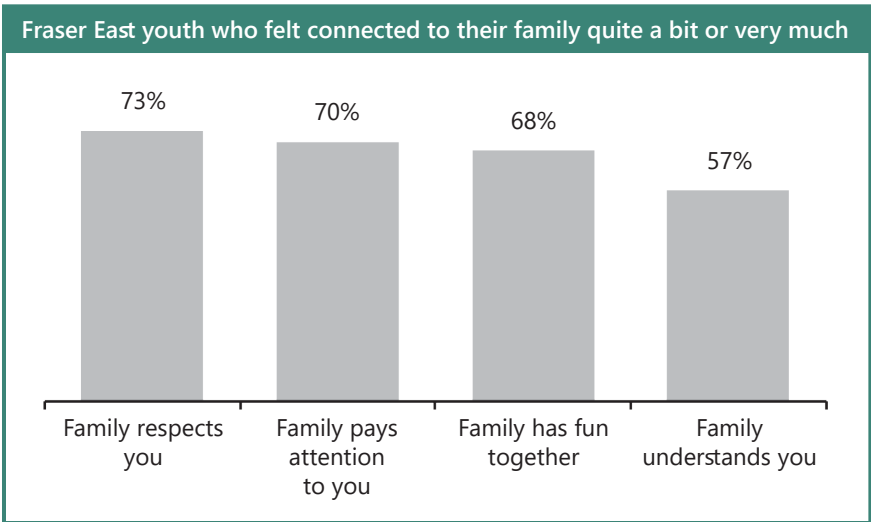
## FAMILY

BC AHS results show that family relationships are one of the most important protective factors in the lives of youth in Fraser East and across BC. For example, youth who report feeling connected to family, have supportive adults they can turn to within their family, and have parents or caregivers who know what they are doing in their free time and online report better overall health and better mental health than their peers without such positive family relationships.

Youth with positive family relationships are also less likely to engage in health risk behaviours (such as risky substance use or risky sexual behaviours), and are more likely to have the skills to refuse negative peer pressure or unwanted sexual activity.

Generally, Fraser East youth felt connected to their family, but they were more likely to feel respected by their families than understood by them.

Males were the most likely to feel their family respected them (79% vs. 67% of females vs. 42%\* of non-binary youth), paid attention to them (76% vs. 64% of females vs. 41%\* of non-binary youth), and understood them (e.g., 66% vs. 49% of females). Non-binary youth were least likely to have had fun together with their family (e.g., 36%\* vs. 71% of males).



## SUPPORTIVE FAMILY

*"I feel like my family doesn't think I'm good enough. I always get called annoying or stinky."*

Grade 7 student

Reflective of the picture across the province and local rates five years earlier, 70% of Fraser East students had an adult inside their family they could talk to if they had a serious problem. Non-binary youth were the least likely to have such an adult in their family (36%\* vs. 66% of females vs. 75% of males).

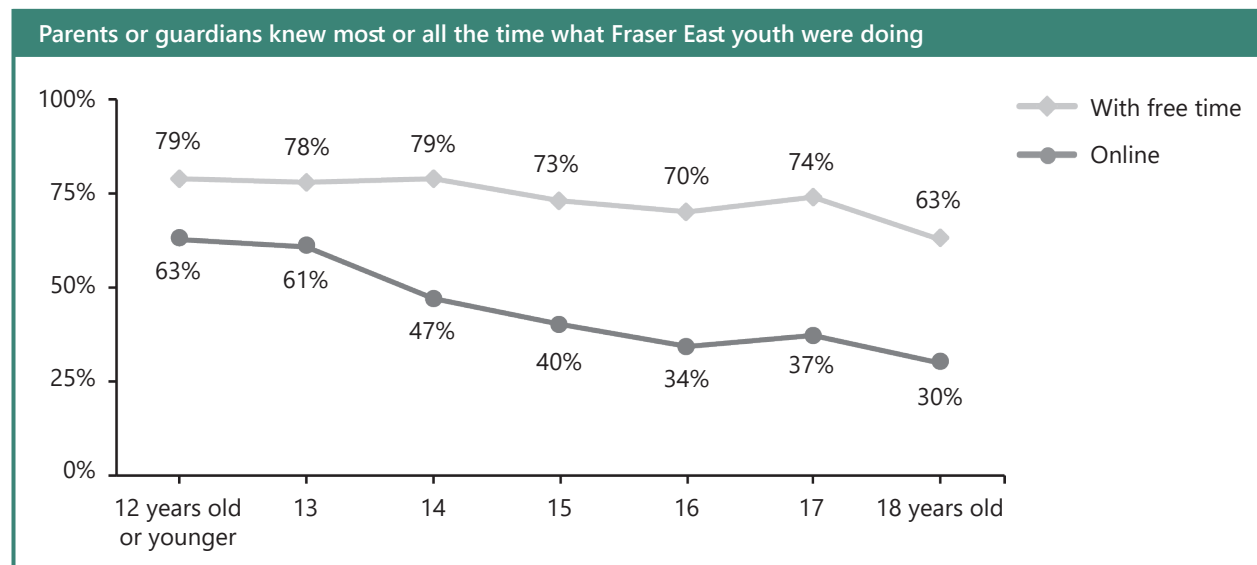
Most students (73%) turned to a family member for help in the past year, and the majority of these students (93%) found the support helpful.

Overall, local students were more likely to have turned to a family member for help in 2018 than their peers five years earlier (73% vs. 68% in 2013). However, this increase was only seen among males (74% vs. 64% in 2013).

## MONITORING

Most Fraser East youth (74%) had parents who usually monitored their free time, and 45% had parents who monitored their time online. However, 12% had parents who rarely or never knew what they did in their free time, and 36% had parents who rarely or never monitored their time online.

When asked how much time they had to do the things they wanted with their family, most local students (72%) felt they had the right amount of time, and 21% felt they did not have enough time.



Note: Differences between ages were not statistically significant at every point.

## SCHOOL

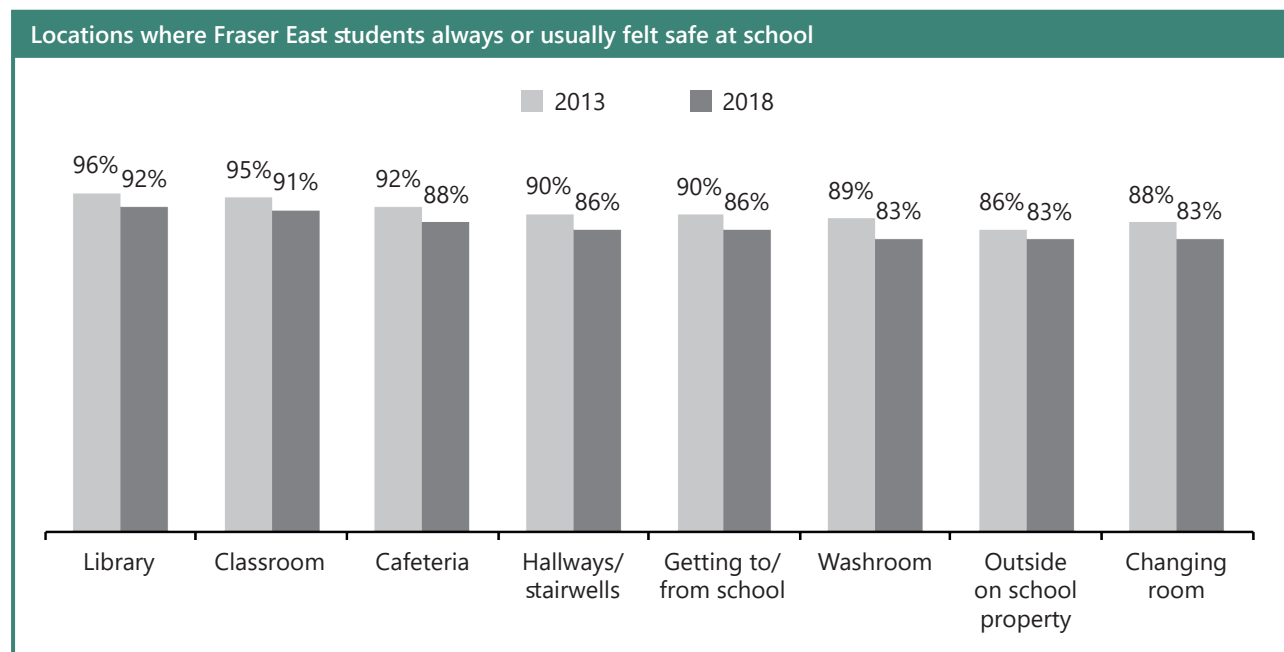
School connectedness is consistently one of the strongest protective factors for BC youth. It is associated with positive academic and health-related outcomes, including positive mental health and reduced likelihood of risky substance use and risky sexual behaviour.

Most students in Fraser East felt that school staff expected them to do well (79%), they were treated fairly by school staff (69%), their teachers cared about them (64%), they were happy to be at school (57%), they were a part of their school (55%), and school staff other than teachers cared about them (52%).

## SAFETY

Local students were less likely to feel safe at school than five years earlier (68% vs. 79% in 2013), and were less likely to feel safe than students across BC (vs. 73% provincially).

Males were the most likely and non-binary youth were the least likely to feel safe at school. For example, 86% of males felt safe in the changing room (vs. 82% of females vs. 49%\* of non-binary youth), 86% felt safe outside on school grounds (vs. 82% of females vs. 59%\* of non-binary youth), and 89% felt safe getting to or from school (vs. 84% of females vs. 68%\* of non-binary youth).



EDUCATION PLANS

Most Fraser East students planned to finish Grade 12 (86%), but they were less likely than their peers across BC to plan to attend post-secondary (79% vs. 83%). They were also less likely than five years earlier to plan to finish Grade 12 (86% vs. 90% in 2013) or attend post-secondary (79% vs. 87%).

ATTENDANCE

In the past month, local youth most commonly missed school because of illness. Also, 22% had skipped classes, with 7% doing so on three or more days.

Fraser East students were more likely than their peers across BC to have missed school because of family responsibilities (17% vs. 14% provincially), but they were less likely to have skipped class (22% vs. 26%).

Reasons Fraser East students missed classes in the past month	
Illness	40%
Appointments	34%
Skipping class	22%
Slept in	22%
Mental health (e.g., anxiety, depression)	18%
Family responsibilities	17%
Other school responsibilities	17%
No transportation	5%
Bullying	5%
Work	5%

Note: Youth could choose more than one response.

Compared to five years earlier, local students were more likely to have skipped school (22% vs. 19% in 2013); and missed school because of family responsibilities (17% vs. 12%), bullying (5% vs. 3%), and work (5% vs. 3%).

Females were more likely than males to have skipped classes (25% vs. 19%); and to have missed school because of bullying (7% vs. 3%), appointments (42% vs. a 27%), other school responsibilities (22% vs. 11%), and lack of transportation (7% vs. 4%).

Non-binary students were the most likely to have missed school because of their mental health (40%\* vs. 25% of females and 9% of males).

COMMUTE TO SCHOOL

Comparable to the provincial picture, 22% of local youth took the school bus or public transit to school. Youth in Fraser East were more likely to get to school by car (55% vs. 47% across BC), and were less likely to use an active means such as walking, cycling, or skateboarding (23% vs. 29%).

Compared to youth across BC, local youth had a shorter commute to school. For example, 93% commuted for less than 30 minutes (vs. 90% provincially), and 1% commuted for an hour or longer (vs. 2%).

## COMMUNITY

Youth who feel connected to their community are more likely to feel safe in their neighbourhood, to have post-secondary aspirations, and to feel hopeful for the future; and they are less likely to engage in binge drinking and other health risk behaviours. They are also less likely to miss out on mental health services when they need them.

Having an adult to turn to in their community for support can be particularly helpful for youth without such an adult in their family.

Similar to youth across the province and local youth five years earlier, 40% of students in Fraser East felt quite a bit or very connected to their community, while 24% felt only a little or not at all connected.

Also similar to youth across BC, two thirds (66%) of Fraser East youth felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them. This reflected a local increase from 63% in 2013.

## SAFETY

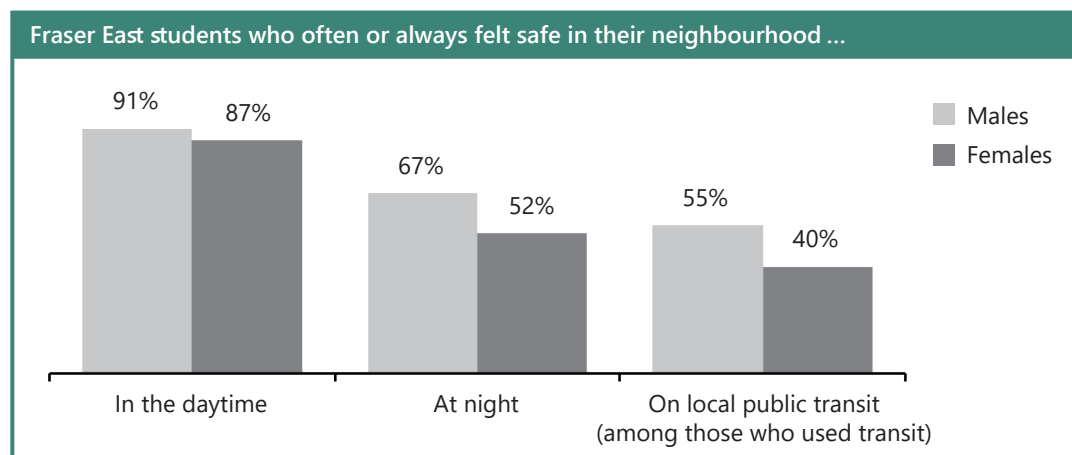
The majority of Fraser East youth often or always felt safe in their neighbourhood in the daytime and at night, with males the most likely to feel this way. However, females were less likely than five years earlier to often or always feel safe in their neighbourhood at night (52% vs. 56% in 2013).

Also, local youth were less likely than their peers across the province to feel safe in their neighbourhood during the day (89% vs. 91% provincially) and at night (59% vs. 65%).

Among local youth who used public transit, 16% always felt safe doing so and 10% never did. Males were more likely than females and non-binary youth to feel safe on transit.

## RELATIONSHIP TO THE LAND/NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Forty-three percent of Fraser East students reported often or always feeling connected, whereas 37% sometimes felt this way, and 20% hardly ever or never felt connected.



# SUPPORTIVE RELATIONSHIPS

## SUPPORTIVE ADULTS

Youth who have a supportive adult in their life are more likely to feel comfortable refusing to do something they do not want to do, such as engaging in unwanted sexual activity or sexting, and are less likely to miss out on needed mental health care. They are also more likely to feel happy if they have an adult who cares about them.

Youth who have an adult who helps them with tasks report better outcomes. For example, if they have an adult to help them with post-secondary applications, they are more likely to plan to go to college, university, or trades school.

There was a decrease in the percentage of youth who had access to an adult outside their family whom they could turn to for support (28% vs. 34% in 2013). Females remained more likely than males to have such an adult in their life (32% vs. 25%).

Most Fraser East students had an adult in their life who helped them with making and getting to appointments, homework, preparing for post-secondary, and finding employment. Fraser East youth were more likely than those across the province to have an adult in their life who helped them with finding a job (73% vs. 69% provincially).

Fraser East students who had an adult who helped them with ...			
	Yes	No	Don't need this
Getting to appointments	90%	5%	5%
Making appointments	89%	6%	5%
Preparing for post-secondary	75%	16%	9%
Getting a job	73%	15%	12%
Homework	61%	22%	17%



## Asking adults for help

Fraser East students asked a variety of adults outside their family for help in the past year, and most found the experience helpful. Teachers were the most commonly sought source of support and, as with youth across BC, there was a local increase in the percentage who approached a teacher for help (from 41% in 2013 to 54%).

Fraser East youth were more likely than those across BC to access a youth worker for help (11% vs. 9% provincially).

Adults outside their family whom Fraser East students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	54%	93%
Doctor	34%	91%
School counsellor	32%	82%
Sports coach	27%	94%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	24%	85%
Friend's parent	23%	91%
Nurse	17%	91%
Mental health counsellor	11%	76%
Youth worker	11%	81%
Spiritual leader	6%	86%
Aboriginal Education Worker <sup>†</sup>	6%	67%
Social worker	6%	68%
Online community/online support group	5%	70%
Telephone helpline	5%	58%
Indigenous Elder <sup>†</sup>	4%	69%

<sup>†</sup>Among Indigenous students, 18% had approached an Aboriginal Education Worker for help and 13% had approached an Indigenous Elder. Most Indigenous youth found this experience helpful.

## FRIENDS

The BC AHS has shown that having three or more in-person friends is associated with a number of positive outcomes including positive mental health and a reduced likelihood of being bullied.

The survey results also show that if students have friends who disapprove of them engaging in certain health risk behaviours, they are less likely to engage in those behaviours.

The majority of students in Fraser East (96%) had at least one close friend in their school or neighbourhood, and 80% had three or more close friends. Consistent with the picture across the province, males were the most likely to have three or more close friends (e.g., 83% vs. 77% of females).

A little over a third of students (36%) had at least one close friend online whom they had never met in person, and 17% had three or more such friends. Male and non-binary youth were over twice as likely as females to have three or more online friends whom they had never met in person (about a quarter vs. 11% of females).

Also, 9% had dated someone they had met online and had never met in person. Non-binary youth were the most likely to have dated someone they exclusively knew online (26%\* vs. around 1 in 10 males and females).

### *Connecting with friends*

When asked how much time they had to do the things they wanted with friends, 67% felt they had the right amount of time, while 28% did not have enough time, and 5% had too much time. Females and non-binary youth were more likely than males to feel they had insufficient time with their friends, as were older youth in comparison to younger ones (e.g., 33% of 17-year-olds did not have enough time with their friends vs. 20% of 13-year-olds).

### *Asking for help*

In the past year, 73% of students in Fraser East had asked a friend they knew in person for help, with females more likely than males to have done so (79% vs. 68%). Among students who asked a friend for help, 94% found the experience helpful.

One in five students (20%) had asked a friend they only knew online for help, and 81% of these youth found the support helpful. Non-binary students were more likely than males and females to have asked an online friend for help (38%\* of non-binary youth vs. about a fifth of males and females).

In the past year, 79% of students had a friend who had asked them for help, and most (96%) felt able to help. Females were more likely than males to have been approached for help (84% vs. 75%).

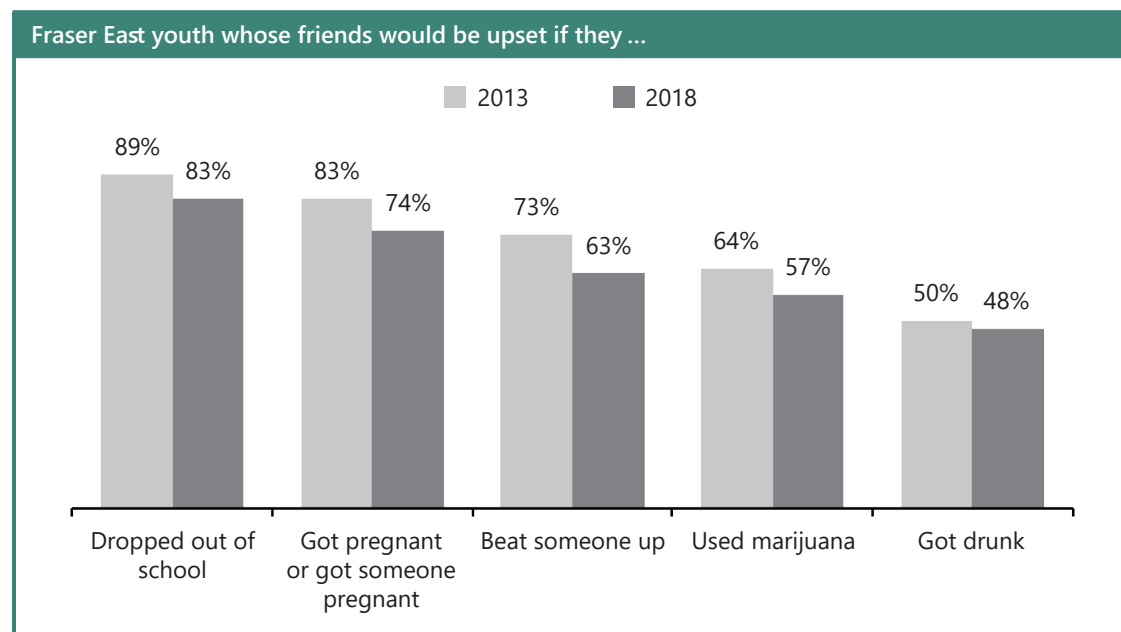




### Friends with prosocial attitudes

Reflecting the pattern provincially, most Fraser East youth had friends with prosocial attitudes towards health risk behaviours. Females were more likely than males to have friends who would be upset with them if they were involved in a pregnancy (79% vs. 69%), beat someone up (75% vs. 50%), dropped out of school (88% vs. 78%), got drunk (51% vs. 44%), or used marijuana (62% vs. 52%).

Students were less likely than in 2013 to indicate that their friends would be upset with them if they dropped out of school, were involved in a pregnancy, beat someone up, or used marijuana. The percentages who had friends who would disapprove if they got drunk were similar to 2013.



Note: The difference between 2013 and 2018 for 'Got drunk' was not statistically significant.

# YOUNG PEOPLE'S STRENGTHS & RESILIENCY

## QUALITY OF LIFE & WELL-BEING

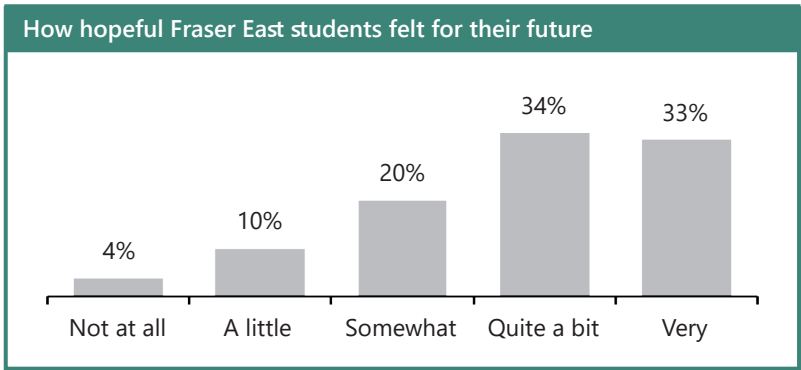
Fraser East youth generally felt positively about their quality of life. For example, most indicated that they had a good life and their life was going well. Males were the most likely and non-binary students were the least likely to rate their quality of life positively.

## HOPEFULNESS

Two thirds (66%) of Fraser East students felt quite a bit or very hopeful for their future, with males the most likely to feel this way. Youth who felt hopeful were more likely than their peers who felt less hopeful to report good or excellent mental health (85% vs. 28%) and to feel happy in the past month (78% vs. 19%), as well as to report lower rates of extreme stress (7% vs. 36%) and despair (3% vs. 32%).

Quality of life and well-being among Fraser East youth			
	Agree/ strongly agree	Neither agree nor disagree	Disagree/ strongly disagree
I have a good life	77%	17%	6%
My life is going well	72%	19%	10%
I have what I want in life	59%	26%	15%
My life is going just right	57%	26%	17%
I wish I had a different life	17%	21%	62%

Note: Percentages for 'My life is going well' do not equal 100% due to rounding.



Note: Percentages do not equal 100% due to rounding.



## PERSEVERANCE

For the first time, the BC AHS included a question about how often students pushed themselves to achieve their goals when things went wrong. Four percent of students indicated that things had never gone wrong for them. Among those who had experienced challenges or setbacks, 43% indicated they always pushed themselves to achieve their goals in these situations (with males the most likely to report doing so), while 7% indicated they never pushed themselves, and the remaining 50% indicated that they sometimes pushed themselves.

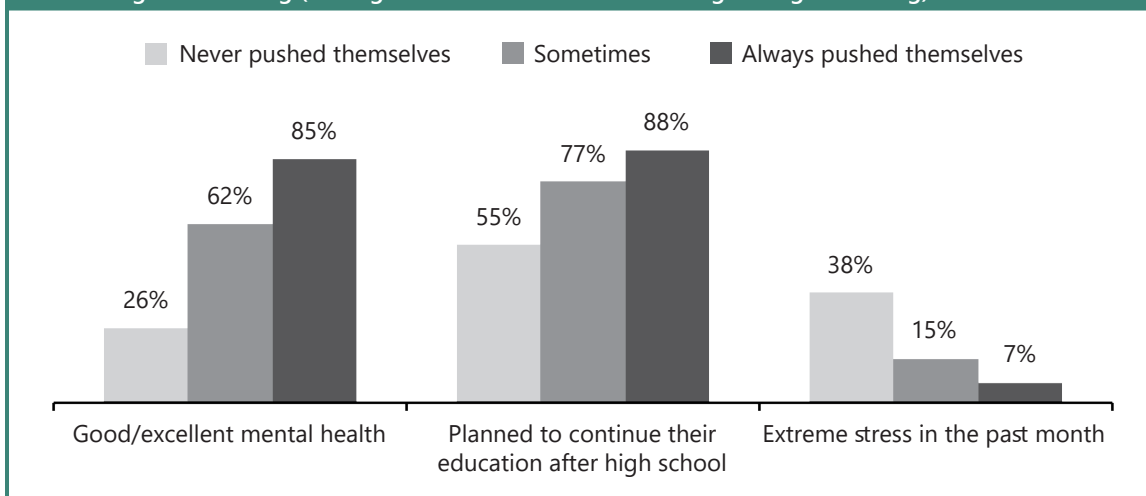
The more often Fraser East students persevered when faced with obstacles, the more likely they were to experience positive mental health and to plan to pursue post-secondary education, and the less likely they were to experience extreme stress.

## FEELING SKILLED & CONFIDENT

Similar to 2013, 79% of Fraser East youth were able to name something they were really good at (such as sports, school work, relationships, and art). Males were more likely than females to name something they were good at.

Males were also the most likely to feel good about themselves. Overall, 58% of youth usually felt good about themselves. Students who felt good about themselves were more likely than those who did not feel this way to feel hopeful for their future (87% vs. 27%).

Fraser East students' well-being in relation to how often they pushed themselves to achieve their goals when things went wrong (among those who indicated that things had gone wrong)



## UNSTRUCTURED TIME

Nearly two thirds (65%) of local youth felt they had the right amount of time to do what they wanted on their own, whereas 23% felt they did not have enough time, and the remainder felt they had too much time. Students who felt they had the right amount of time on their own were more likely to report positive mental health and well-being. For example, they were more likely to feel happy in the past month and to feel their life was going well, and were less likely to experience extreme stress in the past month.

Also, 56% of Fraser East youth felt they had the right amount of time to do what they wanted in nature, while 40% felt they did not have enough time. Those who felt they had the right amount of time to spend in nature were more likely to feel connected to the land/nature (46% vs. 38% of those who felt they did not have enough time to spend in nature).

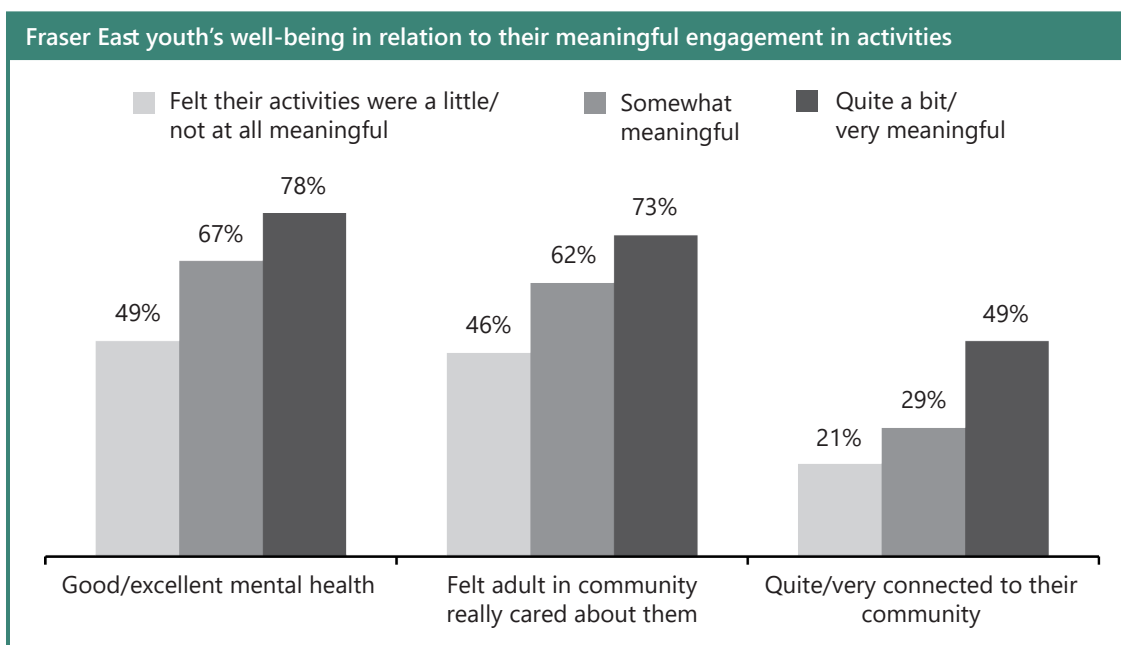
## SPIRITUALITY

Eighteen percent of local students reported that spirituality was very important in their life, while 22% indicated it was somewhat important, 15% felt it was a little important, 31% indicated it was not important to them, and the remainder were unsure.

## MEANINGFUL ENGAGEMENT

There was a decrease in the percentage of students who felt the activities they took part in were meaningful to them (63% vs. 72% in 2013). However, the percentage that felt their ideas were listened to and acted upon in these activities was similar to five years earlier (42%).

Fraser East youth who experienced meaningful engagement in their activities were more likely to report positive mental health, to feel an adult in their community cared about them, and to feel connected to their community.



# TOPICS FRASER EAST YOUTH WOULD LIKE TO LEARN MORE ABOUT

The final question on the 2018 BC Adolescent Health Survey was an open-ended question which asked participants if there were topics which affected their health that they wanted to learn more about.

Locally, 4% of students identified at least one health related topic they wanted to receive training about or see included in their school's curriculum. The most common topics students named were mental health and sexual health (which were also two of the most commonly identified topics across BC).

Mental health information youth wanted to learn more about included information about managing specific conditions and understanding their symptoms.

*"I want information on my depression."*

Grade 7 student

*"I want to learn about anxiety or feeling sad."*

Grade 9 student

*"[I want to learn] how you can get rid of, or help OCD, Tics, Anxiety, [and] Depression get a little bit better."*

Grade 7 student

Sexual health topics youth wanted to learn more about included specific information about sexually transmitted infections (STIs), consent, and negotiating relationships, as well as more sexual health education in different grades.

*"[I want] more resources to bring sexual education to our schools."*

Grade 9 student

*"Info on herpes (oral and genital)."*

Grade 11 student

Other topics students wanted to learn more about included recognizing and reporting abuse, accessing a variety of services, improving physical health, supporting friends who are struggling, addressing and reducing discrimination, and substance use.

*"I think it's really good to have nurses come to school and talk about health issues because many kids are too scared to ask their parents."*

Grade 12 student

*"I would like to learn more about women's health and youth physical health."*

Grade 11 student

*"[I want to learn] how to help friends in need."*

Grade 12 student

*"I want information on emotional abuse; from family, boyfriends/girlfriends, friends etc."*

Grade 12 student

*"[I want to learn about] ableism."*

Grade 10 student

*"We should learn more about alcohol and drug use [and] its long-term effects."*

Grade 10 student



# McCREARY RESOURCES

## BC AHS PROVINCIAL & REGIONAL RESULTS



This report provides an overview of the BC Adolescent Health Survey results for youth in Fraser East Health Service Delivery Area. Provincial results and results for BC's other Health Service Delivery Areas are available at [www.mcs.bc.ca](http://www.mcs.bc.ca).

## ADDITIONAL PUBLICATIONS



A range of special topic reports and posters are being published using data from the 2018 BC AHS. These include an in-depth report about the health of Métis youth who completed the survey, a poster considering BC AHS results in the context

of Canada's commitment to implementing the United Nations Sustainable Development Goals (SDGs), a youth-led investigation of substance use among BC youth, a vaping poster created by youth, and an in-depth report about marijuana use among BC youth.

## PRESENTATIONS AND WORKSHOPS



McCreary staff are available to present BC AHS findings for Fraser East, and to conduct workshops which explore how local stakeholders can utilize the results. For more information contact [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca).

## ENGAGING YOUTH IN THE BC AHS RESULTS



McCreary's Youth Advisory and Action Council (YAC) have created a youth-friendly poster of the key findings of the provincial BC AHS report. Additional youth-friendly posters will be available on a range of topics, including substance use and mental health. The YAC have also created a workshop to share the results of the survey with their peers. To book a workshop contact [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca).

## YOUTH ACTION GRANTS



The YAC distributed over \$87,000 in Youth Action Grants (YAGs) to youth (aged 12–19) in school districts that participated in the 2013 BC AHS (including Fraser East). The granting program for the 2018 BC AHS is now accepting applications from youth aged 12 to 19 who are wanting to improve youth health in their school or community in one of the areas highlighted in the BC AHS. The YAC are also available to offer grant-writing workshops to young people who may be thinking of applying for a YAG. To book a workshop contact [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca).

## BC AHS NEXT STEPS



McCreary is committed to returning the results of the 2018 BC AHS to young people in Fraser East. An interactive 'Next Steps' workshop is available to engage young people in a dialogue about the results and youth health in their community. Youth who participate in the workshops can receive funding and support to conduct youth health projects in their school or community. For more details or to book a workshop contact [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca). A Next Steps curriculum toolkit is also available on our website for anyone wanting to conduct their own Next Steps.





