



BALANCE AND CONNECTION IN FRASER NORTH



THE HEALTH AND WELL-BEING
OF OUR YOUTH

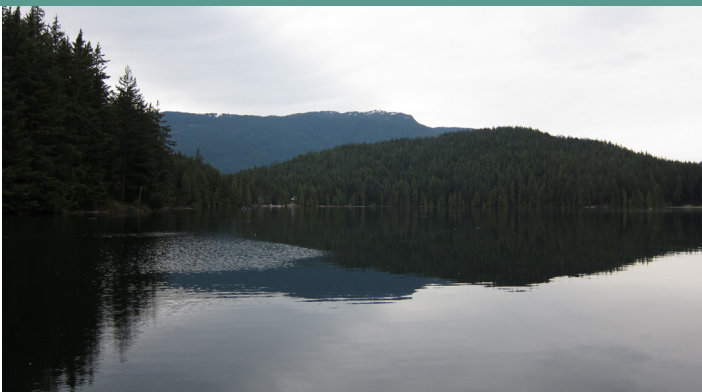


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BALANCE AND CONNECTION IN FRASER NORTH:

THE HEALTH AND WELL-BEING OF OUR YOUTH

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



KEY FINDINGS

■ A third (33%) of Fraser North students were born outside of Canada (compared to 21% across BC). Thirteen percent of local students were in Canada as international students. This was an increase from 7% in 2013 and higher than the provincial rate (6%).

■ The majority of students (62%) spoke a language other than English at home, with 32% doing so most of the time. These rates were above those seen across BC where 53% spoke a language other than English at home and 23% did so most of the time.

■ Less than half (44%) of Fraser North students slept for at least eight hours on the night before completing the survey. This was a decrease from 50% in 2013 and lower than the 2018 provincial rate (48%).

■ Local youth were more likely than their peers across the province to always eat breakfast on school days (53% vs. 50%) and to eat three meals a day (41% vs. 37%). Males were the most likely to eat three meals a day.

■ There was a decrease in the percentage of Fraser North students who rated their overall health as good or excellent (81% vs. 87% in 2013), and their mental health as good or excellent (75% vs. 81%).

■ In the past year, 16% of students cut or injured themselves on purpose without the intention of killing themselves, 16% seriously considered suicide, and 5% attempted suicide. The percentage who attempted suicide decreased for females (7% vs. 9% in 2013), and was comparable to five years earlier for males (3%).

■ In the past year, 18% of Fraser North students had needed mental health services but had not accessed them. This was a local increase from 12% in 2013. Among students who did not access needed health services, the most common reasons were not wanting their parents to know and thinking or hoping the problem would go away. Also, local youth were more likely than local youth five years earlier to have missed out on services because they did not know where to go (52% vs. 42% in 2013; among those who needed services), and were more likely than youth across the province to have missed out for this reason (vs. 44% across BC).

■ Fraser North youth were less likely than their peers across BC to have tried tobacco (14% vs. 18%), alcohol (38% vs. 44%), and marijuana (20% vs. 25%).

■ Youth who used substances most commonly reported doing so to have fun, but they were more likely than five years earlier to report the last time they used substances was because they were stressed (24% vs. 19%) and felt down or sad (19% vs. 14%).

■ There was a local decrease in youth who participated in weekly informal sports (49% vs. 55% in 2013) and organized sports (51% vs. 55%). Also, Fraser North youth were less likely than their peers across BC to participate weekly in informal sports (49% vs. 52%) and extreme sports (7% vs. 9%). The most common reason youth did not participate in extracurricular activities was because they were too busy (48%).

● One in ten (10%) youth in Fraser North went to bed hungry at least sometimes because there was not enough money for food at home. This was a return to the 2008 rate after a decrease in 2013 (7%).

● Fourteen percent of students had been physically abused and 9% had been sexually abused (4% of males vs. 14% of females vs. 24% of non-binary youth). There was an increase from five years earlier for females who had experienced either type of abuse, whereas rates among males were comparable.

● Youth in Fraser North were more likely than those across BC to have been discriminated against because of their race, ethnicity, or skin colour (17% vs. 14% provincially). They were also more likely than local youth five years earlier to have experienced racism (vs. 13% in 2013).

● Youth in Fraser North generally felt connected to their family. Overall, 78% felt respected by their family, 76% felt that their family paid attention to them, 71% felt that their family had fun together, and 61% felt their family understood them. Also, the majority of students (73%) turned to a family member for help in the past year, and most of these students (94%) found the support helpful.

● Most students in Fraser North felt that school staff expected them to do well (76%), they were treated fairly by school staff (69%), their teachers cared about them (66%), they were happy to be at school (62%), and they were a part of their school (61%).

● Similar to youth across the province, 42% of students in Fraser North felt quite a bit or very much connected to their community, which was an increase from 38% in 2013.

● There was an increase in local youth who had an adult in their neighbourhood or community who they felt really cared about them (61% vs. 58% in 2013).

● Fraser North youth generally felt positively about their quality of life. For example, most indicated that they had a good life (79%) and their life was going well (72%). Also, 77% could name something they were really good at (vs. 75% in 2013).

● Around two thirds (66%) of local youth felt they had the right amount of time to do what they wanted on their own, whereas 22% 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 to spend on their own were more likely to report positive mental health and well-being compared to their peers who did not have enough time.

● The most common topic that Fraser North students wanted to learn more about was mental 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*) and can be accessed at 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 North Health Service Delivery Area (HSDA).

Fraser North HSDA is comprised of four school districts: New Westminster (SD 40), Burnaby (SD 41), Maple Ridge-Pitt Meadows (SD 42), and Coquitlam (SD 43). All school districts in this region have participated in the survey since 2008, and three of the four have participated in all six waves of the survey. The Conseil scolaire franco-phone school district (SD 93) also participated in the survey for the first time and accounted for 2% of the sample in this region.

Two school districts changed consent procedures for the survey between 2013 and 2018, which ensured that the sample was the most representative it could be. Additional analyses were conducted to ascertain if these changes and the addition of SD 93 may have affected the regional results. This did not appear to be the case.

This report focuses on the 2018 Fraser North results with relevant comparisons to the 2018 provincial results, as well as to local results in 2008 and 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 or by email from 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 North 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 North 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 North and the province are statistically significant at $p < .01$, which means there is up to a 1% likelihood that the results occurred by chance. Where it is not obvious, 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 anticipated 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 North, 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 North who identified as non-binary was small (3%). 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 NORTH

BACKGROUND

In Fraser North, the most commonly reported family background was European (39%). However, this was a decrease from five years earlier (47% in 2013). There was an increase in the percentage of students who identified as Southeast Asian (11% vs. 8% in 2013), South Asian (7% vs. 5%), Latin/South/Central American (6% vs. 5%), and who did not know their heritage (7% vs. 5%).

Family background		
	Fraser North	BC
European	39%	46%
East Asian	30%	18%
Southeast Asian	11%	8%
South Asian	7%	11%
West Asian	6%	3%
Latin/South/Central American	6%	5%
Indigenous	5%	10%
African	4%	3%
Australian/Pacific Islander	2%	2%
Don't know	7%	10%
Other	3%	4%

Note: Youth could choose more than one response.

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

Note: For Latin/South/Central American, African, and 'other' the differences between Fraser North and BC were not statistically significant.

BIRTHPLACE & LANGUAGE

A third (33%) of Fraser North students were born outside of Canada, which was similar to the percentage five and ten years earlier, and higher than the provincial rate (21%).

Thirteen percent of local youth were in Canada as international students. This was an increase from 7% in 2013 and higher than the provincial rate (6%). Also, 1% of local students had arrived as refugees.

Among students who were born abroad, 29% had been in Canada between two and five years, and another 29% had been here less than two years.

The majority of students (62%) spoke a language other than English at home, with 32% doing so most of the time. These rates were above those seen across BC where 53% spoke a language other than English at home, including 23% who did so most of the time.



INDIGENOUS YOUTH

Among students who identified as Indigenous, 53% were First Nations, 28% were Métis, and the remainder indicated another Indigenous background (including Inuit).

Twelve percent of local Indigenous youth had ever lived on a First Nations reserve, including 6% who previously lived on reserve.

Thirteen percent of Indigenous students could speak at least a few words of an Indigenous language, although few could hold a conversation or were fluent.

Over a quarter (28%) of Indigenous students reported that at least one member of their family had been in residential school, including their grandparents (15%), parents (6%), and/or other family members (13%). This may be an underestimation as 41% of Indigenous students did not know if their relatives had been in residential school.

The percentage of youth who identified as Two Spirit was too small to report.

GENDER IDENTITY & SEXUAL ORIENTATION

For the first time, the BC AHS asked youth about what sex was on their birth certificate and also about their current gender identity. A little over half (51%) of Fraser North students were male on their birth certificate and 49% were female. For nearly all youth their current gender identity corresponded with their sex at birth, 3% were non-binary (including 2% who were not yet sure of how they identified), and less than 1% were transgender.

Most students in Fraser North identified as straight. Males were the most likely and non-binary youth were the least likely to identify as straight (89% of males vs. 77% of females vs. 22% of non-binary youth). Females were more likely than males to identify as mostly straight (8% vs. 3%) or bisexual (7% vs. 2%).

Non-binary youth were the most likely to identify as lesbian, gay, or bisexual (25% vs. 8% of females vs. 4% of males) or to indicate they were unsure of their sexual orientation (26% vs. 6% of females vs. 4% of males).

Sexual orientation of Fraser North youth

Straight	81%
Mostly straight	6%
Bisexual	5%
Gay or lesbian	1%
Not sure yet	5%
Something other than those listed above	2%

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

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. One percent had been on a kith and kin agreement, 1% in a foster home, 1% in a group home, 1% had stayed in a custody centre, and 1% of age eligible students had been on a Youth Agreement.

Youth were asked if they had caretaking responsibilities on a typical school day. One in five (20%) looked after another relative (e.g., a relative with a disability or a younger sibling), and 43% took care of a pet. Females were more likely than males to be caring for a relative (22% vs. 18%).

Around a quarter (26%) of Fraser North youth had moved from one home to another in the past year (vs. 23% in 2013), including 6% who had moved three or more times. Also, 8% had run away from home and 5% had been kicked out in the past year.

LIVING SITUATION

Most Fraser North youth (94%) lived with at least one parent. Compared to five years earlier, youth were more likely to report living with their parents, grandparents, and siblings.

Most students (93%) often or always felt safe inside their home (vs. 95% in 2013). There was a slight increase in the percentage who rarely or never felt safe at home (3% vs. 2% in 2013).

Who Fraser North youth lived with most of the time			
	2013	2018	Change
Mother/Stepmother	86%	88%	↑
Father/Stepfather	72%	76%	↑
Sibling(s)/Step-sibling(s)	61%	66%	↑
Grandparent(s)	8%	11%	↑
Live with both parents at different times	7%	7%	—
Other related adult(s)	4%	5%	—
Other unrelated adult(s)	3%	3%	—
Other children or youth (not including own child/children)	2%	2%	—
Live alone	<1%	1%	—
Two mothers or two fathers	<1%	1%	—
Foster parent(s)	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.

NR: Not releasable due to the risk of deductive disclosure.

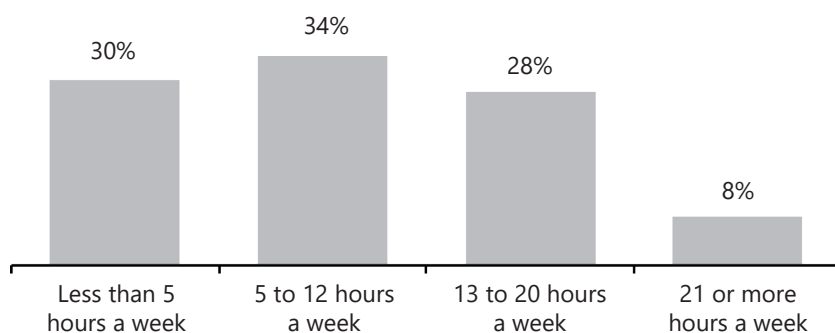
EMPLOYMENT

As in previous years, local youth were less likely than their peers across BC to have worked at a paid job during the school year (27% vs. 33%). Among those who were employed, males were more likely than females to have worked in excess of 20 hours a week (10% vs. 6%).

PHONE USE

Most students in Fraser North (97%) had a cell phone, smartphone, or other portable device. Students most commonly used their device to listen to music and communicate with friends.

Hours Fraser North youth spent working at a paid job during the school year (among those who were employed)



Fraser North students' phone use on their last school day (among those with a phone)

Listening to music	88%
Communicating with friends they know in person	88%
Using social media	85%
Communicating with parents/guardians	81%
Watching shows, movies, YouTube, etc.	81%
Finding information (other than health information)	67%
Doing homework	65%
Playing games	60%
Communicating with someone they know only online	27%
Finding health information	24%
Watching porn	13%
Sexting	4%
Gambling	3%

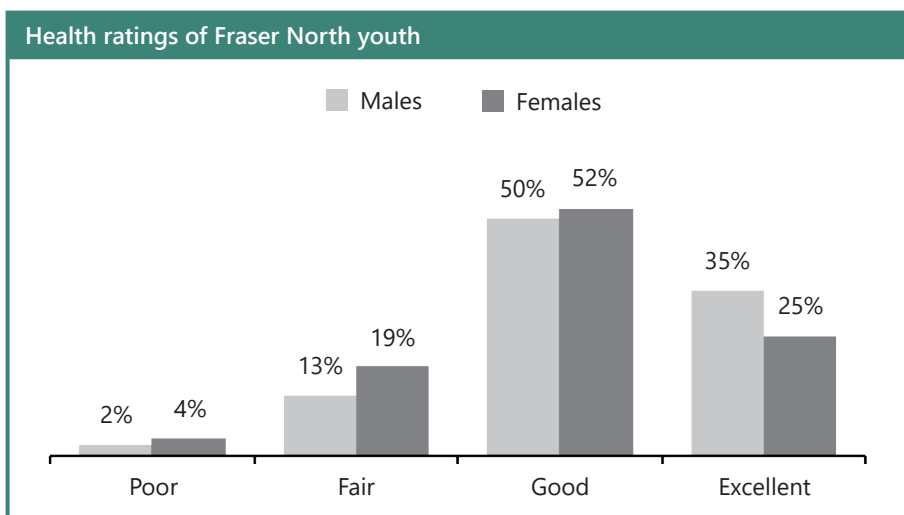
Note: Youth could choose more than one response.

HEALTH PROFILE OF FRASER NORTH 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 North (81%) rated their health as good or excellent. However, this was below the rate in 2008 (84%) and 2013 (87%). As in previous years, 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

Overall, 26% of Fraser North youth indicated having at least one health condition or disability. There was a decrease in students who reported having a long-term or chronic medical condition (7% vs. 9% in 2013) and an increase in those reporting a mental health condition (13% vs. 10% in 2013), a learning disability (4% vs. 3%), a severe allergy (3% vs. 2%), and a physical disability (to 1% in 2018).

The increase in youth reporting a mental health condition was seen for both males (7% vs. 5% in 2013) and females (19% vs. 14%). However, Fraser North students were less likely than youth across BC to have a mental health condition (13% vs. 15% provincially).

More than 4 in 10 (43%) students who had a disability or health condition reported that it prevented them from doing things their peers could do.

Health conditions and disabilities reported by Fraser North youth	
Mental health condition	13%
Long-term/chronic medical condition	7%
Learning disability	4%
Sensory disability	3%
Severe allergy requiring EpiPen	3%
Physical disability	1%
Other	2%

Note: Youth could choose more than one response.

PHYSICAL ACTIVITY

Fraser North results for physical activity were similar to the provincial results.

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 local results five years earlier, 18% of Fraser North youth aged 12–17 met these recommendations in the week before taking the survey.

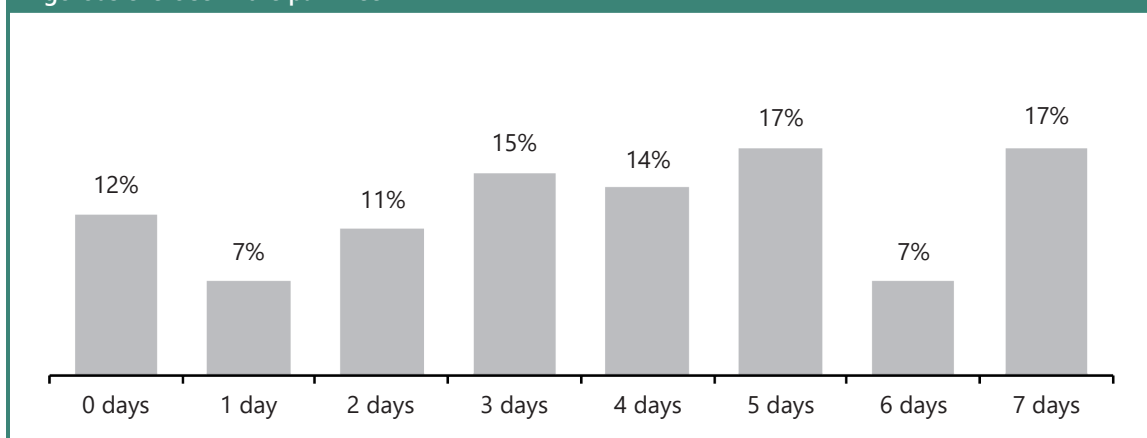
Males remained more likely than females to meet the guidelines. Also, the percentages of males aged 12–17 who met the guidelines increased from 19% in 2013 to 23%, whereas the percentage among females was comparable to five years earlier (13%).

"I feel that I don't get enough physical activity as I don't like any sports. I don't know how to get more activity while having fun at the same time."

Grade 9 student

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. As in 2013, 61% of students aged 18 or older met this recommendation by participating in 60 minutes of exercise on at least three days in the past week (68% of males vs. 53%* of females).

Number of days on which Fraser North students participated in at least 60 minutes of moderate to vigorous exercise in the past week



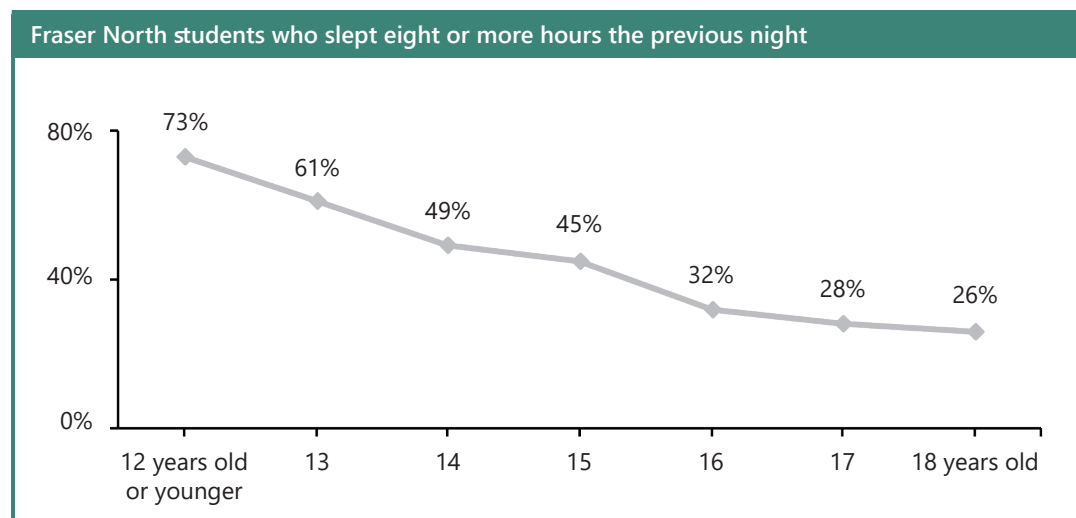
SLEEP

Less than half (44%) of Fraser North students slept for at least eight hours on the night before completing the survey (including 18% who slept for nine or more hours), and 6% slept four hours or less. The percentage of students who slept for at least eight hours decreased from 50% in 2013, and was lower than the 2018 provincial rate (48%).

"Please push school start times a little later because working people don't do homework on work nights and we also don't get enough sleep."

Grade 12 student

Younger students were more likely than older ones to have slept for at least eight hours, as were males in comparison to females (47% vs. 41%).



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

"I go to bed early every night but because school starts so early in the morning, I feel like I still don't get enough sleep."

Grade 7 student

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (59%), homework (53%), gaming (31%), and other online activities (such as watching videos, checking social media; 74%). Females were more likely than males to chat or text (65% vs. 53% of males), do their homework (62% vs. 46%), or do online activities such as watching videos (76% vs. 72%); and they were less likely to report gaming (19% vs. 41%).

Around 4 in 10 students (41%) 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 report going offline after their expected bedtime (43% vs. 38%).

On the day they completed the survey, 46% of local students had woken up feeling like they got enough rest. Students who reported going offline after their expected bedtime were more likely to wake up feeling rested (52% vs. 42% of those who did not go offline). This rose to 66% who felt rested if they went offline and did not engage in any other activities (e.g., homework) after their expected bedtime.



ACCESS TO HEALTH CARE

Reflecting the provincial picture, 24% of local youth indicated they had not needed health care in the past year, and 5% had needed health care but had not been able to access it (vs. 4% across BC).

Most Fraser North youth got their health care from a family doctor. In the past year, local youth were less likely than their peers across the province to have visited a family doctor (57% vs. 61%), emergency room (13% vs. 16%), counsellor/psychologist (10% vs. 11%), nurse (6% vs. 9%), or school wellness centre (1% vs. 2%).

Where Fraser North youth got health care in the past year	
Family doctor	57%
Walk-in clinic	34%
Emergency room (ER)	13%
Counsellor/psychologist	10%
Nurse	6%
Youth clinic	4%
Traditional healer	1%
School wellness centre	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, 61% of Fraser North youth indicated they had not needed medical help, 31% received the help they needed, and 8% did not get the help they needed (6% of males vs. 10% of females vs. 20% of non-binary youth).

The percentage of Fraser North students who did not get needed medical help was similar to five years earlier, but lower than a decade ago (8% vs. 11% in 2008). This was the case for both males (6% vs. 9% in 2008) and females (11% vs. 14%).

DENTAL VISITS

Most youth (82%) had been to the dentist in the past 12 months, 9% had last been between a year and two years ago, 5% last visited more than two years ago, and 4% had never been to the dentist. The percentage who had never been to the dentist was higher than five years earlier (2% in 2013).

One in ten students (10%) who had been to the dentist reported that their last visit had been for pain.

NUTRITION

Reflecting the provincial pattern, there was a slight decrease in the percentage of Fraser North youth who ate fruit and/or vegetables on the day before completing the BC AHS (94% vs. 95% in 2013).

There was an increase in local students who ate fast food (47% vs. 38% in 2013) and food grown or caught by them or their family (13% vs. 9%); as well as in those who drank water (98% vs. 97%), pop (35% vs. 31%), and energy drinks (6% vs. 3%). The percentages of students who ate sweets (76%) or traditional foods from their background (53%) remained comparable to 2013.

Local youth were more likely than those across BC to have eaten traditional foods (53% vs. 41% provincially), and were less likely to have eaten food grown or caught by them or their family (13% vs. 16%).

What Fraser North students ate or drank yesterday		
	Once or twice	Three or more times
Water	20%	78%
Fruit	60%	25%
Vegetables or green salad	60%	22%
Sweets (cookies, cake, candy, chocolate, etc.)	61%	16%
Traditional food from their background	35%	17%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	41%	6%
Pop	30%	4%
Food grown/caught by them or their family	10%	3%
Energy drinks	5%	2%



MEALS

"The cafeteria food is too expensive. I'm usually busy so it's hard for me to pack lunch, so I have to buy. Sometimes I have to borrow money or eat part of a friend's meal to get lunch. My parents both work so they don't usually cook, so there are no leftovers."

Grade 12 student

Reflecting the provincial pattern, there was a decline in the percentage of students who always ate breakfast on school days (53% vs. 57% in 2013), and a rise in those who never did (15% vs. 12%).

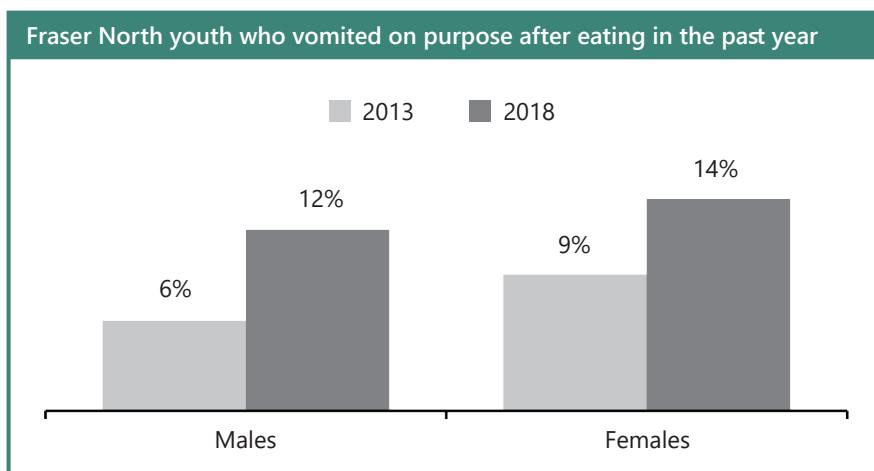
Most students who ate breakfast ate at home, while 9% got their breakfast at school, and 7% got it on the way to school.

The 2018 survey also asked about eating lunch and dinner. In Fraser North, 68% of students always ate lunch while 4% never did, and 86% always ate dinner while 2% never did.

Local youth were more likely than their peers across the province to always eat breakfast (53% vs. 50%) and lunch (68% vs. 64%), and to eat three meals a day (41% vs. 37%). Males were the most likely to always eat breakfast, lunch, and dinner.

EATING BEHAVIOURS

Mirroring the provincial trend, there was an increase in the percentage of youth who vomited on purpose after eating in the past year (13% vs. 8% in 2013), including 2% who vomited two or three times a month and 2% who did so at least once a week.



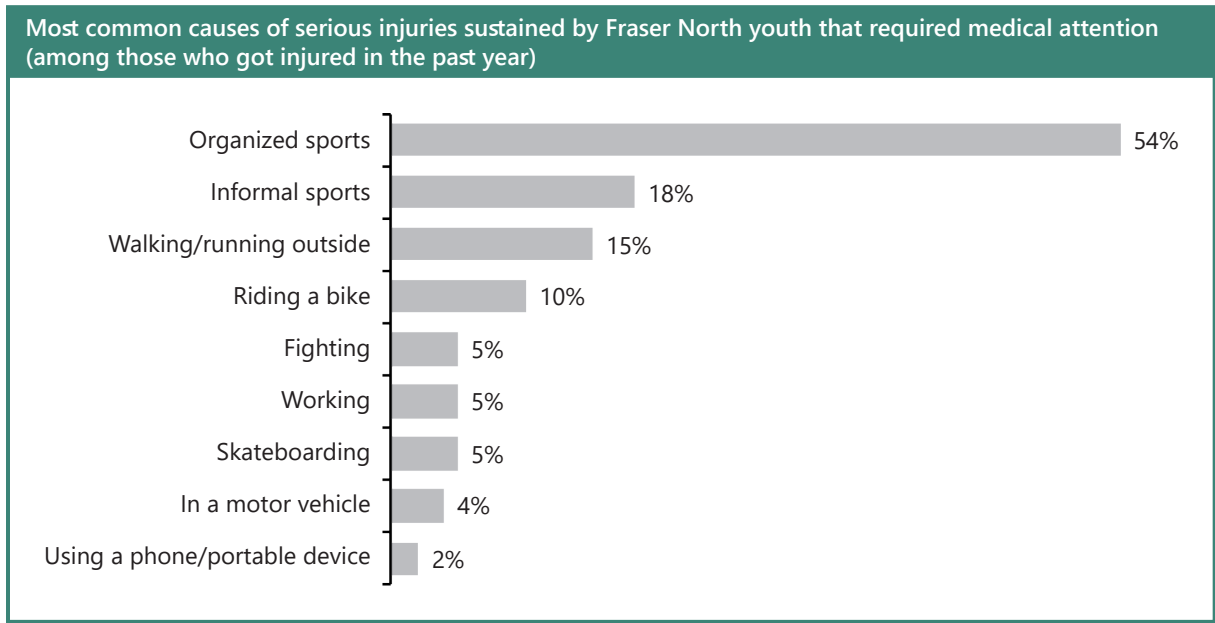
Note: The difference between males and females in 2018 was not statistically significant.

INJURIES & INJURY PREVENTION

INJURIES

In the past year, local youth were less likely than their peers across BC to have sustained an injury serious enough to require medical attention (23% vs. 26%), including 5% who experienced two serious injuries and 3% who had three or more. In previous years, males were more likely than females to be seriously injured, but there was no such gender difference in 2018.

Consistent with the provincial results, the most common cause of serious injury was playing or training for organized sports (i.e., sports with a coach such as a soccer team).



Note: Youth could choose more than one response.



CONCUSSIONS

Around one in ten (11%) local youth experienced a concussion in the past year, including 2% who suffered two concussions, 1% who suffered three concussions, and 1% who suffered four or more.

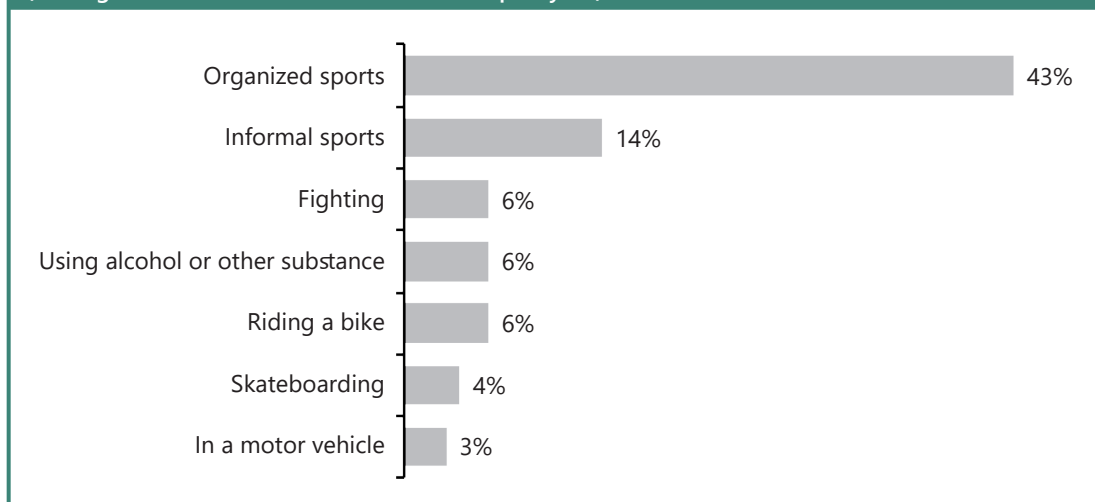
The percentage who suffered a concussion was below the provincial rate (11% vs. 13%) and a decrease from five years earlier (14% in 2013). As in 2013, males were more likely than females to have experienced at least one concussion (12% vs. 10%).

Youth who experienced a concussion typically reported multiple symptoms including head-aches (73%); dizziness or balance problems (69%); blurred vision (46%); ringing in their ears (41%); feeling dazed, confused, or suffering a gap in memory (43%); and loss of consciousness (30%).

Consistent with provincial results, the most common activity local youth were doing when they suffered a concussion was playing or training for organized sports.

Just over half (54%) of local youth who experienced a concussion in the past year received medical treatment for their injury.

Most common activities Fraser North youth were doing when they suffered a concussion (among those who had a concussion in the past year)



Note: Youth could choose more than one response.

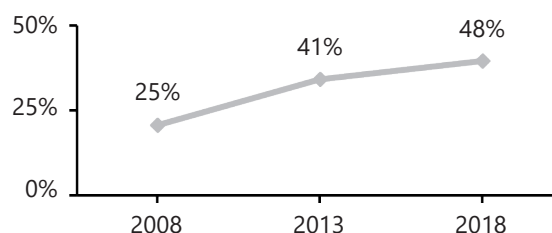
INJURY PREVENTION

Provincially, there was a slight decrease in the percentage of youth who always wore a seat belt when riding in a motor vehicle. This was not the case locally, as 75% of Fraser North youth always wore a seat belt, which was similar to the rate in 2013 and an increase from 67% in 2008.

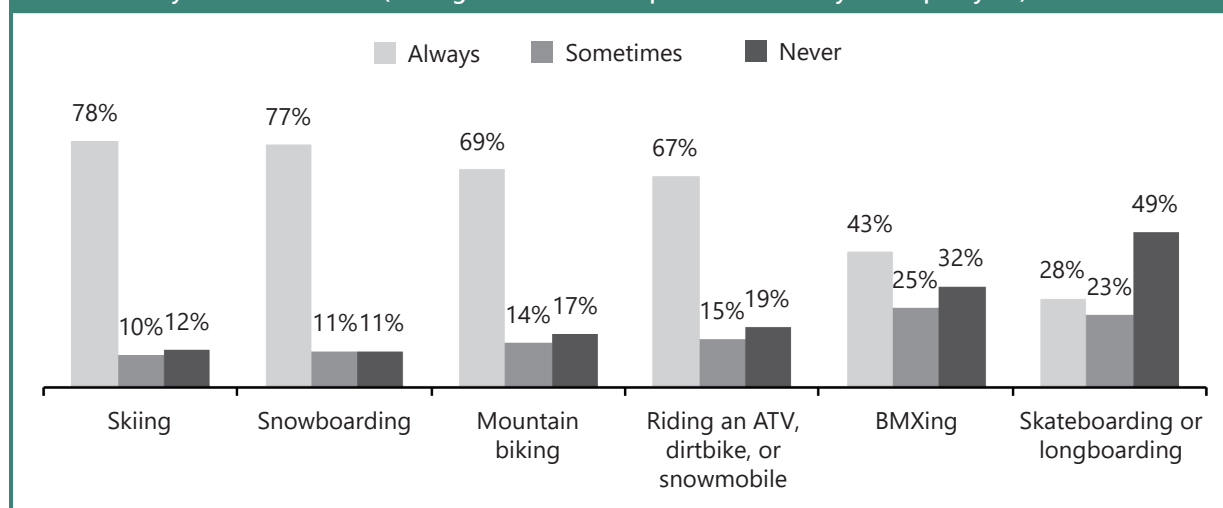
Reflecting the provincial trend, there was an increase in the percentage of cyclists who always wore a helmet when cycling in the past year, with no gender differences.

Youth were most likely to wear a helmet when skiing (78% vs. 82% across BC) and snowboarding, and least likely to wear one when skateboarding and longboarding.

Fraser North youth who always wore a helmet when cycling (among those who cycled in the past year)



Fraser North youth's helmet use (among those who took part in the activity in the past year)



Note: For skiing; snowboarding; mountain biking; and riding an ATV, dirtbike, or snowmobile the differences between 'sometimes' and 'never' were not statistically significant.

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

MENTAL HEALTH

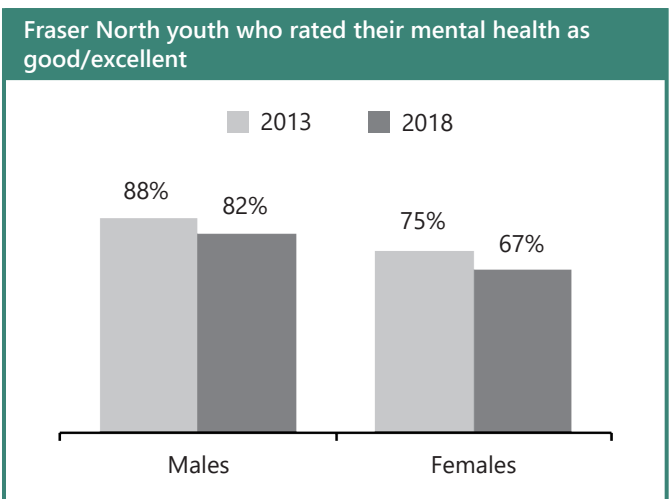
Reflecting the provincial trend, there was a decrease in the percentage of Fraser North students who rated their mental health as good or excellent (75% vs. 81% in 2013), and an increase in those who rated it as fair or poor (25% vs. 19%). Males remained more likely than females to rate their mental health positively.

HAPPINESS

"I think the importance of being happy with oneself should really be included in the curriculum."

Grade 9 student

Similar to the provincial results and local results in 2013, 66% of students felt happy most or all of the time in the past month, and 10% rarely or never did. Males were the most likely to feel happy most or all of the time (73% vs. 60% of females and 42% of non-binary youth).



STRESS & DESPAIR

Most youth in Fraser North (87%) experienced some level of stress in the month prior to taking the survey, including 11% who felt so stressed that they could not function properly. Females continued to be more likely than males to experience extreme stress.

Among those who experienced stress, 38% felt they managed it well and 18% managed it very well. However, 28% managed their stress only fairly well and 16% managed it poorly.

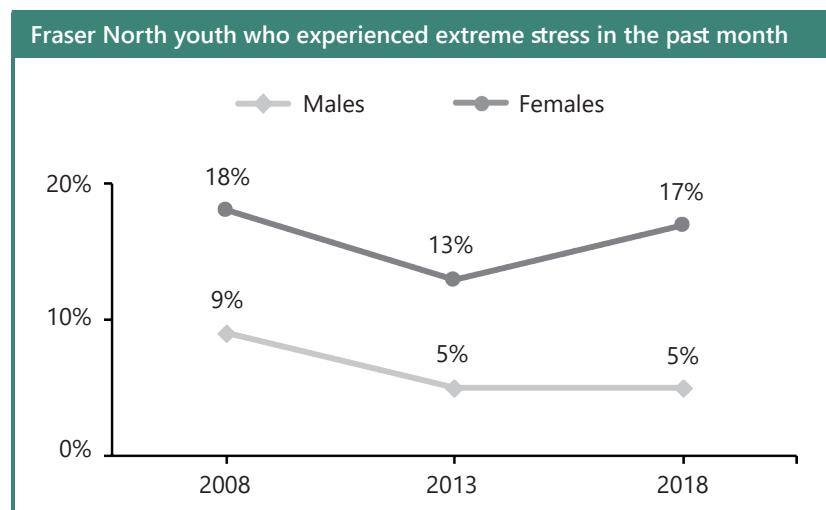
The majority of students (60%) felt some level of despair in the past month, including 8% who felt so sad, discouraged, or hopeless that they could not function properly (5% of males vs. 10% of females vs. 26% of non-binary students).

"I get stressed out about the future a lot."

Grade 11 student

"I constantly feel hopeless."

Grade 9 student



Note: The difference for females between 2008 and 2018 was not statistically significant.

MENTAL HEALTH CONDITIONS

Compared to five years earlier, there was an increase in the percentage of youth who reported having Anxiety Disorder/panic attacks (15% vs. 8% in 2013), Depression (12% vs. 9%), Attention Deficit/Hyperactivity Disorder (ADHD; 6% vs. 4%), and Post-Traumatic Stress Disorder (PTSD; 2% vs. 1%). Also, 1% had Asperger's or Autism Spectrum Disorder and less than 1% had Fetal Alcohol Spectrum Disorder.

Non-binary students were the most likely to report having Depression (31% vs. 16% of females vs. 8% of males) and PTSD (15% vs. 3% of females vs. 1% of males). Females were more likely than males to report Anxiety Disorder/panic attacks (22% vs. 7%), and males were more likely to have ADHD (7% vs. 4% of females).

Local females were less likely than females across the province to have Anxiety Disorder/panic attacks (22% vs. 28%) or Depression (16% vs. 19%).

"I have stress and anxiety but I can fight it at school. Sometimes I do have panic attacks at school. Anywhere out of school I feel unimportant and like I don't belong."

Grade 7 student

"I feel depressed but I don't want my parents to feel sad."

Grade 7 student

"Teachers and other school staff should be more understanding about depression, anxiety, etc."

Grade 12 student

SELF-HARM & SUICIDALITY

"I have been suicidal in the past. I was in the hospital because my mental health [had] become a concern."

Grade 10 student

In the past year, 16% of students had cut or injured themselves on purpose without the intention of killing themselves. Males were the least likely to have done so (11% vs. 19% of females vs. 41% of non-binary youth). The most common reason youth gave for self-harming the last time was to calm themselves down.

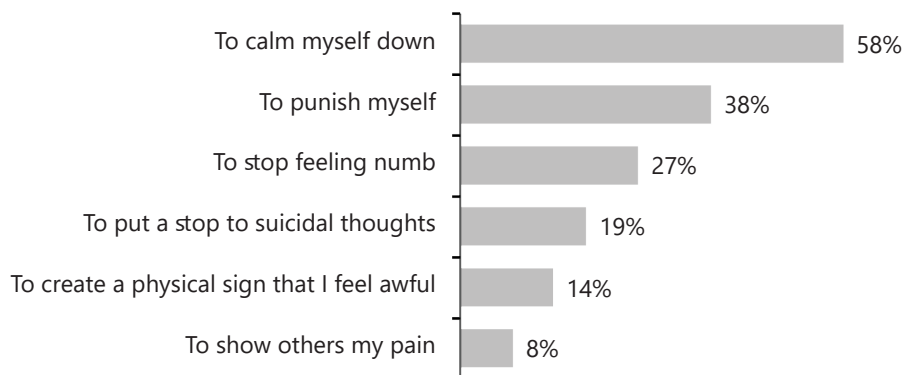
"I have cut myself multiple times before but mostly only because I got bored."

Grade 7 student

In the past year, 16% of Fraser North youth seriously considered suicide. This represented an increase from five and ten years earlier for both males (11% vs. 8% in 2013 and a similar rate in 2008) and females (21% vs. 17% in 2013 vs. 12% in 2008).

Locally, 5% of youth attempted suicide in the past year, which was consistent with the provincial rate. This represented a local decrease for females (7% vs. 9% in 2013), and was comparable to five years earlier for males (3% in 2018).

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



Note: Youth could choose more than one response.

MISSED OUT ON NEEDED MENTAL HEALTH SERVICES

In the past year, 18% of Fraser North students indicated they had needed mental health services but had not accessed them (10% of males vs. 25% of females vs. 40%* of non-binary youth). This rate was consistent with the provincial rate and a local increase from 12% in 2013.

Among students who did not access needed mental health services, the most common reasons were not wanting their parents to know and thinking or hoping the problem would go away. These were also the most common reasons in 2013. Compared to five years earlier, local youth were more likely to miss out on needed services because they did not know where to go (52% vs. 42% in 2013; among those who needed services), and they did not think they could afford it (25% vs. 18%).

Local youth were more likely than those across BC to report they did not access services because they did not know where to go (52% vs. 44% provincially; among those who needed services). However, they were less likely to report they had not accessed services because they had previously had a negative experience (11% vs. 14% provincially).

Reasons Fraser North youth did not access mental health services in the past year (among those who felt they needed services)	
Did not want parents to know	65%
Thought or hoped the problem would go away	64%
Didn't know where to go	52%
Afraid of what I would be told	43%
Afraid someone I know might see me	37%
Too busy to go	35%
Didn't think I could afford it	25%
Parent/guardian would not take me	13%
Had prior negative experience	11%
Had no transportation	9%
Couldn't go when it was open	6%
On a waiting list	6%
The service was not available in my community	2%

Note: Youth could choose more than one response.

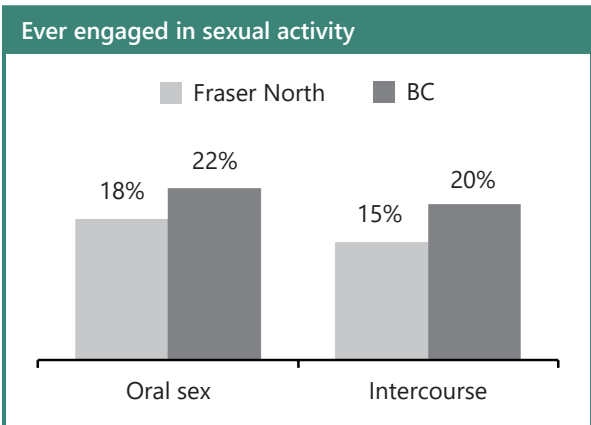
SEXUAL HEALTH

Compared to youth across the province, local youth were less likely to have had oral sex and sexual intercourse.

ORAL SEX

The percentage of Fraser North youth who engaged in oral sex was unchanged from 2013 (18%) and lower than a decade earlier (21%).

Among students who ever had oral sex, 15% used a condom or other barrier/protection the last time they had oral sex, which was similar to 2013.



INTERCOURSE

Reflecting the pattern for oral sex, rates of sexual intercourse were similar to five years earlier and lower than a decade earlier (15% vs. 18% in 2008). Among those who ever had intercourse, the most common age for first doing so was 16 (30%). As in 2013, 73% waited until they were at least 15 years old to first have intercourse (vs. 61% in 2008).

Half of youth (50%) who ever had intercourse had one sexual partner in the past year, 19% had two partners, 22% had three or more partners, and 9% did not have intercourse in the past year.

Among youth who had ever had intercourse, there was a decrease from five years earlier in the percentage who used a condom or other barrier/protection the last they had sex (63% vs. 71% in 2013).

When asked specifically about what efforts they made to prevent pregnancy the last time they had sex, most youth used condoms (59% vs. 67% in 2013; among those who ever had intercourse). There was an increase in the percentage who used emergency contraception (10% vs. 4% in 2008) and withdrawal (46% vs. 33% in 2013 vs. 24% in 2008). Also, 9% of youth used withdrawal as their only contraceptive method the last time they had sex.

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

Most common methods Fraser North youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	59%
Withdrawal	46%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	43%
Emergency contraception	10%
Depo Provera	2%
Not sure	4%

Note: Youth could choose more than one response.

Note: Percentage estimates for IUD and no method were not releasable due to the risk of deductive disclosure.

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

Similar to their peers across BC, 1% of local students had ever 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. Locally, 27% of youth had been vaccinated (16% of youth who were assigned male on their birth certificate vs. 39% of females), and 57% (64% of males vs. 49% of females) did not know whether they had received the vaccine.

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

“I have someone I trust to sext with but it’s hard to feel open talking about it with my friends because they don’t like him.”

Grade 9 student

Similar to youth across BC, 4% of Fraser North students with a phone used it on their most recent school day to engage in sexting (a decrease from 8% in 2013), and 13% used their device to watch pornography (asked for the first time on the 2018 survey).

Older youth were more likely than younger ones to have used their phone to watch pornography on their last school day. For example, 17% of youth aged 16 to 18 had done so compared to 5% of youth aged 13 or younger.

Fraser North 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	86%	4%	10%
Send nudes/sext	93%	2%	5%



SUBSTANCE USE

SMOKING, VAPING, & TOBACCO USE

Fourteen percent of Fraser North students had smoked tobacco (e.g., cigarettes, cigars, or cigarillos). This was a decrease from previous years and Fraser North youth were less likely than youth across BC to have smoked.

Non-binary students were the most likely to have smoked tobacco (e.g., 24% vs. 13% of females).

Similar to 2013, 54% of those who had smoked tobacco waited until they were at least 15 years old to first do so. Also, 46% of youth who had ever

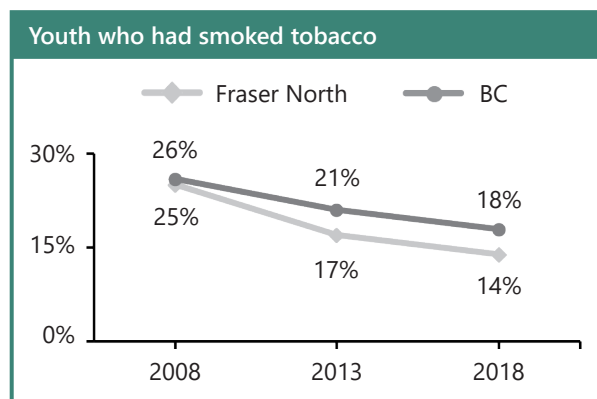
smoked had smoked in the past month and 6% smoked daily (vs. 9% in 2008).

Reflecting the provincial pattern, the most common smoking products used by students in the past month were a vape pen or stick with and/or without nicotine (24% vs. 27% provincially). Local youth were more likely than those across BC to have used a hookah (4% vs. 2% provincially), and less likely to have smoked cigarettes (6% vs. 7%) and used chewing tobacco (1% vs. 2%).

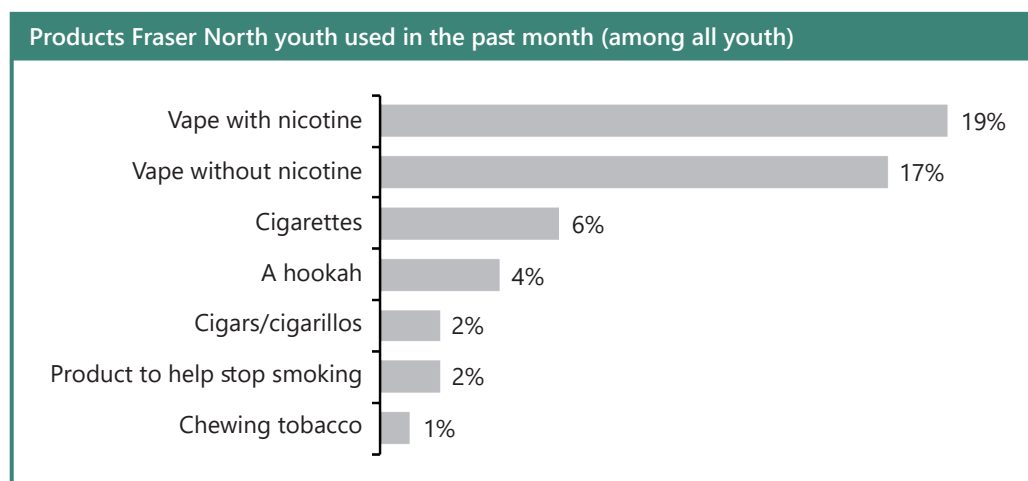
Local males were more likely than females to have smoked cigars/cigarillos (3% vs. 1%) and used a product to help them stop smoking (3% vs. 1%).

Among students who had smoked tobacco, 65% had vaped with nicotine and 46% had vaped without nicotine in the past month, which were comparable to provincial rates.

Youth who reported never smoking tobacco were also vaping, as 16% had vaped in the past month, including 11% who vaped with nicotine.



Note: The difference between Fraser North and BC in 2008 was not statistically significant.



Note: Youth could choose more than one response.

ALCOHOL

Fraser North youth were less likely to have tried alcohol than youth across BC (38% vs. 44% provincially) and local youth a decade earlier (vs. 49% in 2008). There were no gender differences in having tried alcohol.

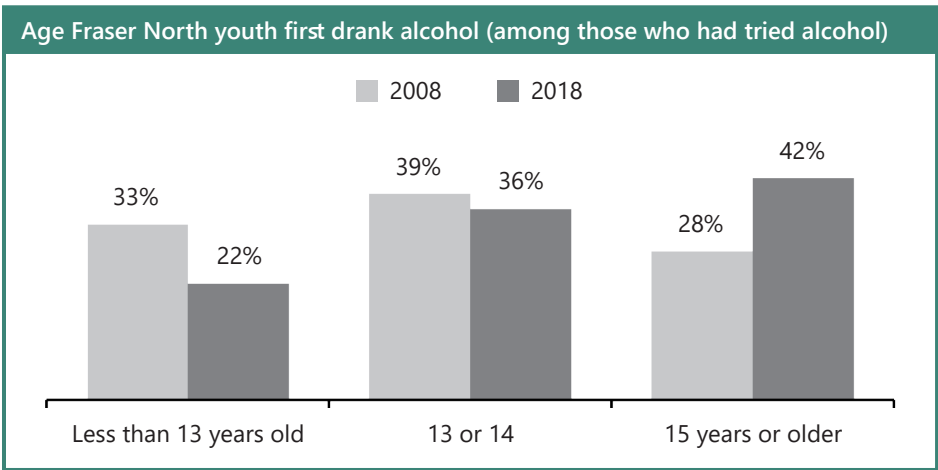
The most common ages for youth to have their first drink of alcohol were 14 or 15 years old. Among those who had tried alcohol, 42% waited until they were 15 or older to have their first drink (vs. 37% provincially). This was an increase from 2008.

Among youth who had tried alcohol, 60% had at least one drink in the past month, including 4% who drank alcohol on at least 10 days that month.

Similar to youth across the province, 31% of local students who had tried alcohol drank on the Saturday prior to completing the survey. Female and non-binary students were more likely than males to have consumed alcohol that day (e.g., 34% of females vs. 28% of males).

Fraser North students most commonly drank liquor (26%; among those who drank last Saturday); and fewer drank beer (17%), coolers (16% vs. 22% provincially), and wine (6%). Males were more likely than females to drink beer (24% vs. 10%), and females were more likely to drink coolers (22% vs. 10% of males) and liquor (30% vs. 23%).

Among youth who drank last Saturday, 42% drank at least two different types of alcohol (e.g., drank liquor and coolers), including 12% who mixed three or four types. There were no gender differences.



Note: For '13 or 14', the difference between 2008 and 2018 was not statistically significant.

Canadian Low Risk Drinking Guidelines for adults suggest not exceeding two drinks on any one occasion. However, among local youth who had tried alcohol, 26% had more than two drinks at least once in the week before they took the survey, and 5% did so on at least three days that week.

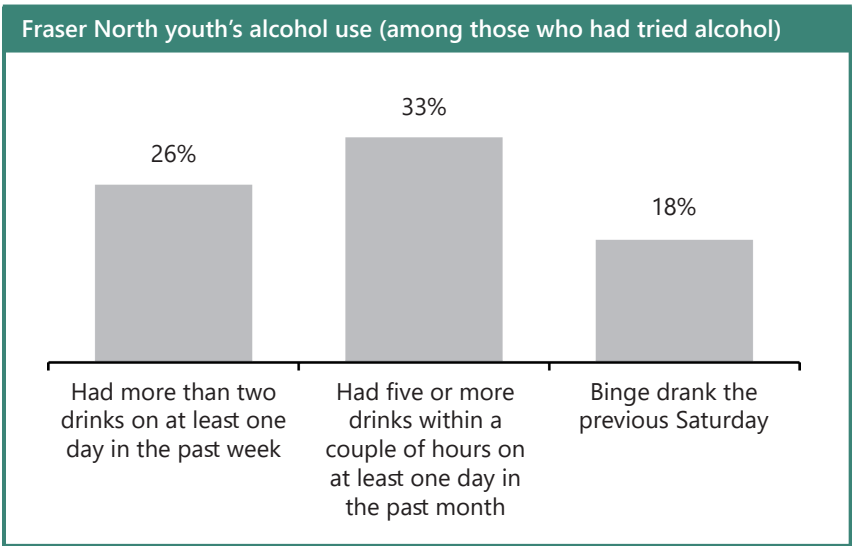
Also, 33% of those who had tried alcohol consumed five or more drinks within a couple of hours at least once in the past month (with no gender differences), and 4% did so on six or more days. The percentage of youth who engaged in this type of heavy drinking was comparable to five and ten years earlier.

In this report, binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and females who consume three or more. Among students who drank on the Saturday before taking the survey, 57% engaged in binge drinking, which was a decrease from 72% in 2013.

For the first time, the BC AHS asked youth where they got their alcohol the last time they drank. Youth in Fraser North most commonly got it at a party or from an adult. Males were more likely than females to have bought their alcohol (9% vs. 4%); and females were more likely to have been given it by an adult (43% vs. 36% of males), taken it without permission (15% vs. 10%), or given someone money to buy it for them (25% vs. 19%).

Where Fraser North youth got alcohol from the last time (among those who had tried alcohol)	
At a party	40%
Adult gave it to me	39%
Gave someone money to buy it for me	22%
Youth gave it to me	13%
Took it without permission	12%
Bought it	6%
Made it	1%
Exchanged something for it	1%

Note: Youth could choose more than one response.



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. A fifth (20%) of youth in Fraser North had tried marijuana, which was below the provincial rate (25%) and was comparable to local rates five and ten years earlier. There were no gender differences in having tried marijuana.

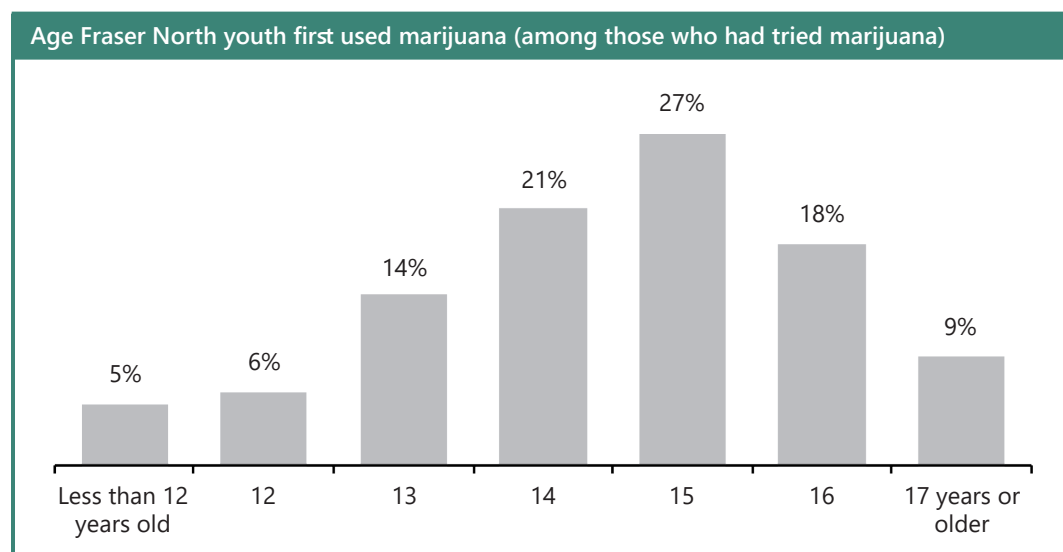
Youth most commonly first tried marijuana at 15 years old. They were more likely to wait until they were at least 15 to first try it than in 2008 (54% vs. 39%; among those who had tried marijuana).

Among youth who had tried marijuana, 61% used it in the month before taking the survey (vs. 51% in 2013), including 26% who used it on 6 or more days (vs. 20% in 2013), and 11% who used it on 20 or more days.

A third (33%) of Fraser North youth who had tried marijuana had used it on the Saturday before taking the survey. Also, 4% of local youth had used both alcohol and marijuana that day, which was unchanged from 2013 and a decrease from 6% in 2008.

The last time they used marijuana most students had smoked it, 16% ate it in a cooked recipe, and 6% took it another way such as eating gummies or using an oil.

One percent of local youth had been prescribed medical marijuana.



USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

Fifteen percent of youth had used at least one substance other than alcohol or marijuana. As was the case provincially, youth in Fraser North most commonly misused prescription pills.

Local youth were less likely to use prescription pills without a doctor's consent than five and ten years earlier (8% vs. 11% in 2013 vs. 15% in 2008).

There were no other changes from 2013. However, in comparison to 2008, youth were less likely to have used ecstasy or MDMA (3% vs. 6%), cocaine (3% vs. 4%), hallucinogens (2% vs. 3%), inhalants (2% vs. 3%), and amphetamines (1% vs. 2%).

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

Fraser North youth's use of substances other than alcohol and marijuana	
Prescription pills without a doctor's consent	8%
More of my own prescription than prescribed	5%
Mushrooms	4%
Ecstasy/MDMA	3%
Cocaine	3%
Hallucinogens (excluding mushrooms, ecstasy/MDMA, and ketamine)	2%
Inhalants	2%
Crystal meth	1%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	1%
Heroin	1%
Ketamine, GHB	1%
Other substances	1%



CONSEQUENCES OF USE

Locally, 47% 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 could not remember.

Among youth who ever had sex, 21% used alcohol or other substances before having sex the last time, which was similar to 2013 and a decrease from 28% in 2008.

In the past year, 4% of students felt or had been told that they needed help for their substance use. This included 3% who needed help for their alcohol use, 2% for their marijuana use, and 1% for their use of other substances.

Also, when asked about health conditions, 2% of youth indicated having an alcohol or drug addiction (vs. 3% provincially).

DRIVING AFTER SUBSTANCE USE

Among youth who had ever tried alcohol, 4% reported driving a vehicle after they had been drinking, which was comparable to 2013, as was the percentage who drove after drinking in the past month (1%).

Comparable to the province as a whole and to local rates five years earlier, 13% of local youth who had tried marijuana drove after using it, and 8% did so in the past month.

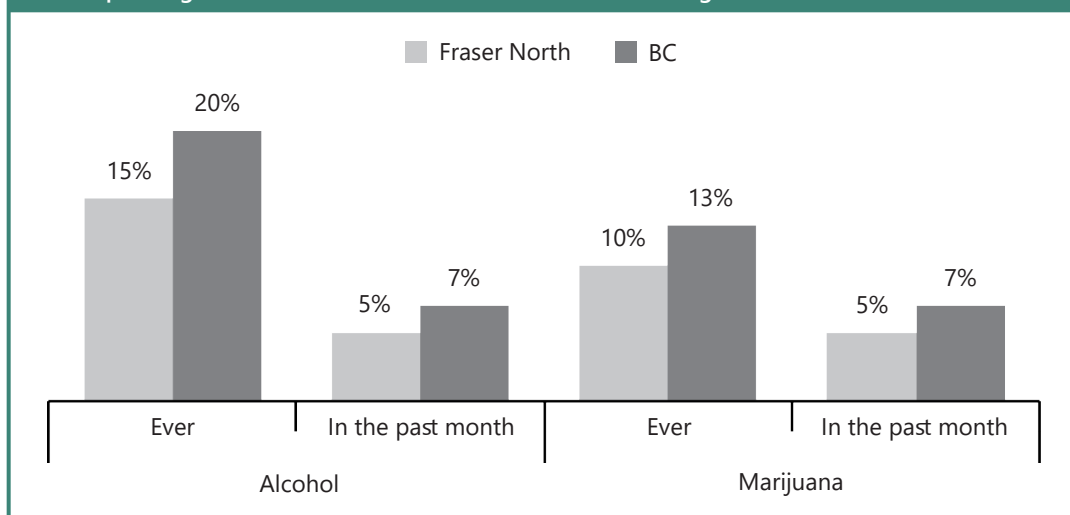
Four percent of youth who used substances other than alcohol or marijuana had ever driven after doing so.

Although youth in Fraser North were more likely to have driven after using marijuana than after drinking alcohol, they were more likely to have been the passenger of a driver who had been using alcohol.

Consequences of substance use experienced by Fraser North youth in the past year (among those who used alcohol or other substances during that time)	
Was told I did something I could not remember	32%
Passed out	22%
Argued with family members	12%
Got injured	11%
School work or grades changed	10%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	7%
Damaged property	6%
Got into trouble with the police	5%
Had sex when I didn't want to	5%
Got into a physical fight	4%
Had to get medical treatment	2%
Overdosed	1%
Used alcohol or other substances but none of these happened	53%

Note: Youth could choose more than one response.

Been a passenger in a vehicle with a driver who had been using 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. Youth were more likely than five years earlier to report using substances because they wanted to experiment (36% vs. 30% in 2013), were stressed (24% vs. 19%), felt down or sad (19% vs. 14%), and because they thought it would help them focus (4% vs. 3%).

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

I wanted to have fun	63%
I wanted to try it/experiment	36%
My friends were doing it	33%
Because of stress	24%
I felt down or sad	19%
I felt like there was nothing else to do	8%
To manage physical pain	6%
I thought it would help me focus	4%
I was pressured into doing it	3%
Because of an addiction	2%
I didn't mean to do it	2%
To change the effects of some other drug	1%
Other	10%

Note: Youth could choose more than one response.

Note: Among youth who wrote 'other,' they commonly cited a special occasion as the reason they had used substances.



EXTRACURRICULAR ACTIVITIES

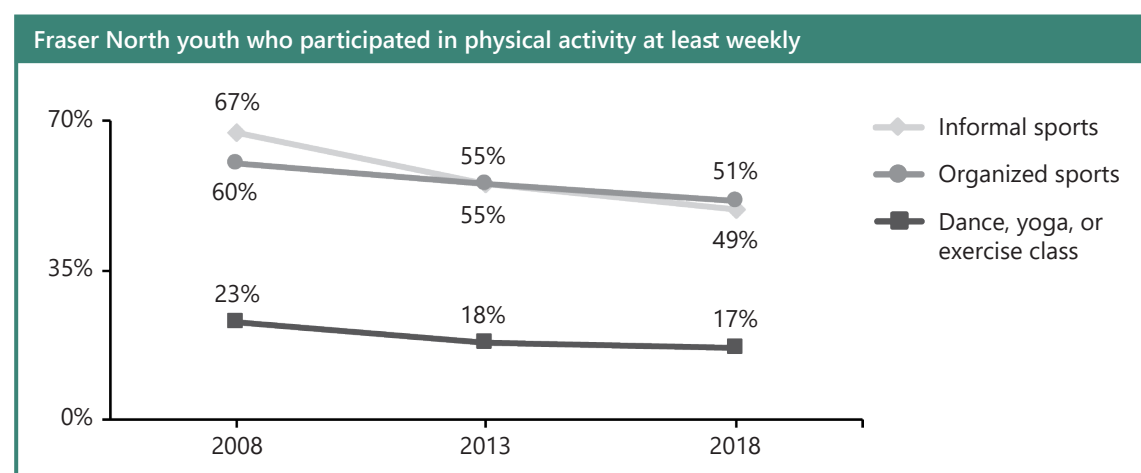
BC AHS results show that participation in extracurricular activities can have many benefits, including an increased likelihood that youth will have access to a supportive adult outside their family and feel connected to their community. Engaging in regular physical activity (such as weekly organized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

In the past year, 92% of Fraser North students participated in at least one extracurricular activity (such as sports, dance, clubs, art, or volunteering), including 83% 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 13% who participated in four or more different types.

The most common types of weekly extracurricular activities youth participated in were organized sports (sports with a coach such as a soccer or swim team; 51%) and informal sports (sports

without a coach such as biking, skateboarding, hiking; 49%). However, weekly participation in both types of sports decreased from five and ten years earlier, as did weekly participation in volunteering (20% vs. 23% in 2013 vs. 28% in 2008) and art, drama, singing or music lessons/groups (e.g., 24% vs. 29% in 2013).

There were also decreases from a decade earlier in weekly dance, yoga, or exercise classes and clubs or groups (12% vs. 17% in 2008). Participation rates in these activities were similar to 2013, as were weekly participation in extreme sports (7%) and cultural or traditional activities (7%).



Note: The difference between 2013 and 2018 was not statistically significant for 'Dance, yoga, or exercise class.'

Males were more likely than females to participate weekly in informal sports (56% vs. 41%), organized sports (54% vs. 47%), and extreme sports (10% vs. 3%). However, they were less likely to participate weekly in art, drama, music, and singing groups or classes (17% vs. 30% of females); dance, yoga, or exercise classes (8% vs. 26%); and volunteer activities (15% vs. 24%).

Local youth were less likely than their peers across BC to participate weekly in informal sports (49% vs. 52%) and extreme sports (7% vs. 9%).

Students were asked about any barriers they had experienced to taking part in extracurricular activities in the past year. Reflecting the provincial results and local results from 2013, the most common barrier youth experienced was being too busy (48%).

"I sometimes don't go to my basketball practices because of anxiety and other girls judging me."

Grade 8 student

Fraser North youth were slightly more likely than five years earlier to report missing out on activities because they were worried about being bullied (6% vs. 5% in 2013). However, they were less likely to miss out because they could not get there or home (13% vs. 16% in 2013) and because they could not afford to participate (12% vs. 15%). Other barriers included being too anxious or depressed (13%) and the activities not being available in their community (11%).

Fraser North 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%	23%	32%	17%
Organized sports	42%	7%	28%	22%
Volunteered without pay	57%	23%	16%	4%
Art/drama/singing/music (group or lessons)	68%	9%	18%	6%
Cultural/traditional activities	73%	20%	6%	1%
Dance/yoga/exercise classes	75%	8%	11%	5%
Clubs/groups	82%	6%	11%	1%
Extreme sports	85%	8%	5%	2%

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

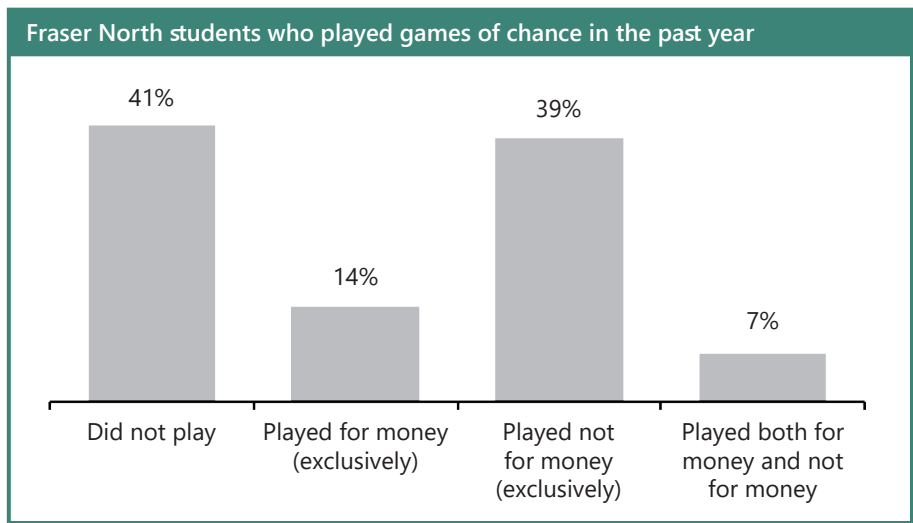
GAMBLING

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. Locally, 60% of students had played at least one of these games in the past year (vs. 64% provincially) and 21% had played for money.

Males were more likely than females to have played at least one game of chance in the past year (74% vs. 46%).



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

GAMBLING FOR MONEY

Results in this section are among youth who gambled for money.

Among students who gambled for money in the past year, the most common way they gambled was through online gaming (44%) and playing cards/dice in person (40%). They also engaged in sports betting in person (33%) and online (11%), bought lottery tickets or scratch cards (29%), and played cards/dice online (14%).

In comparison to youth across BC, youth in Fraser North were more likely to have engaged in online gaming (44% vs. 37% provincially) and playing cards/dice online (14% vs. 10%); and they were less likely to have bought lottery tickets or scratch cards (29% vs. 37%).

In the past year, local males were more likely than females to engage in online gaming (51% vs. 20%) and sports betting in person (36% vs. 24%) and online, and were less likely to have bought lottery tickets or scratch cards (22% vs. 47%).

Reflecting the provincial pattern, 22% of local youth who had gambled for money did so on at least a weekly basis over the past 12 months.

Local students who gambled for money on a weekly basis were almost three times as likely to have engaged in online gaming as any other gambling activity. For example, 17% participated in online gaming weekly, compared to 6% who played cards/dice in person, and 4% who engaged in sports betting in person.

Among local students who gambled for money in the past year and had access to a phone, 7% had used their device to gamble on their last school day.

Among students who gambled for money, 2% felt or had been told they needed help for their gambling.



RISKS TO HEALTHY DEVELOPMENT

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

POVERTY & DEPRIVATION

GOING TO BED HUNGRY

Reflecting the provincial picture, 10% of youth in Fraser North went to bed hungry at least sometimes because there was not enough money for food at home, including 1% who often or always went to bed hungry. The percentage who went to bed hungry at least sometimes was similar to 2008 and higher than in 2013 (7%).

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 North youth who felt deprived of...	
Money to spend on themselves	9%
Space of their own to hang out in	7%
Smartphone	5%
Lunch for school/money for lunch	4%
Money for school supplies, trips, and extracurricular activities	4%
Equipment/clothes for extracurricular activities	4%
Access to transportation	3%
Clothes to fit in	3%
A quiet place to sleep	3%
Access to the Internet	1%

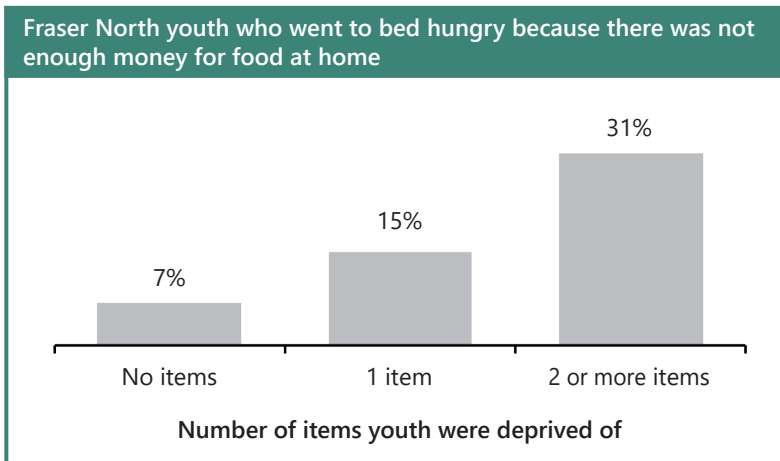
Most youth had all the items on the list. For example, 98% had access to Internet, while 1% did not have this but wished they had it, and 1% did not have it and did not want it or did not know if they wanted it. The most common item that youth reported wanting but not having was money to spend on themselves.

When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 70% 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 55% 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 pursue post-secondary education (77% vs. 86% of those who had money for these items).

In Fraser North, almost a quarter (24%) of youth lacked but wished they had at least one of the items in the Index, including, 5% who lacked two items, 3% who lacked three items, 1% who lacked four items, and 1% who lacked five or more.

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.

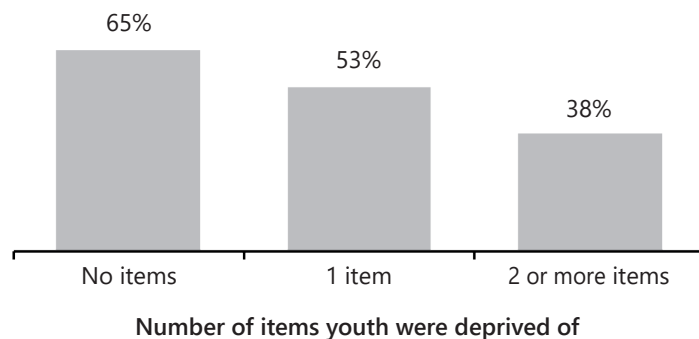


The more items youth were deprived of, the less likely they were to feel like a part of their school or community. For example, around half (47%) of local youth who had all the items in the Index felt at least quite connected to their community, compared to less than a quarter (24%) of those who were deprived of two or more items on the list.

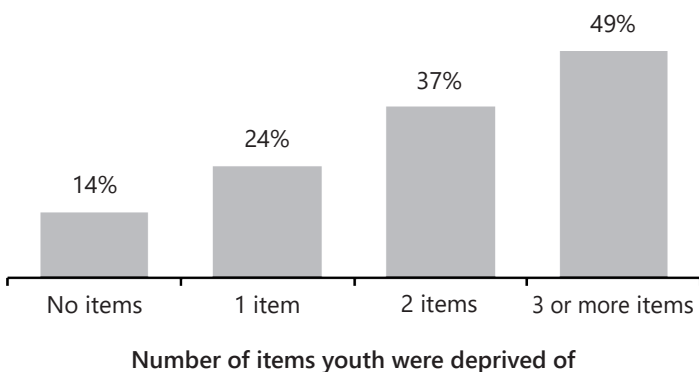
Youth deprivation was also associated with poorer health and well-being. For example, more than

three quarters (78%) of local youth who had all the items in the Index reported good or excellent mental health, compared to around half (52%) of those who lacked two or more items. Also, 84% of those who had all the items rated their overall health as good or excellent, compared to 76% of those who were deprived of one item and 59% who were deprived of three or more items. Finally, the more items youth felt deprived of the more likely they were to wish they had a different life.

Fraser North youth who felt like a part of their school



Fraser North youth who wished they had a different life



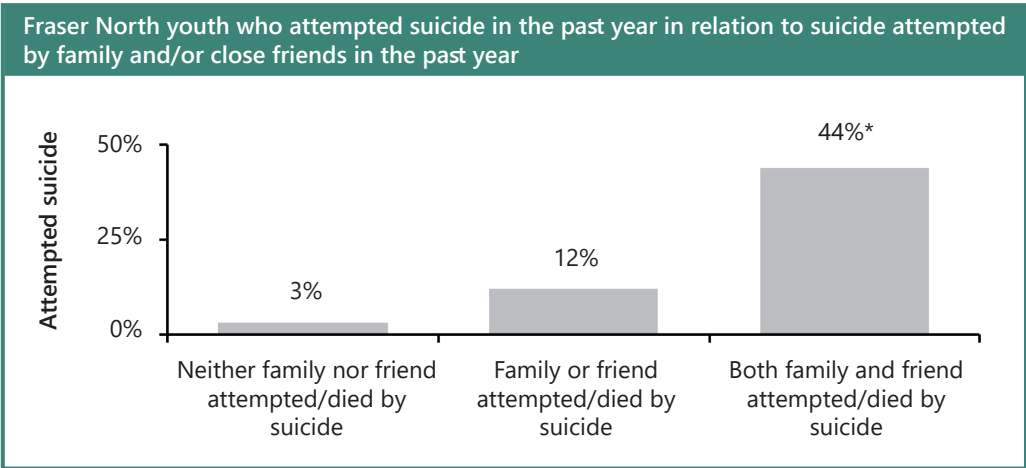
LOSS & BEREAVEMENT

Around two thirds (66%) of Fraser North students reported that at least one person close to them had died, most commonly due to illness (43%) and old age (40%). Other reasons included accident (10%), suicide (7%), violence (3%), an overdose from a substance other than fentanyl (3%), and a fentanyl overdose (2%).

Local students were less likely to have been bereaved than students across the province, including as a result of illness (43% vs. 46% provincially), old age (40% vs. 44%), an accident (10% vs. 13%), suicide (7% vs. 9%), and an overdose from a substance other than fentanyl (3% vs. 4%).

The BC AHS also asked participants if they had a family member or close friend who had attempted or died by suicide, and if this experience had occurred within the past year. Locally, 12% had a family member who had attempted or died by suicide (vs. 16% provincially), and 4% had this happen within the past year (vs. 5%). A quarter (25%) had a close friend who had attempted or died by suicide (vs. 29% provincially), and 15% had this experience within the past year (vs. 17%).

In total, 17% of local students had a family member or close friend who had attempted or died by suicide within the past year (vs. 20% provincially). Students who had a close friend and/or family member who had attempted or died by suicide were more likely to have attempted suicide themselves.



* Percentage should be interpreted with caution as the standard error was higher than expected but is still within the releasable range.

VIOLENCE & DISCRIMINATION

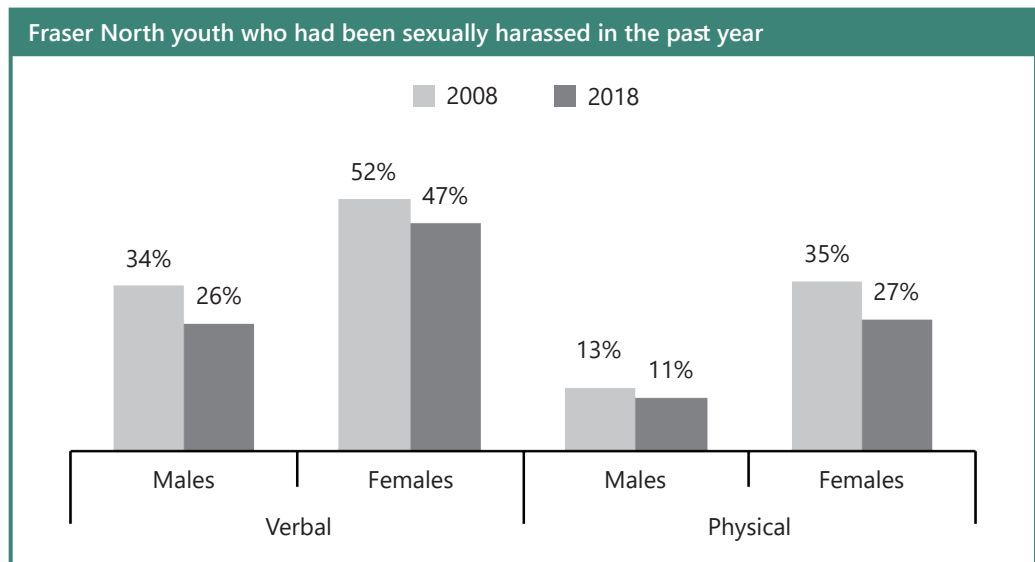
DATING VIOLENCE

In the past year, 38% of Fraser North students had been in a romantic relationship (compared to 43% provincially). As in 2008 and 2013, 7% of these students had been the victim of physical violence within their relationship, with no gender differences.

SEXUAL HARASSMENT

Overall, students in Fraser North were less likely than their peers across the province to have been verbally sexually harassed (36% vs. 39%) and physically sexually harassed (19% vs. 22%). Males were the least likely to have had either of these experiences.

For females, rates were similar to 2013 and lower than in 2008 for verbal and physical sexual harassment. For males, verbal sexual harassment rates were lower than five and ten years earlier (e.g., 26% vs. 32% in 2013), and physical sexual harassment rates returned to 2008 levels after decreasing in 2013 (11% vs. 8% in 2013).



Note: The difference between 2008 and 2018 for physical sexual harassment was not statistically significant for males.

PHYSICAL & SEXUAL ABUSE

Overall, 14% of Fraser North youth had been physically abused or mistreated, with females more likely than males to have had this experience. The percentage of females who had experienced physical abuse was higher than five years earlier but comparable to the rate in 2008 (17% vs. 14% in 2013), whereas for males it was unchanged from 2013 and lower than ten years earlier (11% vs. 14% in 2008).

Also, 9% of students had been sexually abused (4% of males vs. 14% of females vs. 24% of non-binary youth). Compared to five years earlier, there was a rise in the percentage of females who had been sexually abused (14% vs. 11% in 2013) and rates for males remained similar (4%).

DISCRIMINATION

Similar to the picture across BC, 37% of students experienced at least one form of discrimination in the past year. The most commonly perceived reason for being discriminated against was physical appearance.

Youth in Fraser North were more likely than those across BC to have been discriminated against because of their race, ethnicity, or skin colour (17% vs. 14% provincially); and were less likely to have been discriminated against because of their physical appearance (20% vs. 23%) or their weight (14% vs. 16%).

Compared to five years earlier, there were increases in discrimination on the grounds of race, ethnicity or skin colour (17% vs. 13% in 2013); gender or sex (9% vs. 6%); income or family income (7% vs. 5%); and sexual orientation (5% vs. 4%).

Fraser North youth’s perceived reasons for being discriminated against in the past year	
Physical appearance	20%
Race, ethnicity, or skin colour	17%
Weight	14%
Gender/sex	9%
Income or family income	7%
Sexual orientation (e.g., being or thought to be gay or lesbian)	5%
A disability	3%

Note: Youth could choose more than one response.

BULLYING

Around half (49%) of Fraser North students had been the victim of bullying in the past 12 months (vs. 53% provincially). This included being teased to the point that they felt bad or extremely uncomfortable (35%), deliberately socially excluded (35%), and physically attacked (8%) at school or on the way to or from school.

Rates of being teased were lower than five years earlier (35% vs. 38% in 2013), while rates of being social excluded and physically attacked remained comparable. Females were more likely than males to be teased and excluded, and were less likely to be attacked.

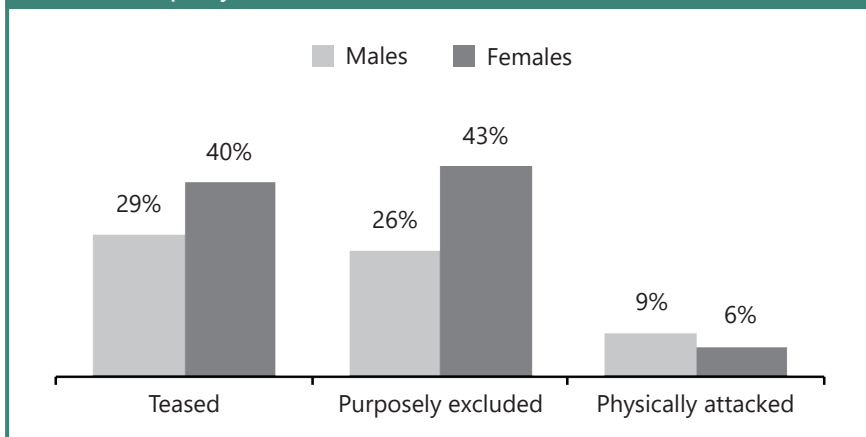
"I used to be bullied quite often."

Grade 10 student

Non-binary youth experienced teasing and social exclusion at similar rates to females and were the most likely to have been physically attacked (19%).

Similar to youth across BC, 9% of local students reported they had teased, excluded, or physically attacked someone else at school or on the way to or from school in the past year.

Fraser North youth who had been bullied at school or on their way to or from school in the past year



WEAPON CARRYING

In the past 30 days, 4% of students carried a weapon to school, including 1% who always carried a weapon. Students who had been the victim of bullying were more likely to carry a weapon. For example, 14% of youth who had been physically attacked in the past year carried a weapon, compared to 3% who had not been attacked.

INTERNET SAFETY

Rates of Internet safety and cyberbullying were similar to 2013.

"I was blackmailed into sending nudes from an 18-year-old guy that had told me he loved me and said he was 13."

Grade 9 student

Sixteen percent of students had met someone through the Internet who made them feel unsafe (vs. 11% in 2008). Consistent with previous years, females were more likely than males to have met someone unsafe online (22% vs. 10%).

In the past year, 12% of students had been cyberbullied (vs. 15% in 2008) and 5% had cyberbullied someone else. Females were more likely than males to have been cyberbullied (13% vs. 10%), and males were more likely to have cyberbullied someone else (7% vs. 4% of females).

Local students were less likely than youth across BC to have been cyberbullied (12% vs. 14% provincially).



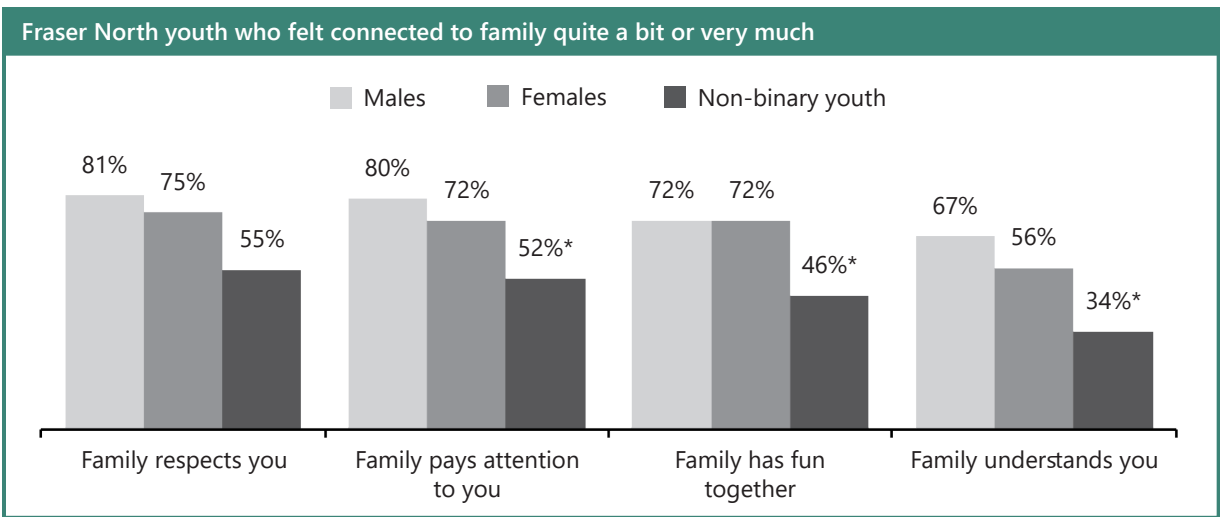
SUPPORTING HEALTHY DEVELOPMENT

FAMILY

BC AHS results show that family relationships are one of the most important protective factors in the lives of youth. 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.

Youth in Fraser North generally felt connected to their family. Overall, 78% felt respected by their family, 76% felt that their family paid attention to them, 71% felt that their family had fun together, and 61% felt their family understood them.



* Percentage should be interpreted with caution as the standard error was higher than expected but is still within the releasable range.

SUPPORTIVE FAMILY

"I could have killed myself, but my brother stopped me."

Grade 7 student

Most (70%) Fraser North students felt they had an adult inside their family they could talk to if they had a serious problem. Non-binary youth were the least likely to feel they had such an adult in their family (e.g., 41% vs. 73% of males).

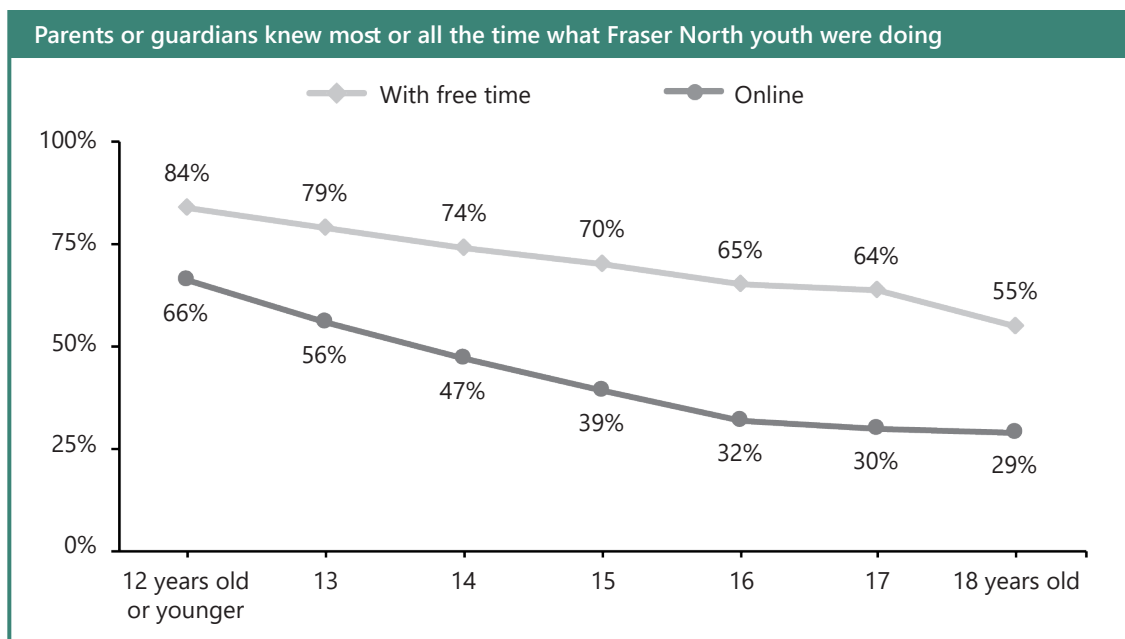
The majority of students (73%) turned to a family member for help in the past year, and most of these students (94%) found the support helpful.

Females remained more likely to seek help from a family member (75%). However, there was an increase in males who sought help from their family (72% vs. 69% in 2013).

MONITORING

Most youth (70%) had parents who monitored their free time. However, 13% had parents who rarely or never knew what they were doing in their free time and 37% reported their parents 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 (73%) felt they had the right amount of time, and 20% 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.

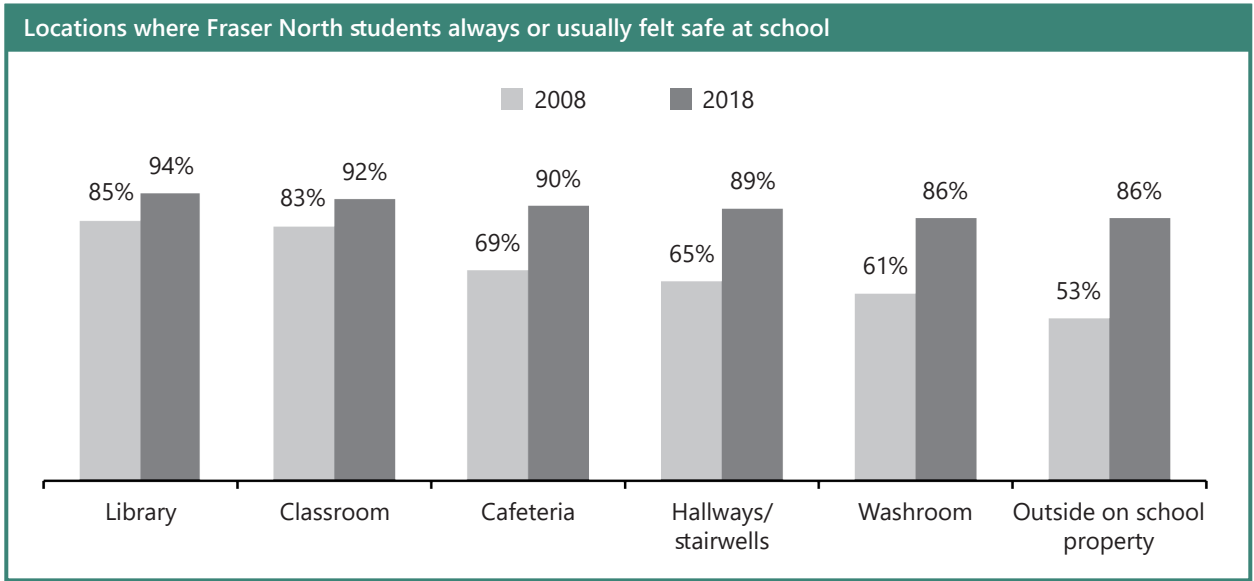
Most students in Fraser North felt that school staff expected them to do well (76%), they were treated fairly by school staff (69%), their teachers cared about them (66%), they were happy to be at school (62%), and they were a part of their school (61%). In addition, 49% felt that school staff other than teachers cared about them.

SAFETY

Results in Fraser North were similar to provincial results for school safety.

Overall, 74% of Fraser North students felt safe at school. This represented a local decrease from 79% in 2013. There were also decreases from 2013 in student safety in specific locations of the school, including the classroom, library, and changing rooms (84% vs. 86% in 2013). However, students in Fraser North felt safer in the different areas of their school compared to a decade earlier. In addition, 89% of youth felt safe getting to or from school (unchanged from 2013).

Non-binary youth were the least likely to feel safe at school in general (47% vs. around three quarters of males and females), as well as in specific locations at their school. For example, 56% of non-binary youth felt safe in the cafeteria (vs. around 90% of males and females), and 55%* felt safe in the hallways or stairwells (vs. 88% of females vs. 91% of males).



EDUCATION PLANS

Most Fraser North students planned to finish Grade 12 and pursue post-secondary education. Compared to five years earlier, local students were less likely to plan to finish Grade 12 (89% vs. 91% in 2013) or attend post-secondary (85% vs. 90%). However, most students who did not report planning to finish high school had not yet thought about it and only 1% specifically did not plan to graduate.

Females were most likely to plan on finishing high school (92% vs. 86% of males vs. 75% of non-binary youth) and go on to post-secondary (89% vs. 81% of males vs. 71% of non-binary youth).

COMMUTE TO SCHOOL

Fraser North youth most commonly got to school by car (47%). Local youth were less likely than their peers across the province to take a school bus or public transit (20% vs. 23%); and were more likely to walk, cycle, or skateboard to school (33% vs. 29%).

Most students (92%) had a commute to school that was less than 30 minutes, 7% had a commute between 30 and 59 minutes, and 1% commuted for an hour or more.

SCHOOL ATTENDANCE

In the past month, Fraser North youth most commonly missed school because of illness. A quarter of local students had skipped class, with 8% doing so on three or more days.

Compared to five years earlier, there was an increase in the percentage of local students who missed school due to family responsibilities (12% vs. 10% in 2013) and work (4% vs. 3%) in the past month. However, Fraser North students were less likely than their peers across BC to have missed school because of family responsibilities (vs. 14% provincially).

Males were least likely to miss class because of appointments (e.g., 25% vs. 37%* of non-binary youth), their mental health (8% vs. 18% of females vs. 33% of non-binary youth), and bullying (2% vs. 4% of females vs. 13% of non-binary youth).

Reasons Fraser North students missed classes in the past month	
Illness	36%
Appointments	29%
Skipping class	25%
Slept in	21%
Other school responsibilities	16%
Mental health (e.g., anxiety, depression)	14%
Family responsibilities	12%
No transportation	4%
Work	4%
Bullying	3%

Note: Students could choose more than one response.



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, 42% of students in Fraser North felt quite a bit or very much connected to their community, which was an increase from 38% in 2013. However, 22% felt only a little or not at all connected.

Non-binary youth were the least likely to feel connected to their community (25% vs. about 4 in 10 males and females).

There was an increase in local youth who had an adult in their neighbourhood or community who really cared about them (61% vs. 58% in 2013). However, this was lower than the provincial rate (65%).

SAFETY

The majority of Fraser North youth often or always felt safe in their neighbourhood in the daytime (90%) and at night (62%).

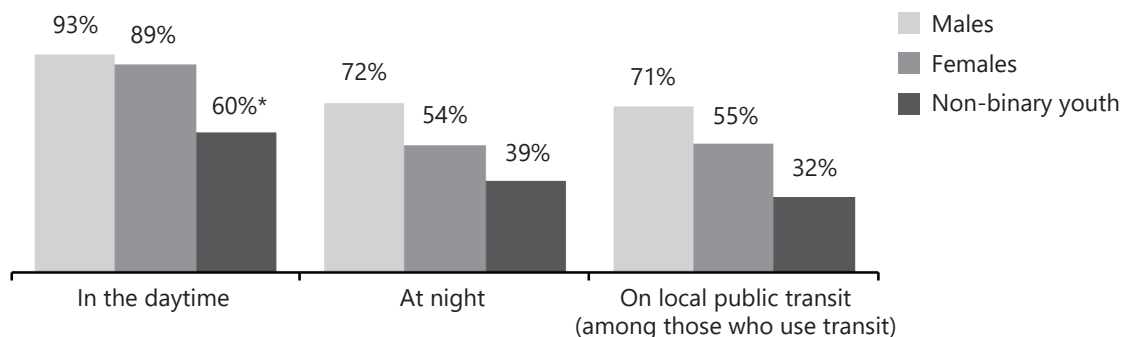
Most local youth used public transit (87%). Among these youth, 62% often or always felt safe on transit, and 10% never or rarely did.

Male students were the most likely to report feeling safe in their neighbourhood and on transit, while non-binary students were the least likely to feel safe.

RELATIONSHIP TO THE LAND/NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Forty-two percent of Fraser North students reported often or always feeling connected, whereas 38% sometimes felt this way, and 20% hardly ever or never felt connected.

Fraser North students who often or always felt safe in their neighbourhood...



* Percentage should be interpreted with caution as the standard error was higher than expected but is still within the releasable range.

SUPPORTIVE RELATIONSHIPS

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.

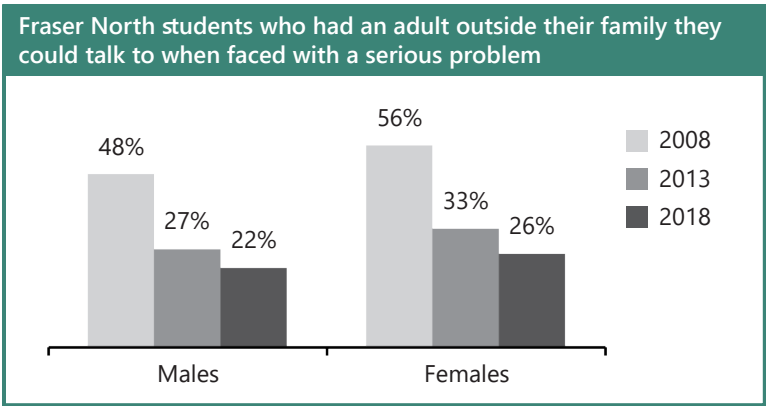
Youth who have an adult who helps them with tasks report better outcomes. For example, if they have an adult to help them with post-secondary applications, they are more likely to plan to go to college, university, or trade school.

SUPPORTIVE ADULTS

In Fraser North, around a quarter of youth (24%) had access to an adult outside their family who they could talk to if they had a serious problem (vs. 30% in 2013 vs. 52% in 2008). Females were more likely than males to have such an adult in their life.

Fraser North youth were less likely to have access to a supportive adult outside their family than their peers across the province (24% vs. 27%).

Most Fraser North students had an adult in their life who helped them with making and getting to appointments, homework, preparing for post-secondary, and finding employment. However, they were less likely than those across the province to have an adult in their life who helped them to make appointments (86% vs. 89), get to appointments (86% vs. 89%), get a job (65% vs. 69%), and with homework (61% vs. 63%).



Fraser North students who had an adult who helped them with ...			
	Yes	No	Do not need this
Making appointments	86%	7%	7%
Getting to appointments	86%	7%	7%
Preparing for post-secondary	78%	13%	9%
Getting a job	65%	19%	16%
Homework	61%	20%	19%

ASKING ADULTS FOR HELP

Fraser North students asked a variety of adults outside their family for help in the past year, and most found the experience helpful.

Youth most commonly approached a teacher for help (57% vs. 45% in 2013). They were more likely than their peers across BC to access a school counsellor (34% vs. 31% provincially), youth worker (11% vs. 9%), and online community or support group (8% vs. 6%) for help.

Adults outside their family whom Fraser North students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	57%	93%
School counsellor	34%	80%
Doctor	33%	91%
Sports coach	26%	94%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	25%	84%
Friend's parent	23%	86%
Nurse	15%	91%
Youth worker	11%	80%
Mental health counsellor	10%	77%
Online community/online support group	8%	74%
Spiritual leader	7%	78%
Social worker	7%	73%
Telephone helpline	6%	69%
Aboriginal Education Worker [†]	6%	70%
Indigenous Elder [†]	4%	61%

[†] Among Indigenous students, 22% had approached an Aboriginal Education Worker for help and 89% of these students found this experience helpful. Also, 14% had approached an Elder for help and 81% of them 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.

Most students (96%) in Fraser North had at least one close friend in their school or neighbourhood, including 82% who had three or more close friends. Males and females were more likely to have three or more friends than non-binary students (a little over 8 in 10 males and females vs. 60% of non-binary students).

Just over a third (34%) of students in Fraser North had at least one close friend online whom they had never met in person, and 17% had three or more such friends (12% of females compared to about a fifth of male and non-binary students).

In the past year, 7% had dated someone they had met online and had never met in person, including 2% who had two or more partners they had exclusively met online.

Connecting with friends

When asked how much time they had to do the things they wanted with friends, 68% of local students felt like they had the right amount of time, 26% did not have enough time, and 6% had too much time.

Older youth were generally more likely than younger ones to report not having enough time to spend with friends (e.g., 32% of 17-year-olds vs. 24% of 13-year-olds), as were non-binary youth and females in comparison to males (e.g., 31% of females vs. 21% of males).

Asking for help

"I would like to learn how to help others that are struggling with their mental health."

Grade 12 student

In the past year, 77% of students in Fraser North asked a friend they knew in person for help, and most (95%) of these youth found their friend to be helpful. Also, 22% asked a friend that they exclusively knew online for help (vs. 19% provincially), and 79% of these youth found this experience helpful.

Females were more likely than males and non-binary youth to have sought help from a friend they knew in person (e.g., 82% vs. 72% of males). However, males were more likely than females and non-binary youth to have found these friends helpful (e.g., 97% vs. 93% of females; among those who asked for help).

In the past year, 82% of students had a friend who had asked them for help, and most (96%) who had been asked felt able to help. Females were the most likely to have a friend ask them for help (e.g., 87% vs. 71% of non-binary students).

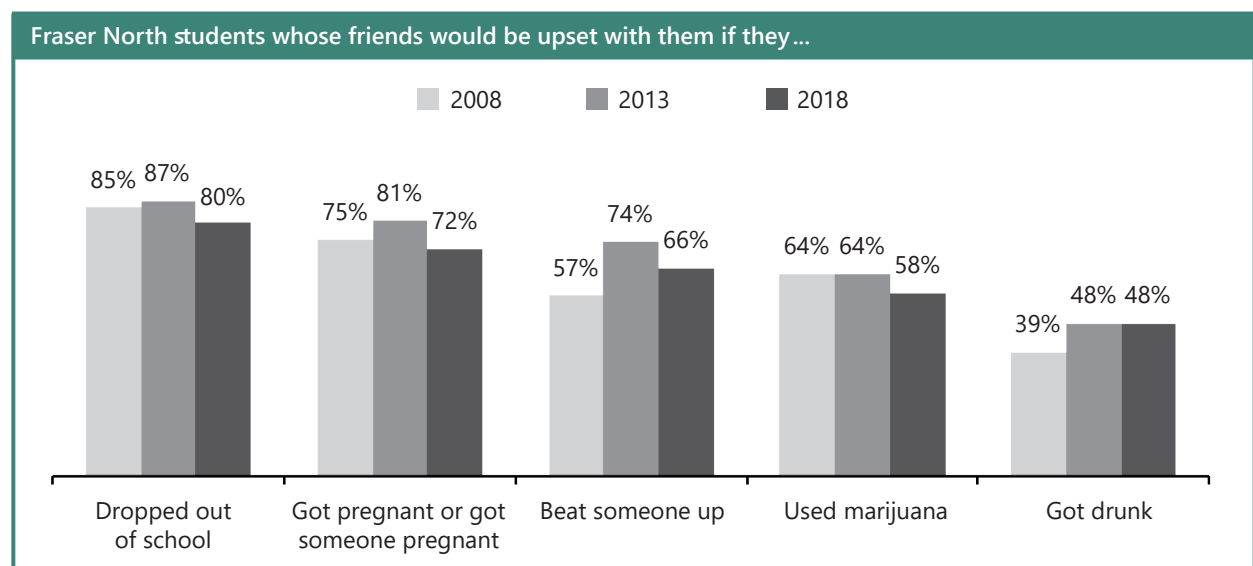
Friends with prosocial attitudes

The majority of Fraser North youth had friends who would be upset with them if they dropped out of school, were involved in a pregnancy, beat someone up, or used marijuana; and around half had friends who would be upset with them if they got drunk.

Females were the most likely to indicate that their friends would be upset with them if they dropped out of school (84% vs. 77% of males vs. 60% of non-binary students), were involved in a pregnancy (77% vs. 68% of males vs. 53% of non-binary students), beat someone up (78% vs. a little over half of male and non-binary students), or used marijuana (63% vs. 56% of male and non-binary students).

Compared to five years earlier, Fraser North students were less likely to have friends who would disapprove of them beating someone up, being involved in a pregnancy, dropping out of school, or using marijuana.

Local youth were more likely to have friends who would disapprove of them using marijuana than youth across BC (58% vs. 55% provincially).



YOUNG PEOPLE'S STRENGTHS & RESILIENCY

QUALITY OF LIFE & WELL-BEING

Fraser North 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 to rate their quality of life positively. For example, 64% of males felt their life was going just right, compared to 53% of females and 26% of non-binary youth.

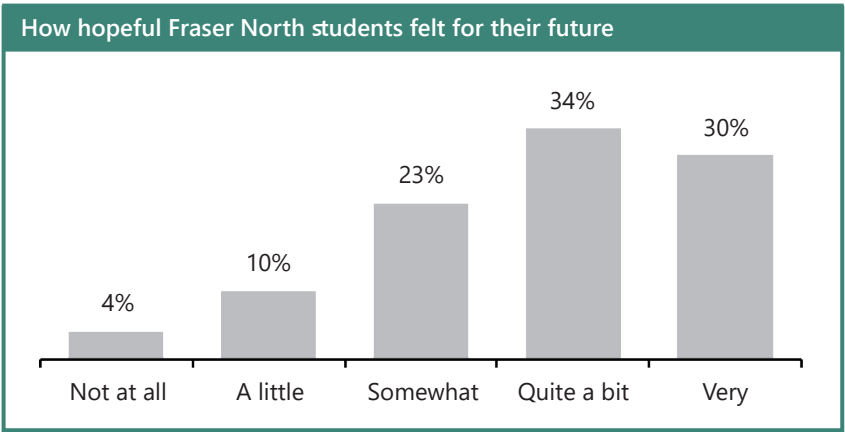
HOPEFULNESS

Sixty-four percent of Fraser North students felt quite a bit or very hopeful for their future, with males the most likely to feel this way (67% vs. 63% of females vs. 39% of non-binary youth).

Youth who felt hopeful were more likely than their peers who were less optimistic to report positive mental health, including feeling happy, as well as lower rates of extreme stress and despair.

Quality of life and well-being among Fraser North youth			
	Agree/ Strongly agree	Neither agree nor disagree	Disagree/ Strongly disagree
I have a good life	79%	16%	6%
My life is going well	72%	19%	9%
I have what I want in life	59%	26%	15%
My life is going just right	58%	27%	15%
I wish I had a different life	18%	25%	57%

Note: Percentages for 'I have a good life' 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, 44% always pushed themselves to achieve their goals in these situations (47% of males vs. 42% of females vs. 24% of non-binary youth), while 5% never pushed themselves, and the remaining 51% sometimes pushed themselves.

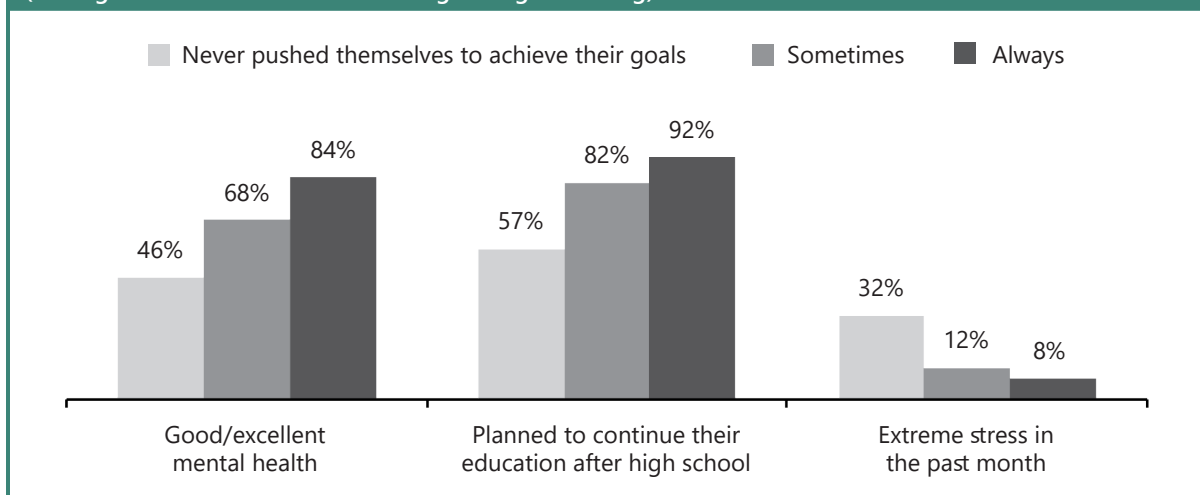
The more often Fraser North students persevered when faced with obstacles, the more likely they were to experience positive mental health and to have plans to pursue post-secondary education, and the less likely they were to experience extreme stress.

FEELING SKILLED & CONFIDENT

There was a slight increase from five years earlier in local students who were able to name something they were really good at such as sports, school work, and art (77% vs. 75% in 2013).

The majority (58%) of students usually felt good about themselves, with males the most likely to feel this way (67% vs. 50% of females vs. 29% of non-binary youth). Students who felt good about themselves were more likely than those who did not feel this way to feel hopeful for their future (82% vs. 27%).

How often Fraser North students pushed themselves when things went wrong in relation to their well-being (among those who indicated that things had gone wrong)



UNSTRUCTURED TIME

Around two thirds (66%) of local youth felt they had the right amount of time to do what they wanted on their own, whereas 22% 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 to spend on their own were more likely to report positive mental health and well-being compared to their peers who did not have enough time. For example, they were more likely to feel happy in the past month (75% vs. 46% of those with not enough time) and to feel their life was going well (80% vs. 55%), and were less likely to experience extreme stress (6% vs. 25%).

Locally, 55% of youth felt they had the right amount of time to do what they wanted in nature, while 42% felt they did not have enough time in nature. Those who felt they had the right amount of time were more likely to feel connected to the land/nature (45% vs. 39% of those who felt they did not have enough time to spend in nature).

SPIRITUALITY

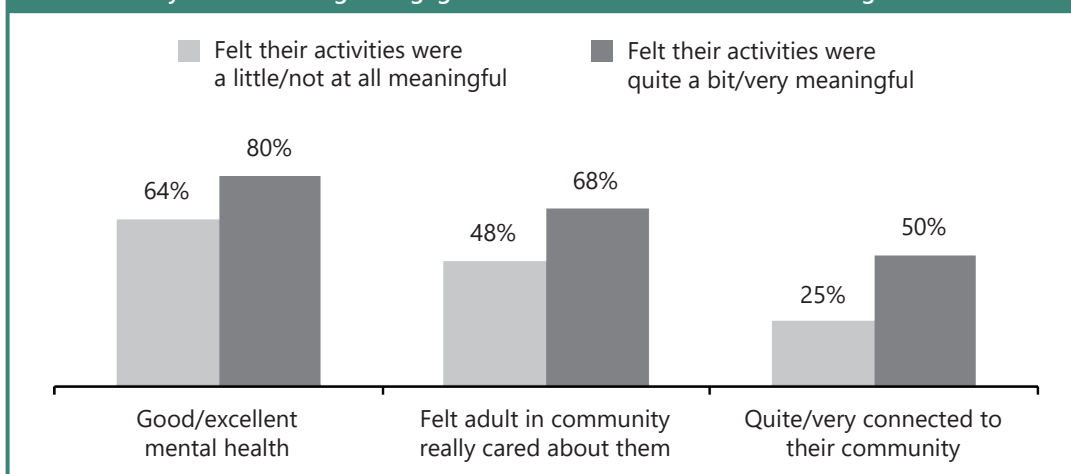
Eighteen percent of Fraser North students reported that spirituality was very important in their life, while 23% felt it was somewhat important, 17% a little important, and 30% felt it was not important to them. Also, 12% indicated not knowing how important spirituality was in their life.

MEANINGFUL ENGAGEMENT

Around two thirds (65%) of students felt the activities they engaged in were meaningful to them (vs. 68% in 2013). Similar to 2013, 45% felt their ideas were listened to and acted upon in these activities.

Local 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.

Fraser North youth's meaningful engagement in activities and their well-being



TOPICS FRASER NORTH 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. In Fraser North, 4% of students identified at least one health-related topic that they would like to receive training about or see included in their school's curriculum.

Nearly 6 in 10 (59%) students who identified a topic they wanted to learn more about wanted more information about mental health, including information about specific conditions and how to manage them, and where and how to access help for mental health challenges.

"I want mental health training and [to learn] how to deal with someone, or yourself, having a panic attack."

Grade 12 student

"Abuse and depression should be required in teaching because I don't know what counts."

Grade 9 student

"Are there suicide helplines available in school?"

Grade 9 student

Sexual health was another common topic youth wanted to learn more about. This included more sexual health education in general, and curriculum which was inclusive of different sexual orientations and gender identities and provided information about consent.

"There is a great need for more youth-based sex education around healthy relationships. Most students do not feel confident with the amount of education they have around sex and relationships and would like to see an increase in efforts."

Grade 11 student

"[I want] more sex education classes to teach everyone more about consent and respect."

Grade 10 student

Other topics students wanted to learn more about included sexual orientation and gender identity, physical health, healthy relationships, substance use, and recognizing and reporting abuse.

"We should learn more about gender and sexuality."

Grade 8 student

"I want information on LGBTQ and youth or just LGBTQ in general!"

Grade 12 student

"How the amount of sleep I get affects my health? What is a good amount of sleep for me?"

Grade 8 student

"I want to learn how to recognize toxic relationships."

Grade 10 student

"Teach us about the long-term effects of marijuana and alcohol."

Grade 12 student

McCREARY RESOURCES

BC AHS PROVINCIAL & REGIONAL RESULTS



This report provides an overview of the BC Adolescent Health Survey results for youth in Fraser North Health Service Delivery Area. Provincial results and results for BC's other Health Service Delivery Areas are available at 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 North, and to conduct workshops which explore how local stakeholders can utilize the results. For more information contact mccreary@mcs.bc.ca.

ENGAGING YOUTH IN THE BC AHS RESULTS



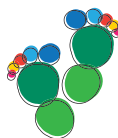
McCreary's Youth Advisory and Action Council (YAC) have created a youth-friendly poster of the key findings of the provincial report. Additional youth-friendly posters will be available on a range of topics, including substance use and mental health. The YAC have also created a workshop to share the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

YOUTH ACTION GRANTS



The YAC distributed over \$87,000 in Youth Action Grants (YAGs) to youth in school districts that participated in the 2013 BC AHS (including 17 grants in Fraser North). 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.

BC AHS NEXT STEPS



McCreary is committed to returning the results of the 2018 BC AHS to young people in Fraser North. 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. A Next Steps curriculum toolkit is also available on our website for anyone wanting to conduct their own Next Steps.



**McCreary
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