



BALANCE AND CONNECTION IN FRASER SOUTH



THE HEALTH AND WELL-BEING
OF OUR YOUTH



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BALANCE AND CONNECTION IN FRASER SOUTH: THE HEALTH AND WELL-BEING OF OUR YOUTH

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ISBN 978-1-926675-69-5

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Statistical weighting and consultation provided by Rita Green.

The 2018 BC Adolescent Health Survey was approved by the Behavioural Research Ethics Board, University of British Columbia, H17-01307.

Funding for the 2018 BC Adolescent Health Survey was provided by BC Ministry of Children and Family Development, BC Ministry of Health, BC Responsible and Problem Gambling Program, and BC Office of the Representative for Children and Youth.

Citation: Peled, M., Forsyth, K., Thawer, Z., Mahdal, D., Jones, G., Poon, C., Smith, A., & McCreary Centre Society. (2020). *Balance and connection in Fraser South: The health and well-being of our youth*. Vancouver, BC: McCreary Centre Society.

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ACKNOWLEDGEMENTS

The 2018 BC Adolescent Health Survey (BC AHS) would not have been possible without the support of the BC government, the five regional health authorities, the 58 participating school districts, many of the province's nursing schools, and the young people who call BC home.

We are also indebted to the school personnel, youth, parents, community agencies, health care professionals, and other experts in adolescent health who helped guide the development of the survey, and to the hundreds of youth who took part in pilot testing the survey instrument.

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

Thank you to the 2018 BC AHS Fraser South coordinators and administrators:

Judi Mussenden

Kari McDougall

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Shazeen Gani

Sukhdeep Gill

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Heather Lewis

Julie Luna

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



KEY FINDINGS

■ Students in Fraser South most commonly identified as South Asian (33% vs. 11% provincially) and/or European (30% vs. 46% provincially). Around 7 in 10 students (69%) spoke a language other than English at home, with 36% doing so most of the time. These rates were higher than across the province as a whole, where 53% spoke another language at home, including 23% who did so most of the time.

■ Reflecting the provincial trend, there was a rise in the percentage of students who never ate breakfast on school days (18% vs. 12% in 2013), and in those who purged (vomited on purpose after eating) in the past year. The increase in purging was seen for both males (10% vs. 4% in 2013) and females (14% vs. 8%).

■ The percentage of students who rated their overall health as good or excellent decreased (from 87% in 2013 to 82%), as did the percentage who rated their mental health this positively (from 84% to 75%).

■ In the past year, 16% of students had cut or injured themselves on purpose without intending to kill themselves (9% of males vs. 22% of females). Non-binary youth were twice as likely as females and around five times as likely as males to have self-harmed.

■ Similar to youth across BC, 16% of local youth had seriously considered suicide in the past year (vs. 11% in 2013). This was a local increase from five years earlier for both males (11% vs. 6%) and females (21% vs. 15%). However, there was a decrease in the percentage of females who had attempted suicide (6% vs. 8% in 2013), while the percentage among males was unchanged (3%).

■ There was an increase in local students who reported missing out on needed mental health services in the past year (17% vs. 10% in 2013). Local students were more likely than those across BC to miss out because they had no transportation (14% vs. 10% provincially), but were less likely to report they did not access services because they had previously had a negative experience doing so (10% vs. 14%).

■ Among students with a phone, 13% used their device on their most recent school day to watch pornography, and 4% used it to engage in sexting (a decrease from 10% in 2013).

■ Compared to youth across BC, local youth were less likely to have used tobacco (13% vs. 18%), alcohol (35% vs. 44%), or marijuana (20% vs. 25%).

■ The most common smoking products used by students were a vape pen or stick with and without nicotine. However, local youth were less likely than those across BC to have vaped in the past month (24% vs. 27% provincially).

■ Among youth who had tried alcohol, 44% waited until they were 15 or older to have their first drink (compared to 37% across BC), which was an increase locally from five and ten years earlier. There was also a steady increase in the percentage who waited until they were at least 15 to first try marijuana (from 38% in 2008, to 47% in 2013, to 55%; among those who had tried it).

● Eight percent of youth in Fraser South went to bed hungry at least sometimes because there was not enough money for food at home. This percentage was higher than in 2013 (6%) but still lower than across BC (10% provincially).

● There was an increase from five years earlier in the percentage of youth who had experienced discrimination due to their race, ethnicity, or skin colour (18% vs. 14% in 2013); their gender/sex (10% vs. 6%); physical appearance (24% vs. 19%); and income or family income (7% vs. 4%). Local youth were more likely than youth across BC to experience racism (18% vs. 14% provincially).

● Students were less likely to feel safe at school than five years earlier. They were less likely to feel safe in their neighbourhood than youth across BC. For example, 66% of local males felt safe in their neighbourhood at night (vs. 73% provincially), as did 50% of local females (vs. 58%). Also, among youth who used public transit, 15% always felt safe (vs. 20% provincially).

● Three quarters (75%) of youth had turned to a family member for help in the past year, and the majority of these students (95%) found this experience helpful. Local males were more likely than in 2013 to have approached a family member for help (75% vs. 69%), while the percentage among females was unchanged.

● Local youth were more likely than youth across BC to have friends who would be upset with them if they dropped out of school (84% vs. 82% provincially), were involved in a pregnancy (76% vs. 73%), used marijuana (61% vs. 55%), and got drunk (54% vs. 45%).

● Fraser South youth generally felt positively about their quality of life. For example, 80% indicated they had a good life and 73% felt their life was going well.

● Two thirds (67%) felt quite a bit or very hopeful for their future (71% of males vs. 64% of females vs. 32%* of non-binary youth). Youth who felt hopeful were more likely than their peers to report positive mental health, including feeling happy, as well as lower rates of extreme stress and despair.

● Most students in Fraser South felt that school staff expected them to do well (81%), they were treated fairly by school staff (73%), their teachers cared about them (68%), they were happy to be at school (64%), and they were a part of their school (63%).

● The most common topics students wanted to learn more about were mental health and sexual health.

INTRODUCTION

2018 BC ADOLESCENT HEALTH SURVEY

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

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

A report of the provincial findings was released in March 2019 (*Balance and connection in BC*) 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 South Health Service Delivery Area (HSDA).

Fraser South HSDA is comprised of three school districts: Langley (SD 35), Surrey (SD 36), and Delta (SD 37). All three school districts participated in the survey in 2008 and 2013. However, SD 35 (16% of the 2013 survey respondents) chose not to participate in 2018. The Conseil scolaire francophone school district (SD 93) participated for the first time in 2018, and accounted for 2% of the sample in this region.

Additional analyses were conducted to ascertain if the changes in school district participation from 2013 to 2018 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 local 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 South 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 South 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 South 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 South, 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, only 1% of students in Fraser South identified as non-binary. 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 cell 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 SOUTH

BACKGROUND

Students in Fraser South most commonly identified as South Asian (33%) and/or European (30%). Local students were more likely than their peers across BC to identify as South Asian.

Over the past decade, there were decreases in the percentages of youth who identified as European (30% vs. 41% in 2013 vs. 47% in 2008) and Indigenous (4% vs. 7% in 2008). There were increases in those who identified as South Asian (33% vs. 26% in 2013, and a similar percentage in 2008), West Asian (3% vs. 2% in 2013 vs. 1% in 2008), and African (4% vs. 3% in 2013).

Family background	Fraser South	BC
South Asian	33%	11%
European	30%	46%
East Asian	14%	18%
Southeast Asian	12%	8%
Indigenous	4%	10%
Latin/South/Central American	4%	5%
African	4%	3%
West Asian	3%	3%
Australian/Pacific Islander	2%	2%
Don't know	6%	10%
Other	4%	4%

Note: Youth could choose more than one response.

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

BIRTHPLACE & LANGUAGE

"I think we should learn more about helping international students to fit in more."

Grade 11 student

The percentage of Fraser South students born in Canada decreased from ten years earlier (75% vs. 81% in 2008). There was an increase in youth who were in Canada as international students (5% vs. 3% in 2013). Also, 1% had arrived as refugees.

Among Fraser South students who were born abroad, 16% had been in Canada less than two years and 28% had been in Canada between two and five years.

Around 7 in 10 students (69%) spoke a language other than English at home, with 36% doing so most of the time. These rates were higher than across the province as a whole, where 53% spoke another language at home, including 23% who did so most of the time.

INDIGENOUS YOUTH

Among the 4% of local students who identified as Indigenous, almost half (49%) were First Nations, and over a third were Métis (35%). The remainder identified as another Indigenous background (including Inuit).

Around 1 in 10 (9%) Indigenous students had lived on a First Nations reserve, including 6% who currently lived on one.

Seventeen percent of Indigenous students spoke at least a few words of an Indigenous language, although few were fluent.

Around a quarter (26%) of Indigenous students reported that at least one member of their family had been in residential school, including 13% whose grandparents attended. This is likely an underestimation as 44% were unsure of their family's history of residential school.

Six percent of Indigenous youth identified as Two Spirit.

GENDER IDENTITY & SEXUAL ORIENTATION

"I want to learn more about getting help with changing genders."

Grade 10 student

A little over half (52%) of Fraser South students were female on their birth certificate and 48% were male. For nearly all students (98%), their current gender identity corresponded with their sex at birth, whereas less than 1% were transgender and 1% identified as non-binary.

Most students identified their sexual orientation as straight. Males were more likely than females to identify as straight (91% vs. 82% females), and females were more likely than males to identify as mostly straight (6% vs. 3% males) or bisexual (6% vs. 1%).

Sexual orientation of Fraser South youth	
Straight	86%
Mostly straight	4%
Bisexual	4%
Gay or lesbian	1%
Not sure yet	4%
Something other than those listed above	1%

Note: Among Fraser South students who identified a sexual orientation other than the options listed on the survey, a common response was pansexual.

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. In total, 1% had been in foster care, 1% had been on a kith and kin agreement, 1% had stayed in a group home, and 1% of those who were age eligible had been on a Youth Agreement. Also, 1% had been held in a custody centre.

LIVING SITUATION

Most Fraser South youth (97%) lived with at least one parent. Compared to five years earlier, youth were more likely to be living with parents, grandparents, siblings, and other related adults.

Youth were asked if they had caretaking responsibilities on a typical school day. Locally, 27% looked after another relative (e.g., a relative with a disability or younger sibling), and 39% took care of a pet. Females were more likely than males to be caring for a pet (42% vs. 35%) or a relative (30% vs. 23%).

A quarter (25%) of youth had moved in the past year (vs. 21% in 2013), including 5% who had moved three or more times. Also, 6% of Fraser South students had run away from home and 4% had been kicked out in the past year.

Nearly all students in Fraser South (94%) often or always felt safe inside their homes (vs. 96% in 2013), while 2% never or rarely felt safe there.

Who Fraser South youth lived with most of the time			
	2013	2018	Change
Mother/Stepmother	87%	91%	↑
Father/Stepfather	74%	82%	↑
Two mothers or two fathers	1%	<1%	—
Grandparent(s)	13%	22%	↑
Foster parent(s)	<1%	<1%	—
Sibling(s)/Step-sibling(s)	66%	77%	↑
Own child or own children	NR	NR	—
Other children or youth	2%	2%	—
Other related adult(s)	5%	7%	↑
Other unrelated adult(s)	1%	2%	—
Live alone	1%	NR	—
Live with both parents at different times	8%	6%	↓

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

Note: Youth could choose more than one response.

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

EMPLOYMENT

A little over a quarter (27%) of Fraser South students had worked at a paid job during the school year (vs. 33% provincially) including 11% who worked 5 to 12 hours, 8% who worked 13 to 20 hours, and 2% who worked in excess of 20 hours a week.

PHONE USE

"I used to be addicted to video games, playing more than 5 hours a day. My grades were dropping. I stopped it and my grades started going back up."

Grade 10 student

"I want to learn about the effects of spending too much time on technology. I would say I'm kind of addicted to electronics."

Grade 11 student

Most Fraser South students (96%) had a cell phone, smartphone, or other portable device. Students most commonly used their device to listen to music, communicate with friends they knew in person, and engage in social media.

Fraser South students' phone use on their last school day (among those with a phone)	
Listening to music	87%
Communicating with friends they know in person	87%
Using social media	87%
Watching shows, movies, YouTube, etc.	81%
Communicating with parents/guardians	79%
Doing homework	65%
Finding information (other than health information)	63%
Playing games	55%
Communicating with someone they know only online	24%
Finding health information	20%
Watching porn	13%
Sexting	4%
Gambling	1%

Note: Youth could choose more than one response.

HEALTH PROFILE OF FRASER SOUTH 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 South rated their health as good or excellent (82%). However, this was a decrease from 87% in 2013. Similar to previous survey years, males were more likely than females to rate their health positively.

The most commonly reported condition was a mental health condition, reported by 13% of youth (an increase from 8% five years earlier). Reflecting the provincial picture, there was a decrease in the percentage of youth who reported having a long-term or chronic condition (7% vs. 9% in 2013).

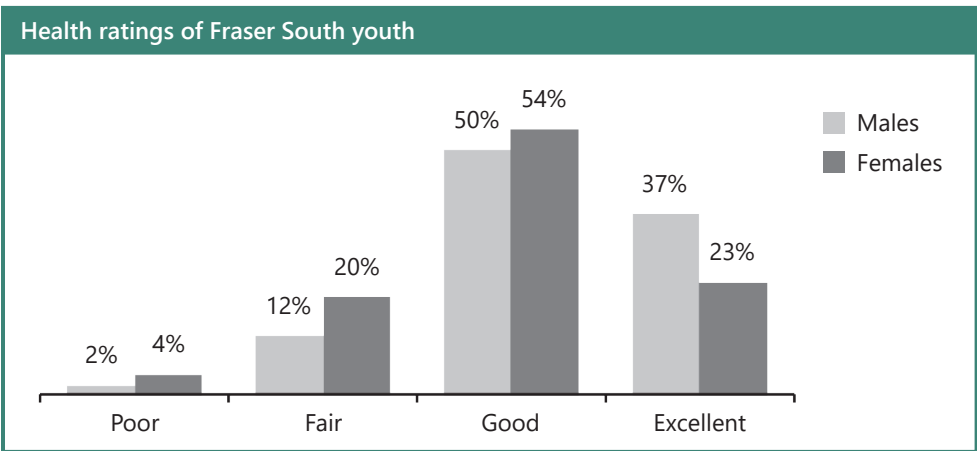
Forty-two percent of local students who had a health condition or disability reported that it prevented them from doing things their peers could do.

HEALTH CONDITIONS & DISABILITIES

A quarter (25%) of local youth indicated having at least one health condition or disability, which was similar to the 2013 local rate, and lower than the provincial rate of 29%.

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

Note: Youth could choose more than one response.



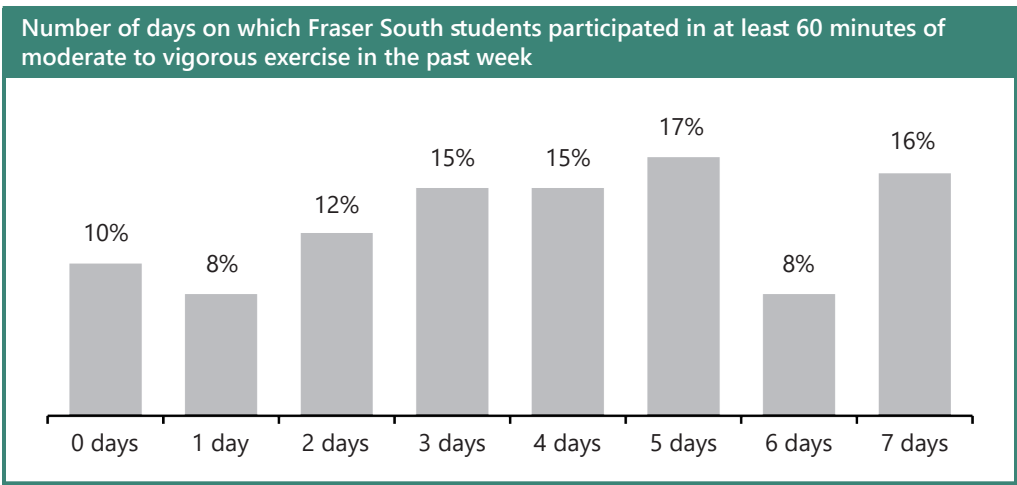
Note: Percentages do not equal 100% due to rounding.

PHYSICAL ACTIVITY

Physical activity results were similar to the provincial results and to local rates in 2013.

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. Locally, 17% of youth aged 12–17 met these recommendations in the week before taking the survey. Males were more likely than females and non-binary youth to exercise this regularly (e.g., 23% of males vs. 10% of females).

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Most local students aged 18 or older (60%) met this recommendation by participating in 60 minutes of exercise on at least three days in the past week. Males were more likely than females to have achieved this recommendation (68% vs. 53%).



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

SLEEP

"We should start school later. Most of my peers only have 4 or less hours of sleep."

Grade 9 student

Reflecting the picture across the province, there was a decrease in the percentage of students who slept for at least eight hours on the night before completing the survey (48% vs. 53% in 2013), and 5% slept four hours or less. Males were more likely than females to have slept for at least eight hours (52% vs. 45%).

Older students were less likely than younger ones to have slept for at least eight hours (e.g., 69% of 13-year-olds vs. 45% of 15-year-olds vs. 28% of 17-year-olds).

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (59%), homework (52%), gaming (28%), and online activities other than gaming (e.g., watching videos, checking social media; 74%).

Females were more likely than males to report chatting or texting (64% vs. 53%), doing homework (59% vs. 44%), and online activities other than gaming (76% vs. 72%); and were the least likely to report gaming (16% of females vs. 40% of males and non-binary youth).

Around 4 in 10 students (41%) reported going offline after their expected bedtime (e.g., turning off their phone, putting it on silent mode, or putting it in another room). Females were more likely than males to go offline (42% vs. 39%).

On the day they completed the survey, around half (49%) of local students had woken up feeling like they got enough rest. Students who reported going offline at night were more likely to wake up feeling rested (57% vs. 44% of those who did not go offline). This rose to 69% 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

"It takes too much time to wait at a walk-in clinic."
Grade 11 student

Around one in five (19%) local youth reported that they did not need health care in the past year and 3% did not get the health care they needed (vs. 4% provincially).

Most students who had needed and accessed health care had visited a family doctor. Local students were more likely than youth across the province to have visited a family doctor (68% vs. 61%) or a walk-in clinic (40% vs. 35%), and were less likely to have visited the emergency room (14% vs. 16%), a counsellor/psychologist (9% vs. 11%), or a school wellness centre (1% vs. 2%).

When asked specifically about accessing medical care when they were physically sick or hurt in the past year, 59% of students reported they had not needed this type of medical help, and 33% got the help they needed. However, 8% of local students had not received the care they needed in the past year (6% of males vs. 10% of females vs. 20% of non-binary youth).

The percentage of youth who missed out on needed medical help was slightly higher than five years earlier (7% in 2013) but lower than in 2008 (12%).

Where Fraser South youth got health care in the past year

Family doctor	68%
Walk-in clinic	40%
Emergency room (ER)	14%
Counsellor/psychologist	9%
Nurse	9%
Youth clinic	3%
School wellness centre	1%
Traditional healer	1%

Note: Youth could choose more than one response.

DENTAL VISITS

Most Fraser South youth (83%) had been to the dentist in the past 12 months, 9% had visited the dentist between a year and two years ago, 5% had last been more than two years ago, and 3% had never been (vs. 2% in 2013).

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



NUTRITION

Similar to the provincial rate and the local rate five years earlier, 92% of students ate fruit and/or vegetables on the day before completing the BC AHS.

Local youth were more likely than five years earlier to have eaten traditional food from their background (56% vs. 48% in 2013), food grown or caught by them or their family (13% vs. 8%), and to have drunk water (98% vs. 97%).

Compared to youth across BC, those in Fraser South were more likely to have eaten traditional food from their background (56% vs. 41%), eaten fast food (52% vs. 47%), and drunk pop (40% vs. 37%) the day before completing the survey. They were less likely to have eaten vegetables (76% vs. 80% provincially) and food grown or caught by them or their family (13% vs. 16%).

What Fraser South students ate or drank yesterday		
	Once or twice	Three or more times
Water	21%	77%
Fruit	61%	22%
Vegetables or green salad	59%	17%
Sweets (cookies, cake, candy, chocolate, etc.)	61%	17%
Traditional food from their background	38%	19%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	44%	7%
Pop	36%	5%
Food grown/caught by them or their family	10%	3%
Energy drinks	5%	1%

MEALS

Reflecting the provincial trend, there was a decrease in the percentage of local students who always ate breakfast on school days (50% vs. 56% in 2013), and a rise in those who never ate breakfast (18% vs. 12%).

Among local students who ate breakfast, most usually got their breakfast at home, 7% got it on the way to school, and 5% ate at school (vs. 8% provincially).

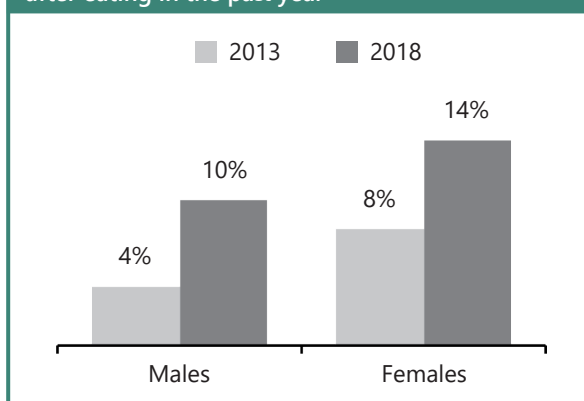
The 2018 survey also asked about eating lunch and dinner on school days. Similar to findings across BC, 65% of local students always ate lunch and 86% always ate dinner, whereas 4% never ate lunch and 1% never ate dinner.

A little over a third (36%) of students always ate three meals a day. Males were more likely than females and non-binary youth to always eat breakfast, lunch, and dinner.

EATING BEHAVIOURS

Mirroring the provincial trend, there was an increase in the percentage of local males and females who had vomited on purpose after eating (purged). Overall, 12% of Fraser South youth had purged in the past year, including 1% who had purged at least weekly.

Fraser South youth who had vomited on purpose after eating in the past year



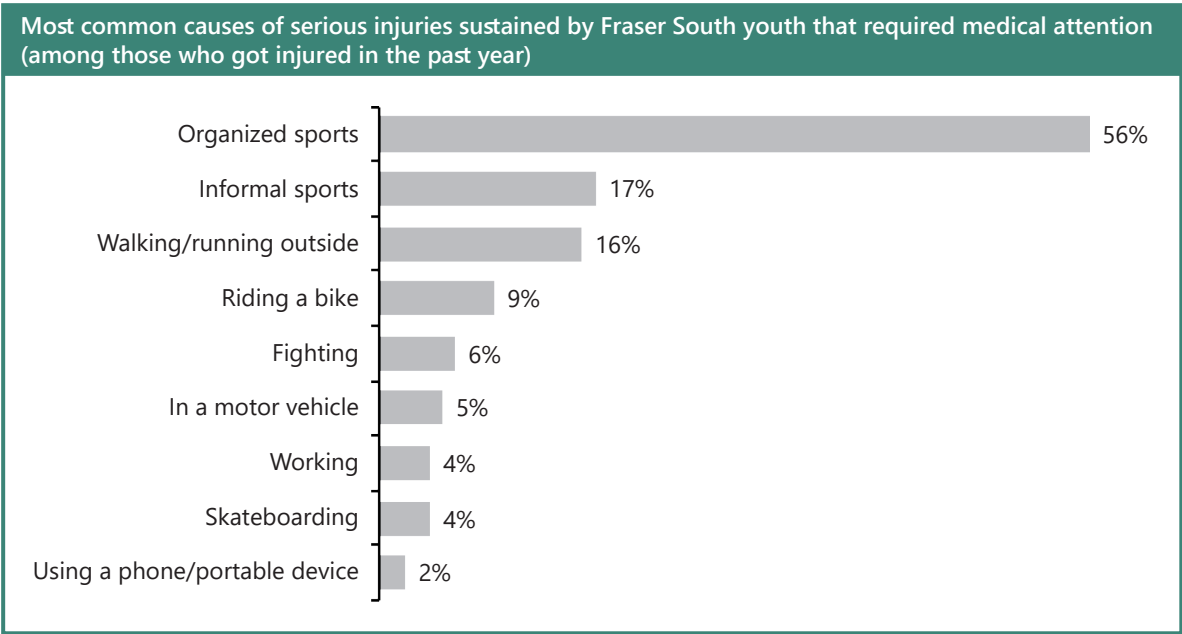
INJURIES & INJURY PREVENTION

INJURIES

In the past year, a quarter (25%) of Fraser South youth were injured seriously enough to require medical attention, including 5% who experienced two serious injuries and 2% who had three or more. The percentage of local males who sustained a serious injury decreased over the past decade (from 30% in 2008 to 26%), while the percentage among females was similar across survey years (23%).

Consistent with the province and previous survey years, males were more likely than females to have sustained a serious injury (26% vs. 23%).

Youth were most likely to have been seriously injured when playing or training for organized sports.



Note: Youth could choose more than one response.



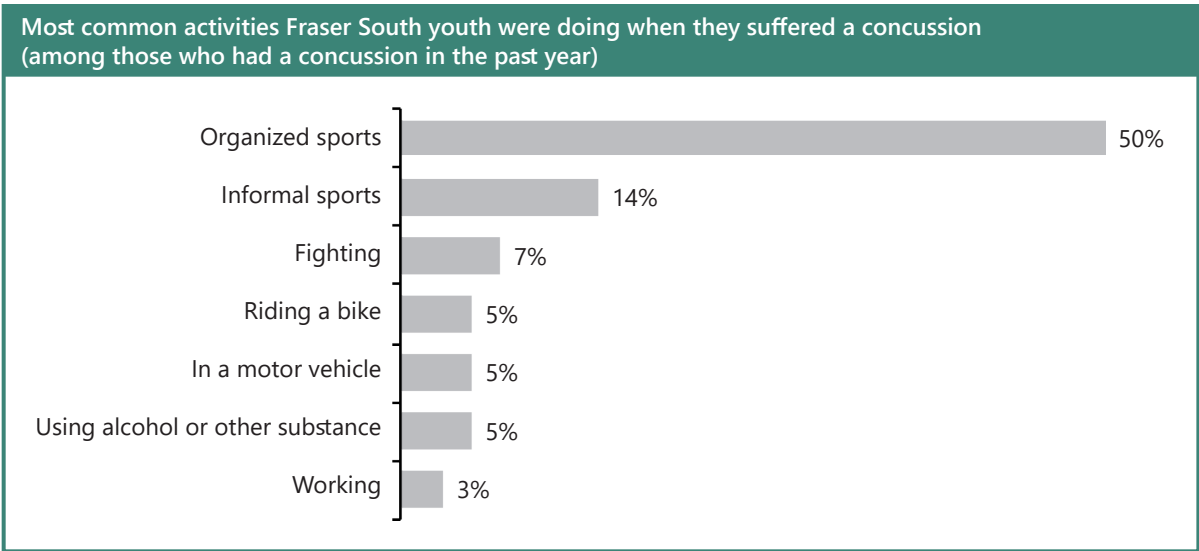
CONCUSSIONS

In the past year, 12% of youth had experienced a concussion, which was a decrease from 15% in 2013. Unlike in 2013, when males were more likely to have experienced a concussion, there was no gender difference in 2018.

Youth who experienced a concussion in the past year typically reported multiple symptoms including headaches (73%); dizziness or balance problems (64%); blurred vision (45%); ringing in their ears (44%); feeling dazed, confused, or suffering a gap in memory (41%); and loss of consciousness (24%).

Similar to the provincial findings, the most common cause of concussion was playing or training for organized sports.

Just over half of local youth (53%) who experienced a concussion in the past year received medical treatment for their head injury.



Note: Youth could choose more than one response.

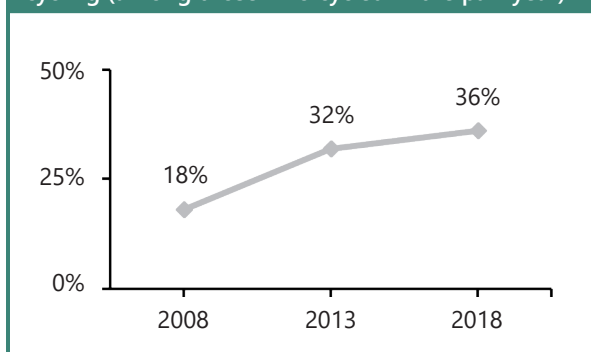
INJURY PREVENTION

Locally, 75% of youth always wore a seat belt when riding in a motor vehicle (vs. 73% provincially), which was similar to the rate in 2013 and an increase from 63% in 2008. As in previous years, there were no gender differences in seat belt use.

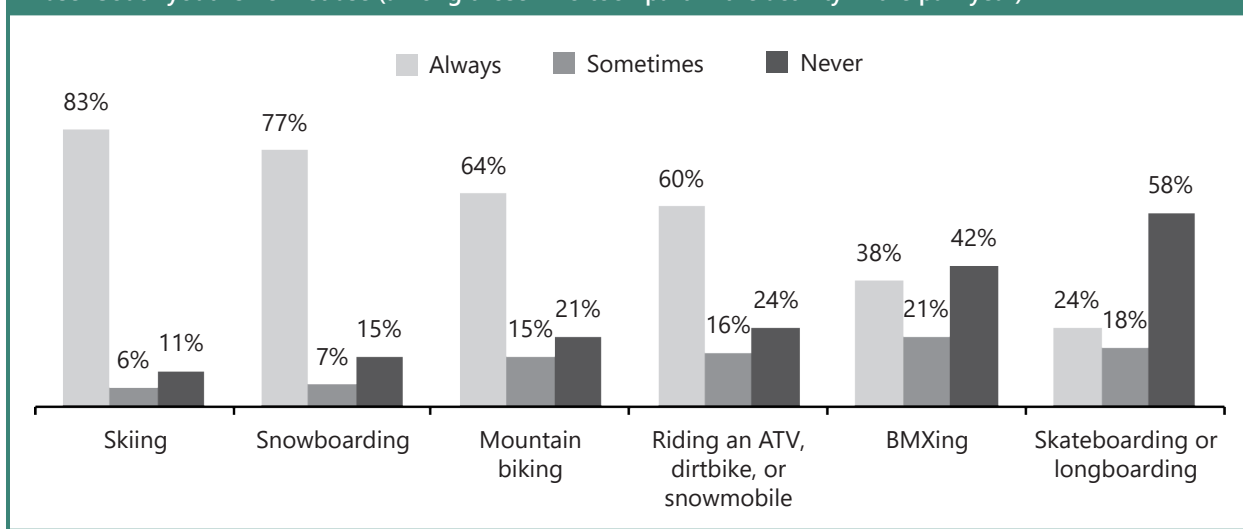
The percentage of local youth who always wore a helmet when cycling was below the provincial rate of 45%, but reflected an increase from previous survey years.

In the past year, youth were most likely to wear a helmet when skiing and least likely to wear one when skateboarding or longboarding. Local youth were less likely than those across BC to always wear a helmet when riding an ATV, dirtbike, or snowmobile (60% vs. 66% provincially; among those who took part in the activity).

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



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



Note: For BMXing, the difference between 'always' and 'never' was not statistically significant.

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

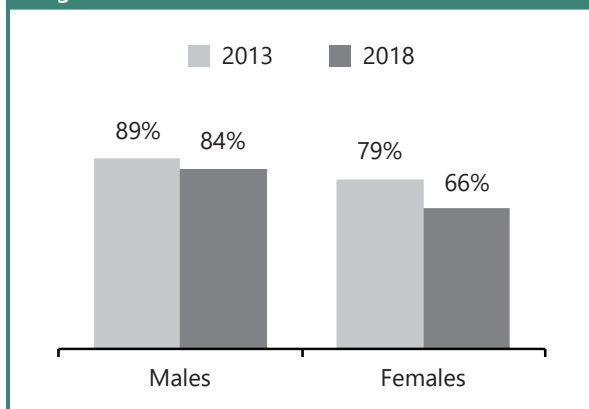
MENTAL HEALTH

"I think there needs to be more options in the classroom for those who struggle with mental health issues."

Grade 12 student

Reflecting the provincial picture, there was a decline in the percentage of students who reported good or excellent mental health (75% vs. 84% in 2013). Males were the most likely, and non-binary youth were the least likely (37%*) to rate their mental health this positively.

Fraser South youth who rated their mental health as good/excellent



HAPPINESS

Similar to the picture across the province, 66% of students felt happy most or all the time in the past month, and 10% rarely or never felt happy.

Females were less likely to feel happy than five years earlier (57% vs. 62% in 2013), while the percentage among males was similar across survey years (75% in 2018).

STRESS & DESPAIR

"On some days I have a lot of stress with the amount of homework being given to me."

Grade 10 student

"Integrate classes that teach kids how to handle stress, anxiety, etc."

Grade 12 student

"I'm feeling overwhelmed about leaving high school and going to the 'real world.' Help senior students get the resources to feel less overwhelmed and scared."

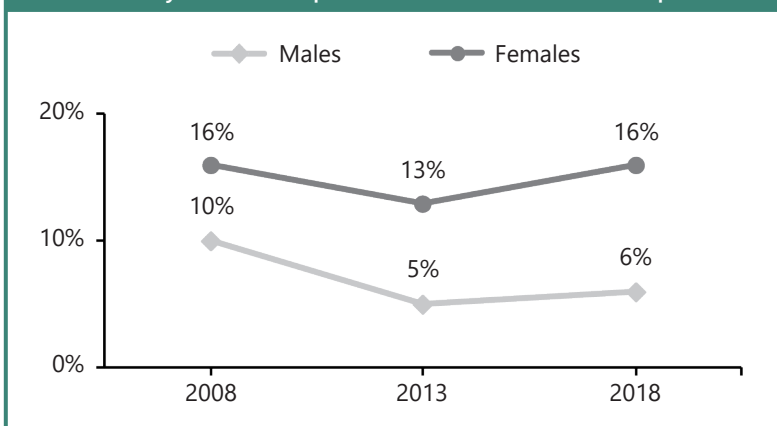
Grade 12 student

Most youth in Fraser South (83%) experienced some level of stress in the past month, including 11% who felt so stressed that they could not function properly (similar to the province as a whole). As in previous years, females were more likely than males to experience this level of extreme stress.

Among students who experienced stress, 35% felt they managed it well and 20% managed it very well, while 29% managed their stress only fairly well and 16% managed it poorly.

More than half of local students (59%) felt sad, discouraged, or hopeless in the past month, and 8% felt so much despair that they were unable to function properly (similar to the province as a whole and to local findings in 2013). As was the case in previous survey years, females were more likely than males to experience extreme despair (11% vs. 4%).

Fraser South youth who experienced extreme stress in the past month



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

MENTAL HEALTH CONDITIONS

Compared to five years earlier there was an increase in local students who reported having Anxiety Disorder/panic attacks (16% vs. 8% in 2013), Depression (13% vs. 8%), and Post-Traumatic Stress Disorder (PTSD; 2% vs. 1%). Also, 5% had Attention Deficit/Hyperactivity Disorder (ADHD) and 1% had Asperger's or Autism Spectrum Disorder.

Non-binary youth were the most likely to have Depression (49%* vs. 17% of females vs. 8% of males) and Anxiety Disorder/panic attacks (42%* vs. 24% of females vs. 6% of males). Also, females were twice as likely as males to report having PTSD (2% vs. 1% of males), while males were more likely to have ADHD (6% vs. 4% of females).

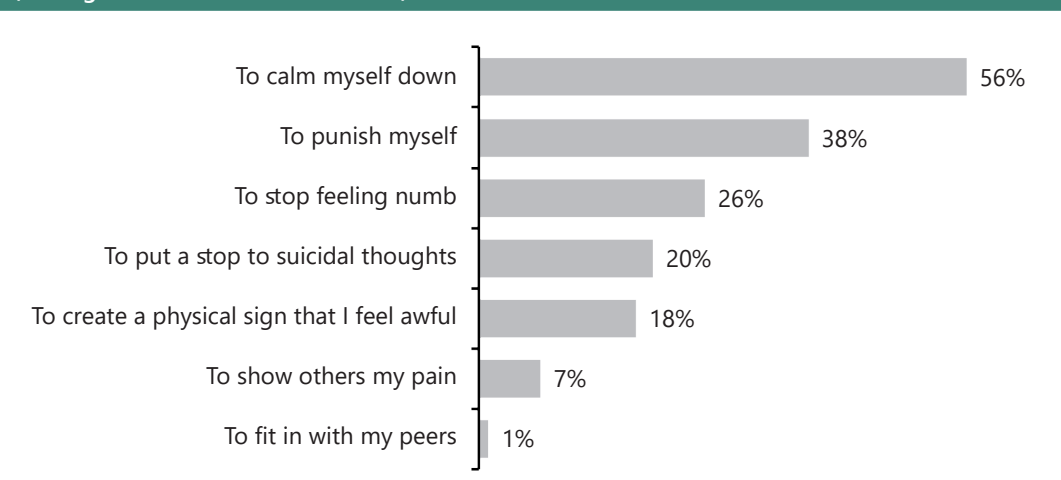
SELF-HARM & SUICIDALITY

In the past year, 16% of students had cut or injured themselves on purpose without intending to kill themselves (9% of males vs. 22% of females vs. 44%* of non-binary youth). The most common reason students gave for self-harming was to calm themselves down.

Similar to youth across BC, 16% of local youth had seriously considered suicide in the past year (vs. 11% in 2013). This was a local increase from five years earlier for both males (11% vs. 6%) and females (21% vs. 15%).

However, there was a decrease in the percentage of females who had attempted suicide (6% vs. 8%), while the percentage among males was unchanged (3%). Overall, 4% of local students had attempted suicide in the past year (similar to the provincial findings), with females twice as likely as males to have done so (6% vs. 3%).

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



Note: Youth could choose more than one response.

MISSED OUT ON NEEDED MENTAL HEALTH SERVICES

Seventeen percent of Fraser South students had not accessed needed mental health services in the past year. This rate was comparable to the province as a whole, but was a local increase from 10% in 2013.

Among students who did not access services they needed, 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.

Students in this region were more likely than those across BC to report missing out on needed services because they had no transportation (14% vs. 10%). They were less likely to report they had not accessed services because they had a prior negative experience doing so (10% vs. 14% provincially) or because the service was not available in their community.

Reasons Fraser South youth did not access mental health services in the past year (among those who felt they needed services)

Didn't want parents to know	66%
Thought or hoped the problem would go away	64%
Didn't know where to go	47%
Afraid of what I would be told	44%
Afraid someone I know might see me	35%
Too busy to go	35%
Didn't think I could afford it	21%
Had no transportation	14%
Parent/guardian would not take me	12%
Had prior negative experience	10%
On a waiting list	5%
Couldn't go when it was open	4%
The service is not available in my community	NR

Note: Youth could choose more than one response.

NR: Not releasable due to risk of deductive disclosure.



SEXUAL HEALTH

"I feel like safe sex really needs to be taught more because it isn't something that we get at this school."

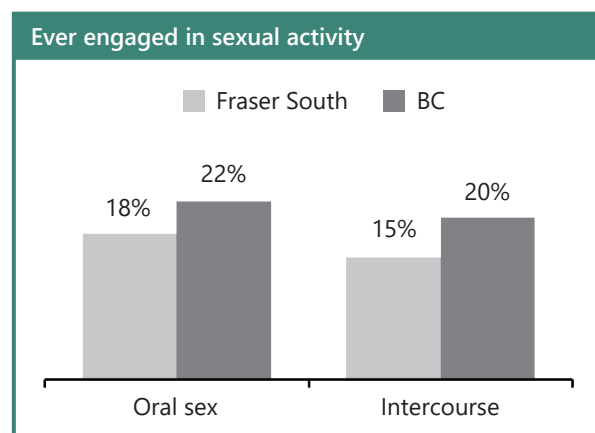
Grade 11 student

The percentages of students who engaged in oral sex and sexual intercourse were similar to those in 2013.

ORAL SEX

Eighteen percent of Fraser South youth had engaged in oral sex, which was lower than the provincial rate and the local rate in 2008 (22%).

Consistent with the provincial picture, 17% of local youth who had oral sex used a condom or other barrier/protection the last time they did so. This was a local increase from 12% in 2013.



INTERCOURSE

"Talk to kids more about sex and how to get accessible contraceptives."

Grade 12 student

In Fraser South, 15% of youth had ever had sex other than oral sex or masturbation. This was lower than the provincial rate and the local rate a decade earlier (18% in 2008).

Among youth who ever had intercourse, the most common ages for first doing so were 15 or 16 years old. The percentage of youth who waited until they were at least 15 increased from 64% in 2008 to 74%.

Over half (53%) of Fraser South youth who ever had intercourse had one sexual partner in the past year, while 21% had two partners, 18% had three or more partners, and 8% did not have intercourse in the past year.

Reflecting the provincial picture, 64% of youth who ever had intercourse used a condom or other barrier/protection the last time they had sex. This was a return to the 2008 rate after an increase in 2013 to 71%. Males and females were equally likely to have used a condom or other barrier.

When asked specifically about what efforts they had made to prevent pregnancy the last time they had sex, condoms were the most commonly used method.

Among students who ever had intercourse, use of withdrawal to prevent pregnancy almost doubled in the past decade (from 25% in 2008 to 40% in 2013 to 49%). Also, the percentage of students who used withdrawal as their only method of contraception increased from 8% in 2013 to 13%.

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

Most common methods Fraser South youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	60%
Withdrawal	49%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	35%
Emergency contraception	7%
No method	3%
IUD	2%
Not sure	2%

Note: Youth could choose more than one response.
 Note: The percentage for Depo Provera was not releasable due to risk of deductive disclosure.

REFUSAL SKILLS

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

Fraser South 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 they did not want to	93%	2%	5%
Have sex with a long-term partner when they did not want to	87%	4%	9%
Send nudes/sext	93%	2%	5%

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

Similar to the provincial rate, 1% of local youth reported ever being 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. Around a quarter (26%) of youth in this region reported they had been vaccinated (16% of youth who were assigned male on their birth certificate vs. 36% of females), and 61% (68% of males vs. 54% of females) did not know if they had been vaccinated.

USED PHONE TO SEXT OR WATCH PORNOGRAPHY

Four percent of Fraser South students with a phone used it on their most recent school day to engage in sexting (a decrease from 10% 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 (e.g., 17% of 18-year-olds with a phone vs. 4% of those aged 12 or younger).

SUBSTANCE USE

SMOKING, VAPING, & TOBACCO USE

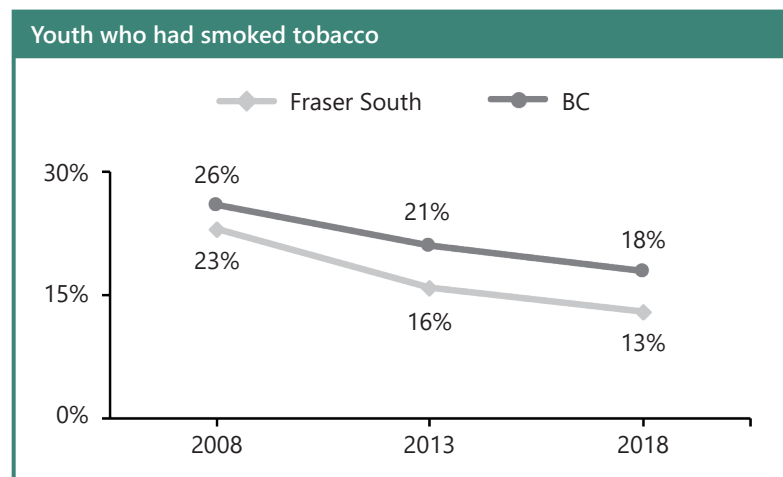
Locally, 13% of students had smoked tobacco (e.g., cigarettes, cigars, or cigarillos), with no gender differences. The local rate was lower than five years earlier and the province as a whole.

The most common ages for local youth to first smoke tobacco were 14, 15, or 16 years old. Similar to the provincial picture and local youth five years earlier, around half (51%) of those who tried smoking waited until they were at least 15 years old to first smoke.

"It would be good to learn more about vaping, and its cause and effect."

Grade 12 student

Among those who had ever smoked tobacco, 42% smoked in the past month (vs. 48% in 2013), including 4% who smoked daily, which was consistent with 2013 and lower than a decade earlier (8% in 2008).

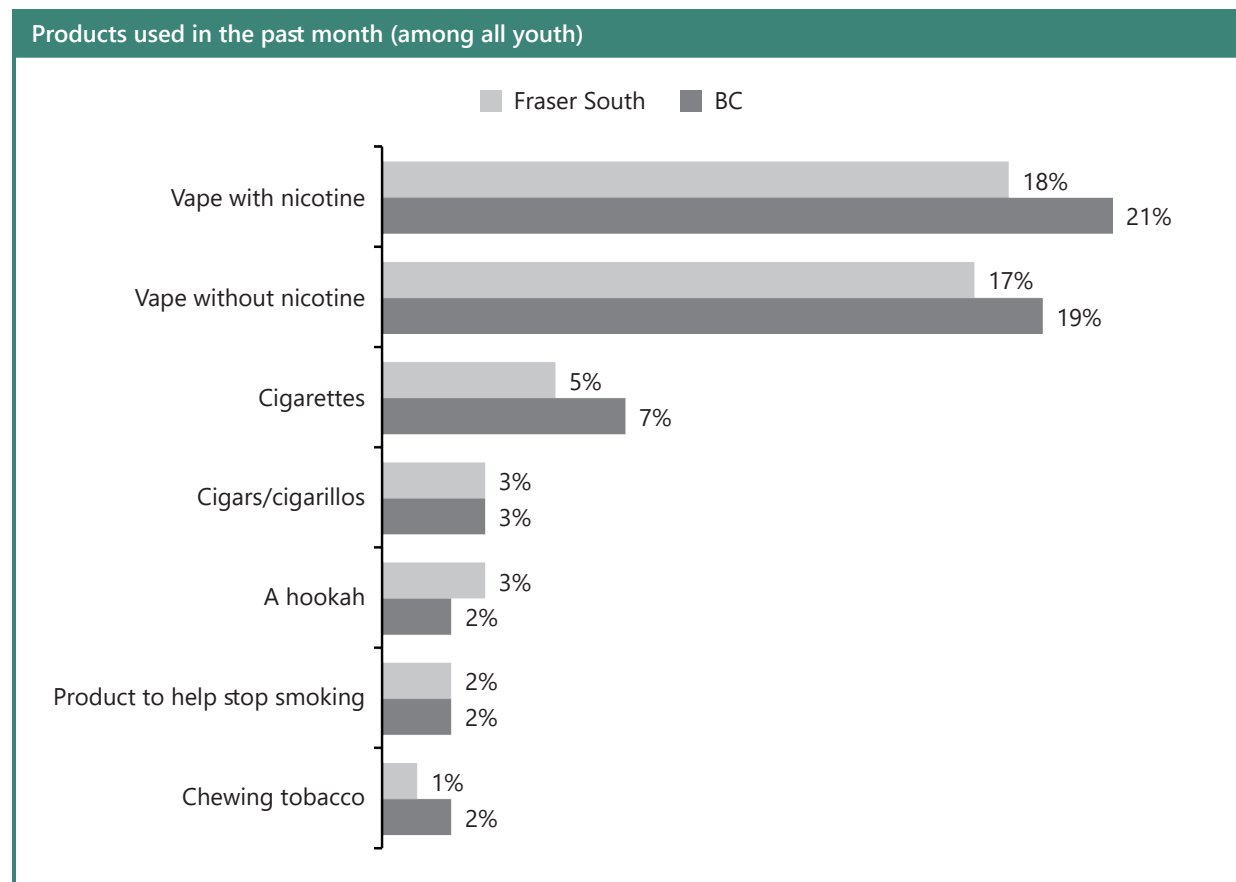


The most common smoking products used by students were a vape pen or stick with and without nicotine. However, local youth were less likely than those across BC to have vaped in the past month (24% vs. 27% provincially).

Among students who had smoked tobacco, 66% vaped with nicotine and 40% vaped without nicotine in the past month. Youth who reported never smoking tobacco were also vaping, including 10% who vaped with nicotine and 13% who vaped without nicotine in the past month.

Youth in Fraser South were less likely than those across the province to have used cigarettes and chewing tobacco in the past month, and were more likely to have used a hookah.

Local males were more likely than females to have used cigars (4% vs. 2%), chewing tobacco (2% vs. 1%), and a product to help them stop smoking (2% vs. 1%) in the past month.



Note: Youth could choose more than one response.

ALCOHOL

After a decline between 2008 and 2013, the percentage of youth in Fraser South who had tried alcohol remained stable. Local youth were less likely than those across BC to have tried alcohol (35% vs. 44% provincially). As in 2013, males and females were equally likely to have done so.

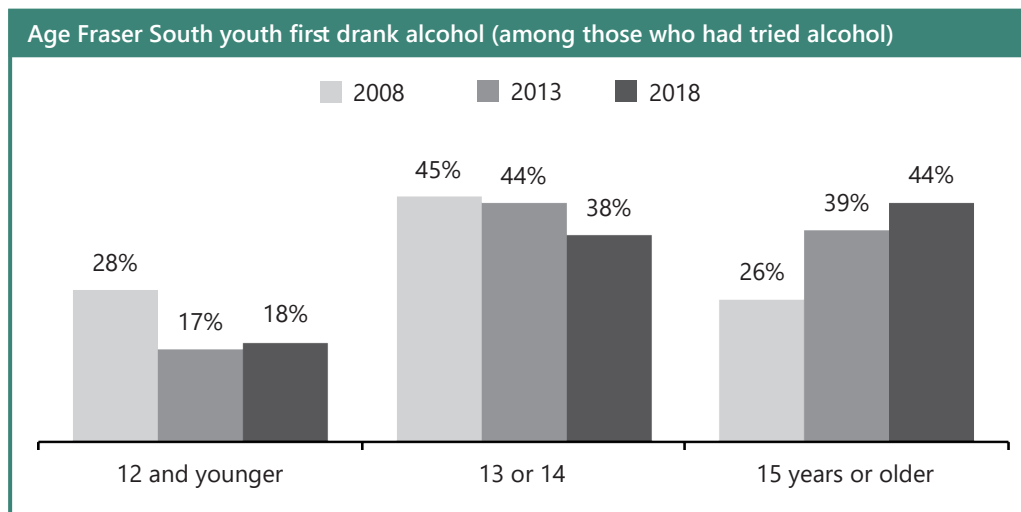
The most common ages for youth to have their first drink were 14 or 15 years old. Among those who had tried alcohol, more than 4 in 10 youth (44%) waited until they were 15 or older to first drink (compared to 37% across BC), which reflected a steady increase over the past decade.

Among youth who had tried alcohol, 59% had at least one drink in the past month, including 4% who drank on at least 10 days that month.

Similar to the pattern across BC, 34% of students who had tried alcohol drank on the Saturday before completing the survey. Local students most commonly drank liquor (30%, among those who had tried alcohol). They also drank coolers (19%), beer (18% vs. 21% in 2013), and wine (6%).

Males were more likely than females to drink beer (27% vs. 10%; among those who had tried alcohol), while females were more likely to drink coolers (24% vs. 13%) and wine (8% vs. 4%).

Among youth who drank last Saturday, 47% mixed at least two different types of alcohol (e.g., drank liquor and coolers), including 16% who mixed three or four types.



Note: The difference between 2013 and 2018 was not significant for '12 and younger' and the difference between 2008 and 2013 was not significant for '13 or 14'.

Note: Percentages for 2008 do not equal 100% due to rounding.

Canadian Low Risk Drinking Guidelines suggest not exceeding two drinks on any one occasion. Among local youth who had tried alcohol, 28% had more than two drinks at least once in the week before they took the survey, and 4% did so on at least three days that week (5% of males vs. 3% of females).

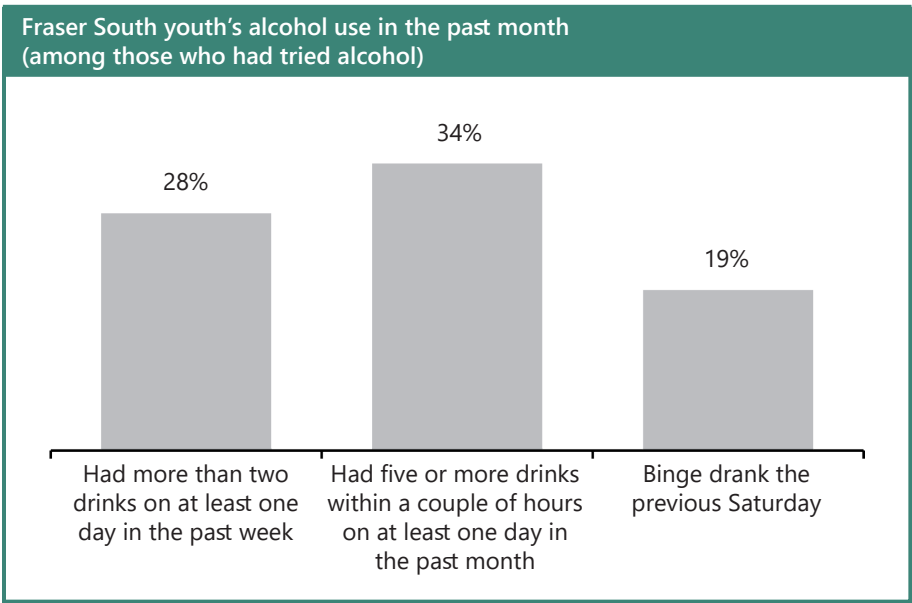
Similar to five years earlier, 34% of those who had tried alcohol consumed five or more drinks within a couple of hours at least once in the past month (with no gender differences), and 4% did so on six or more days (among those who had tried alcohol).

In this report, 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. Among students who drank on the Saturday before taking the survey, 55% engaged in binge drinking, which was a decrease from 75% in 2013.

For the first time, the BC AHS asked youth who had tried alcohol where they got their alcohol from the last time they drank. Youth in Fraser South most commonly got it at a party (43% vs. 35% provincially). They were less likely than youth across BC to have got it from an adult (36% vs. 40%) or given someone money to buy it for them (22% vs. 26%).

Where Fraser South youth got alcohol from the last time (among those who had tried alcohol)	
At a party	43%
Adult gave it to me	36%
Gave someone money to buy it for me	22%
Youth gave it to me	14%
Took it without permission	12%
Bought it	5%
Exchanged something for it	1%
Made it	1%

Note: Youth could choose more than one response.



MARIJUANA

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. A fifth (20%) of youth in Fraser South had tried marijuana, which was below the provincial rate (25%). The local percentage was comparable to five years earlier and lower than in 2008 (26%). In 2018, there were no gender differences in having tried marijuana.

Among youth who had tried marijuana, the most common ages to first try it were 14 and 15 years old. There was a steady increase in the percentage of youth who waited until they were 15 or older to first try marijuana (from 38% in 2008 to 47% in 2013 to 55%).

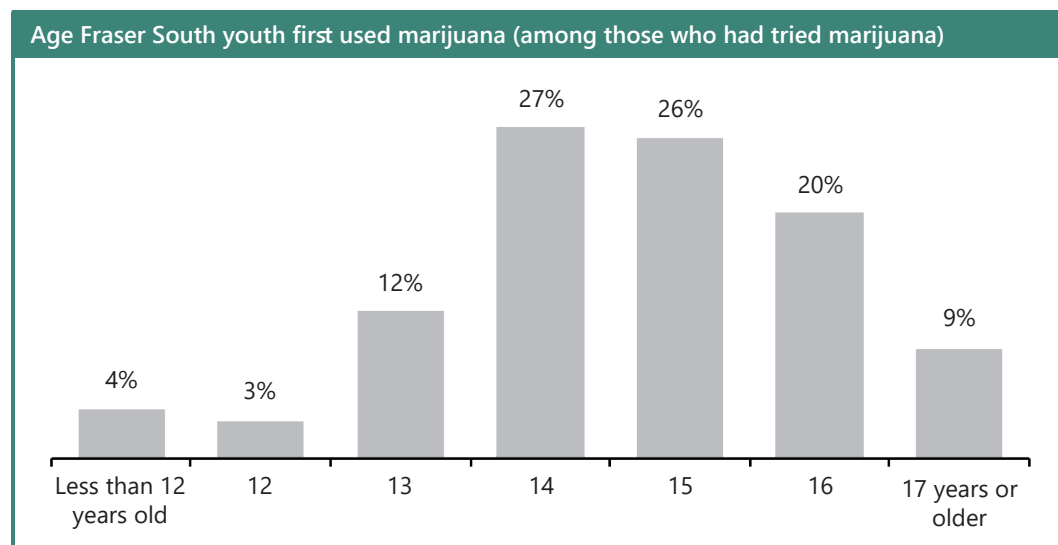
Among youth who had tried marijuana, 66% had used it in the past month, which was higher than five and ten years earlier (58% in 2013 and

similar in 2008). Also, 23% of those who had used marijuana used it on six or more days in the past month, including 9% who used it on 20 or more days (similar to previous survey years).

A third (33%) of Fraser South youth who had tried marijuana had used it on the Saturday before taking the survey. Also, 4% of all youth had used both alcohol and marijuana that day, which was consistent with 2013, but a decrease from 7% in 2008.

The last time they used marijuana, most students (89%) smoked it, 19% ate it in a cooked recipe, and 6% took it another way such as a gummy.

Less than one percent of local youth had been prescribed medical marijuana.



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

USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

Fourteen percent of local youth had used at least one substance other than alcohol or marijuana (compared to 16% provincially). Students most commonly used prescription pills without a doctor's consent.

The use of all substances was lower than a decade earlier. Also, youth were less likely than in 2013 to have misused prescription pills (8% vs. 10%), ecstasy (2% vs. 4%), cocaine (2% vs. 3%), crystal meth (<1% vs. 1% in 2013), hallucinogens, and amphetamines.

Compared to the province, local youth were less likely to have used mushrooms (3% vs. 5% provincially), ecstasy/MDMA (2% vs. 3%), hallucinogens (2% vs. 3%), cocaine (2% vs. 3%), and inhalants (1% vs. 2%).

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

Fraser South youth who had used substances other than alcohol and marijuana		
	2008	2018
Prescription pills without a doctor's consent	15%	8%
More of my own prescription than prescribed	NA	5%
Mushrooms	5%	3%
Ecstasy/MDMA	6%	2%
Hallucinogens (excluding mushrooms, ecstasy/MDMA, and ketamine)	4%	2%
Cocaine	4%	2%
Inhalants	3%	1%
Ketamine, GHB	NA	1%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	2%	1%
Heroin	1%	1%
Crystal meth	1%	<1%

NA: Not applicable as substance was not asked about in 2008.

Note: The use of heroin in 2018 was lower than in 2008, but appears the same due to rounding.

CONSEQUENCES OF USE

Around half (51%) 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 had ever had sex, 18% used alcohol or other substances before having sex the last time, which was similar to 2013 and a decrease from 30% in 2008.

In the past year, 4% of students felt or had been told they needed help for their substance use. This included 3% who needed help for their marijuana use, 2% for their alcohol use, and 1% for their use of other substances. Also, when asked about health conditions, 2% indicated having an alcohol or drug addiction (compared to 3% provincially).

Consequences of substance use experienced by Fraser South youth in the past year (among those who used alcohol or other substances during that time)	
Was told I did something I couldn't remember	35%
Passed out	26%
Argued with family members	17%
School work or grades changed	13%
Got injured	13%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	10%
Damaged property	6%
Got into a physical fight	6%
Had sex when I didn't want to	5%
Got into trouble with the police	5%
Overdosed	2%
Had to get medical treatment	2%
Used alcohol or other substances but none of these happened	49%

Note: Youth could choose more than one response.



DRIVING AFTER SUBSTANCE USE

Rates of driving after alcohol, marijuana, and other substance use were comparable to the province.

Among youth who had tried alcohol, 5% had driven a vehicle after they had been drinking (vs. 12% in 2008), and 2% drove after drinking in the past month (vs. 6% in 2008).

Fourteen percent of local youth who had tried marijuana had driven after using it (vs. 19% in 2008), and 7% had done so in the past month. Also, 3% of youth who used substances other than alcohol or marijuana had ever driven after using such substances.

Youth in Fraser South were more likely to drive after using marijuana than after drinking alcohol, but were more likely to be a passenger of a driver who had been using alcohol. Nineteen percent had been a passenger of a driver who had been drinking alcohol (vs. 17% in 2013), and 11% had been a passenger of a driver who had been using marijuana (vs. 13% provincially).

REASONS FOR USE

"When I started abusing drugs it was because of my depression. I thought it would take my mind off how I felt if I experienced life differently."

Grade 11 student

As in 2013, the most common reason youth gave for using substances the last time was to have fun. However, youth who used substances were more likely than five years earlier to report using substance because they wanted to try it or experiment (36% vs. 32% in 2013), because of stress (26% vs. 21%), feeling down or sad (22% vs. 17%), and because they thought it would help them focus (4% vs. 2%).

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

I wanted to have fun	66%
I wanted to try it/experiment	36%
My friends were doing it	31%
Because of stress	26%
I felt down or sad	22%
I felt like there was nothing else to do	8%
To manage physical pain	7%
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	8%

Note: Youth could choose more than one response.

Note: Among youth who wrote 'other,' they commonly cited being at a party 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 will feel connected to their community. Engaging in regular physical activity (such as weekly organized or informal sports) is also linked to better mental health and better sleep patterns.

In the past year, 92% of Fraser South students participated in at least one extracurricular activity, including 83% who did so on at least a weekly basis. Among youth who engaged in weekly extracurricular activities, 67% took part in two or more different types of activities (e.g., volunteering and organized sports), including 13% who participated in four or more types of weekly activities.

Organized sports were the most common extracurricular activity that Fraser South youth engaged in on a weekly basis. However, participation decreased from previous years, as did weekly participation in informal sports. There were also decreases from five years earlier in weekly involvement in clubs or groups (11% vs. 13% in 2013); art, drama, singing, or music groups or lessons (20% vs. 24%); and extreme sports (5%

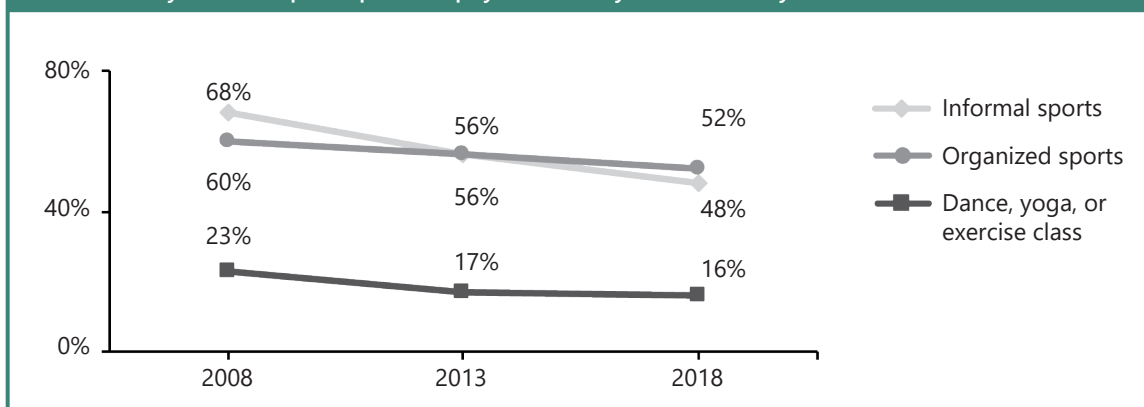
"I like to go to the gym for muscle mass, or heavy lifting workouts as well, as well as competing in combat sports."

Grade 9 student

vs. 7%). Engagement in volunteer activities (18% in 2018) and dance, yoga, or exercise classes remained at similar levels to in 2013.

Involvement in weekly cultural or traditional activities increased (11% vs. 9% in 2013), and local youth were more likely than those across BC to have taken part in these activities (7% provincially).

Fraser South youth who participated in physical activity at least weekly



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

Compared to youth across the province, Fraser South youth were less likely to participate weekly in informal sports (48% vs. 52%); art, drama, singing, or music groups or lessons (20% vs. 23%); and extreme sports (5% vs. 9%).

As in 2013, local males were more likely than females to play organized sports (56% vs. 48%), informal sports (56% vs. 41%), and extreme sports (7% vs. 3%). Females were more likely than males to participate in art, drama, singing, or music classes (25% vs. 15%); dance, yoga, or exercise classes (23% vs. 8%); volunteer activities (22% vs. 14%); cultural or traditional activities (13% vs. 9%); and clubs or groups (12% vs. 10%).

BARRIERS TO PARTICIPATION

Students were asked about any barriers they had experienced to taking part in extracurricular activities in the past year. Being too busy was the most common barrier reported by Fraser South youth (48% vs. 45% in 2013).

There were slight decreases in youth missing out on activities because they could not get there or get home (15% vs. 17% in 2013) or because they could not afford it (11% vs. 13% in 2013). Other reasons for not participating were being too anxious or depressed (12% vs. 14% provincially), the activity not being available in their community (11% vs. 13% provincially), and concerns about being bullied (6%).

Fraser South 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	30%	22%	31%	17%
Organized sports	42%	7%	30%	22%
Volunteered without pay	58%	24%	15%	4%
Cultural/traditional activities	64%	25%	8%	3%
Art/drama/singing/music (group or lessons)	72%	8%	14%	7%
Dance/yoga/exercise classes	77%	8%	10%	6%
Clubs/groups	83%	6%	9%	2%
Extreme sports	88%	7%	3%	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. Comparable to youth across BC, 63% of Fraser South students had played at least one of these games in the past year, including 19% who had done so for money.

In comparison to males and non-binary youth, females were the least likely to have engaged in gambling behaviour (e.g., 49% vs. 77% of males).

Among those who gambled for money, females were more likely than males to have bought lottery tickets or scratch cards (54% vs. 24%), and were less likely to have engaged in online gaming (15% vs. 50% of males), as well as sports betting in person (21% vs. 44%) and online (3% vs. 12%).

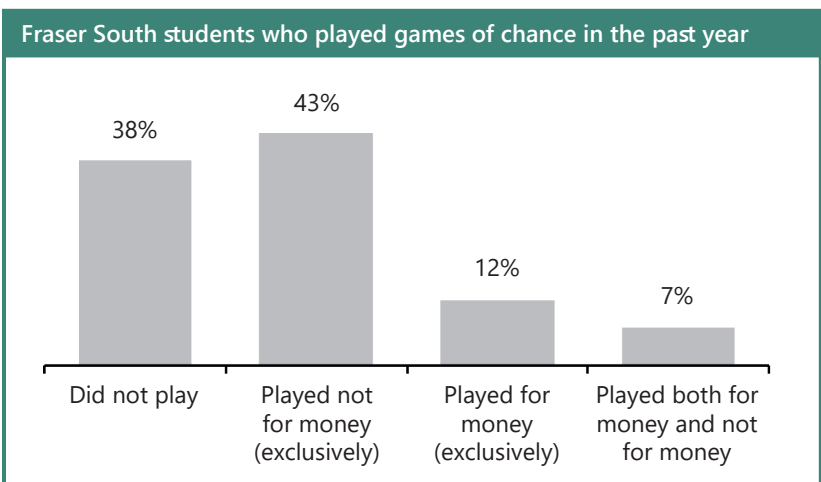
Reflecting the provincial pattern, 19% of local youth who had gambled for money did so on at least a weekly basis over the past 12 months. The most common weekly activity involving money was online gaming (13%).

Among local students with a phone who gambled for money in the past year, 4% had used their device to gamble on the day before completing the survey.

In the past year, 3% of Fraser South students who had gambled for money felt they had a problem with their gambling or had been told they needed to get help.

GAMBLING FOR MONEY

In the past year, students engaged in a range of gambling games for money including online gaming (39%), sports betting in person (37%) and online (9%), playing cards/dice in person (34%) and online (9%), and lottery tickets or scratch cards (34%).



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

Eight percent of youth in Fraser South went to bed hungry at least sometimes because there was not enough money for food at home (vs. 10% provincially), including 1% who often or always went to bed hungry.

The percentage of youth who went to bed hungry at least some of the time was higher than five years earlier (6% in 2013) but lower than in 2008 (10%).

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 South youth who felt deprived of...	
Money to spend on themselves	9%
Smartphone	7%
Space of their own to hang out in	7%
Access to transportation	4%
Lunch for school/money for lunch	4%
Money for school supplies, trips, and extracurricular activities	3%
Equipment/clothes for extracurricular activities	3%
A quiet place to sleep	2%
Clothes to fit in	2%
Access to the Internet	1%



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

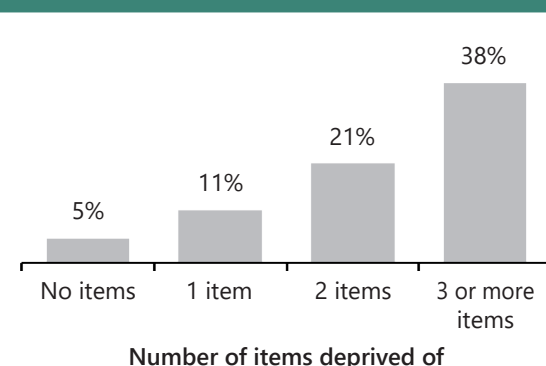
Reflecting the provincial pattern, the most common item that youth reported wanting but not having was money to spend on themselves.

When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 64% of youth who did not have but wished for a quiet place to sleep had slept for less than eight hours on the night before completing the survey, compared to 51% of those who had somewhere quiet to sleep. Also, youth who wished for but did not have the money to buy school supplies, go on school trips, or join in extracurricular activities were less likely to think they would go on to post-secondary (72% vs. 89% of those who could afford these things).

In Fraser South, almost a quarter (24%) of youth reported that they lacked but wished they had at least one of the items in the Index including 6% who lacked two items, 2% who lacked three items, 1% who lacked four items, and 1% who lacked five or more items.

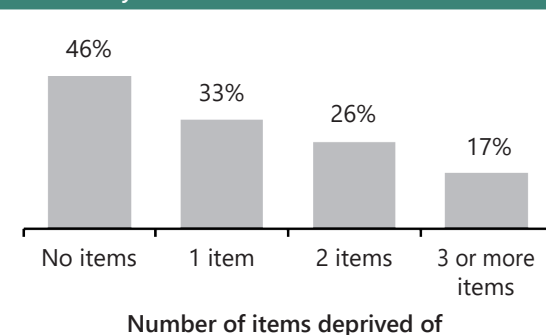
The more items youth reported not having but wishing they had, the more likely they were to go to bed hungry because there was not enough money for food at home. They were also more likely to experience extreme stress and to wish they had a different life.

Fraser South youth who went to bed hungry because there was not enough money for food at home



Also, the more items youth were deprived of, the less likely they were to feel like a part of their school or community, and to describe their overall health and mental health as good or excellent.

Fraser South youth who felt connected to their community



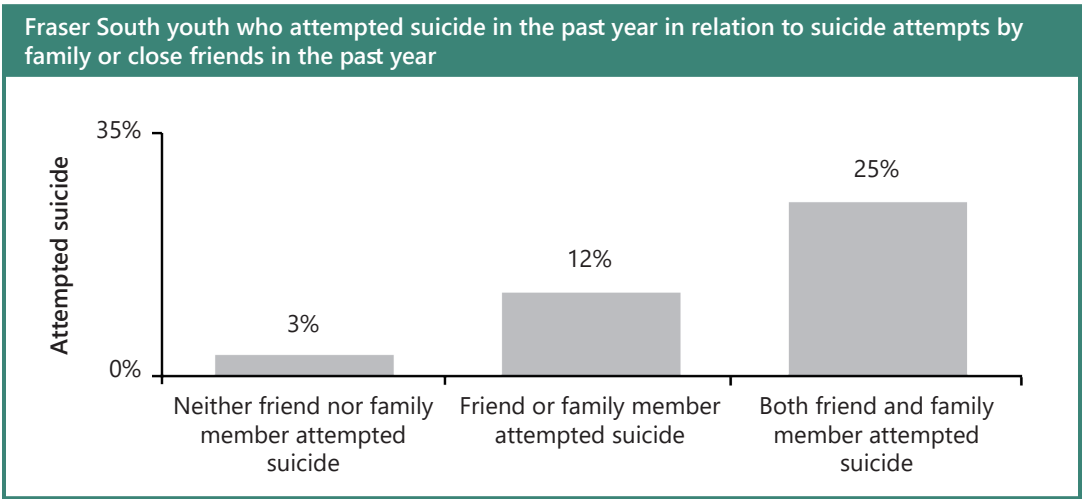
LOSS & BEREAVEMENT

Around two thirds (68%) of Fraser South students had experienced bereavement. They had most commonly lost someone close to them due to illness (43%) and old age (42%). Other reasons included accident (12%), suicide (7%), violence (3%), a fentanyl overdose (2%), and an overdose from a substance other than fentanyl (3%).

Youth were also asked if a family member or close friend had attempted or died by suicide. Overall, 31% of local youth had experienced at least one of these events. This was an increase from 26% in 2013 and lower than across BC (36% provincially).

In the past year, 4% had a family member who had attempted suicide, and 15% had a close friend who had attempted suicide (similar to 2013 and lower than the 17% 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.



VIOLENCE & DISCRIMINATION

DATING VIOLENCE

In the past year, 39% of youth had dated someone (compared to 43% provincially). Among these students, 6% had been the victim of physical violence within their relationship, with no gender differences. Rates of dating violence were unchanged for females over the past decade but decreased for males (6% vs. 8% in 2008).

"I want to learn how to maintain healthy relationships with a girlfriend or boyfriend and how to determine when a relationship has become unhealthy."

Grade 12 student

SEXUAL HARASSMENT

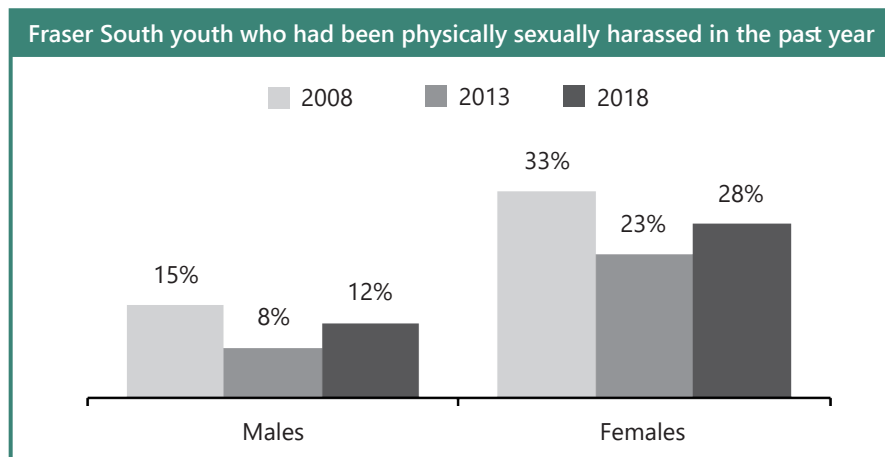
In the past year, local females were more likely than males to experience verbal sexual harassment (46% vs. 28%) and physical sexual harassment (28% vs. 12%). However, females in Fraser South were less likely than females across BC to have experienced verbal (46% vs. 50% provincially) and physical (28% vs. 31%) sexual harassment.

Local rates of verbal sexual harassment were similar to five years earlier but there was an increase in physical sexual harassment.

PHYSICAL & SEXUAL ABUSE

Reflecting the provincial picture and local results five years earlier, 13% of Fraser South youth reported they had been physically abused or mistreated at some point (10% of males vs. 15% of females and a similar percentage of non-binary youth).

One in ten (10%) local students had been sexually abused (4% of males vs. 15% of females and a similar percentage of non-binary youth). Rates were unchanged from previous years for males, and returned to the 2008 rates for females after decreasing to 12% in 2013. However, local females were less likely than females across BC to have been sexually abused (15% vs. 17% provincially).



DISCRIMINATION

"I want to learn more about hate speech laws."

Grade 9 student

In the past year, 41% of Fraser South youth had experienced at least one form of discrimination. There was an increase from five years earlier in the percentage of youth who had experienced discrimination due to their race, ethnicity, or skin colour (18% vs. 14% in 2013); their gender/sex (10% vs. 6%); physical appearance (24% vs. 19%); and income or family income (7% vs. 4%).

Local youth were more likely than youth across BC to report being discriminated against because of their race, ethnicity, or skin colour (18% vs. 14% provincially).

Fraser South youth's perceived reasons for being discriminated against in the past year

Physical appearance	24%
Race, ethnicity, or skin colour	18%
Weight	17%
Gender/sex	10%
Income or family income	7%
Sexual orientation (e.g., being or thought to be gay or lesbian)	4%
A disability	3%

Note: Youth could choose more than one response.

BULLYING

Around half (52%) of Fraser South students had been the victim of bullying in the past year, which was similar to youth across the province. This included being teased to the point that they felt bad or extremely uncomfortable (37%), being socially excluded on purpose (38%), and being physically attacked (7% vs. 8% provincially) at school or on the way to or from school.

As in previous years, females were more likely than males to have been teased (42% vs. 31%) and socially excluded (46% vs. 29%), and males were more likely to have been physically assaulted (9% vs. 5% of females).

There was a steady increase in the rate of youth who had been bullied over the past decade (from 44% in 2008 to 48% in 2013 to 52%). These increases were seen for both males (44% vs. 37% in 2008) and females (59% vs. 51%).

One in ten (10%) students in Fraser South reported they had teased, excluded, or physically attacked someone else at school or on the way to or from school in the past year.



WEAPON CARRYING

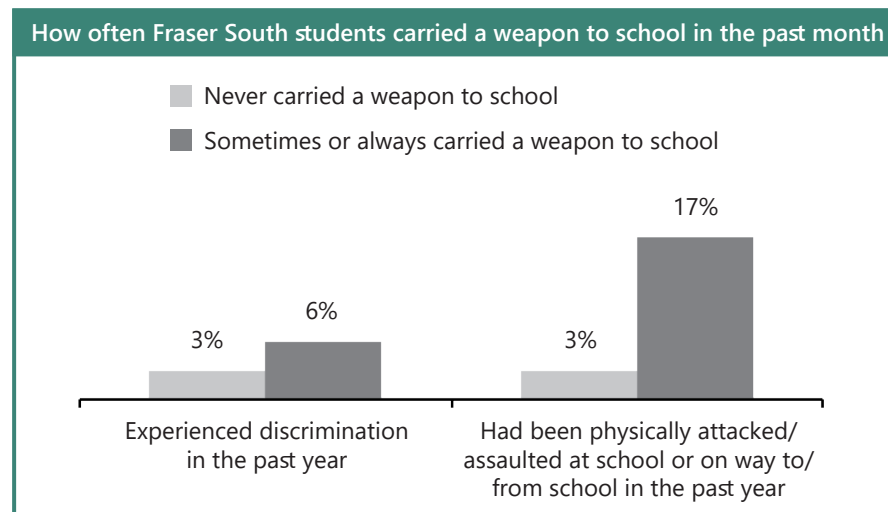
Four percent of students carried a weapon to school in the past 30 days, including 1% who always carried a weapon. Students who had been the victim of violence and discrimination were more likely to carry a weapon.

INTERNET SAFETY

Locally, 15% of students had met someone through the Internet who made them feel unsafe (compared to 17% provincially). This reflected an increase from five years earlier for both males (10% vs. 8% in 2013) and females (19% vs. 16%). Fraser South females were less likely than females across BC to have met someone online who made them feel unsafe (19% vs. 23% provincially).

In the past year, 13% of youth had been cyberbullied (vs. 18% in 2008) and 5% reported they had cyberbullied someone else, which was a slight decrease from 6% in 2013.

As in 2013, females were more likely than males to have been cyberbullied (15% vs. 11%) and males were more likely than females to have cyberbullied someone else (6% vs. 3%).



SUPPORTING HEALTHY DEVELOPMENT

FAMILY

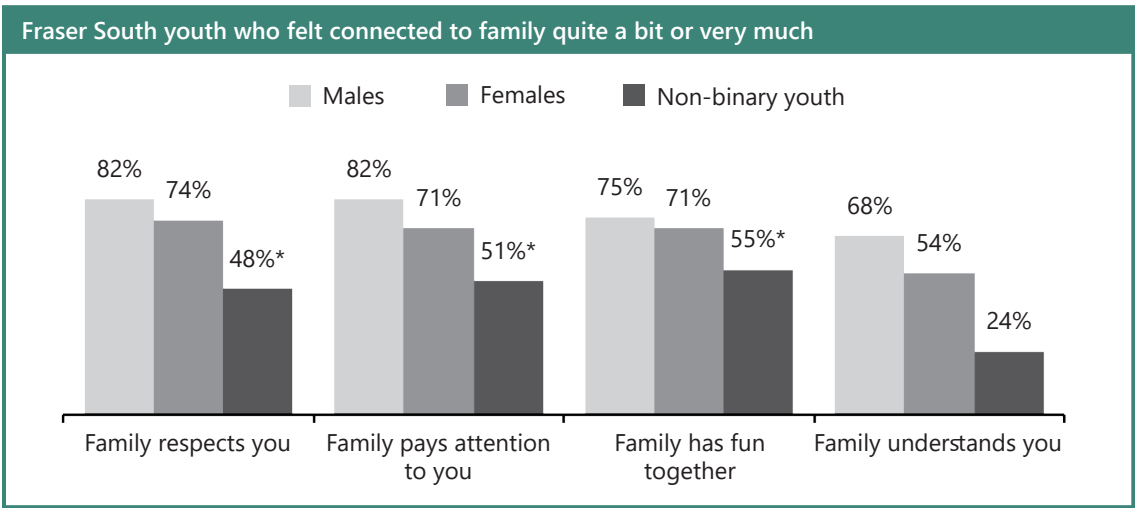
BC AHS results show that family relationships are one of the most important protective factors in the lives of youth. For example, youth who report feeling connected to family, have supportive adults they can turn to within their family, and have parents or caregivers who know what they are doing in 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.

Generally, Fraser South youth felt connected to their family. Most felt respected by their family (77%), their family paid attention to them (76%), had fun together (73%), and understood them (60%).

SUPPORTIVE FAMILY

Most students (70%) felt they had an adult inside their family they could talk to if they had a serious problem. Males were the most likely to feel this way (74% vs. 68% of females vs. 45%* of non-binary youth).



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

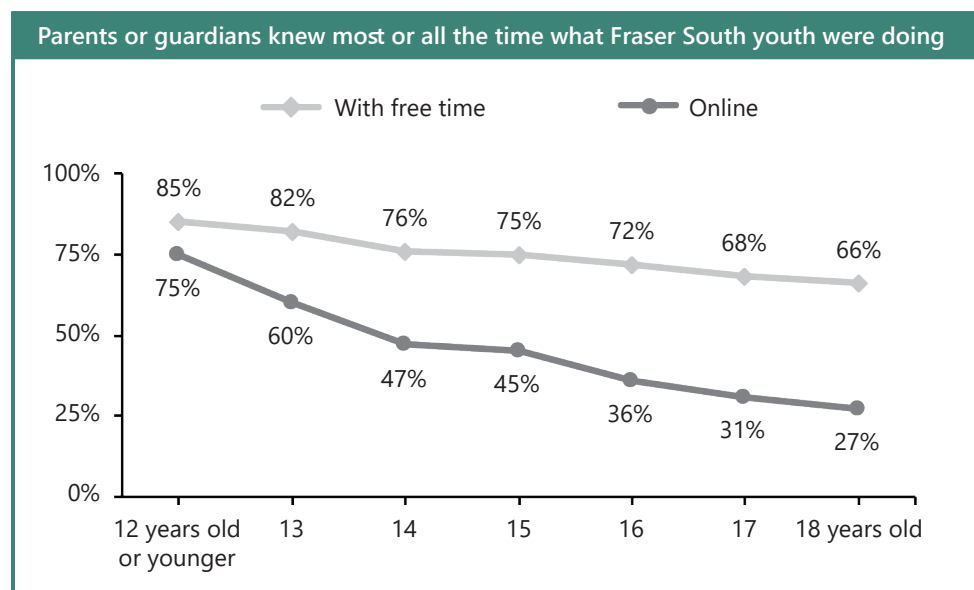
Three quarters (75%) of youth had turned to a family member for help in the past year, and the majority (95%) of these students found this experience helpful.

Local males were more likely than in 2013 to have approached a family member for help (75% vs. 69%), while the percentage among females remained unchanged. As a result, percentages for males and females were similar in 2018.

MONITORING

Most Fraser South youth (75%) had parents who monitored their free time. However, 11% had parents who rarely or never knew what they were doing in their free time, and 35% reported their parents rarely or never knew what they were doing 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 19% 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.

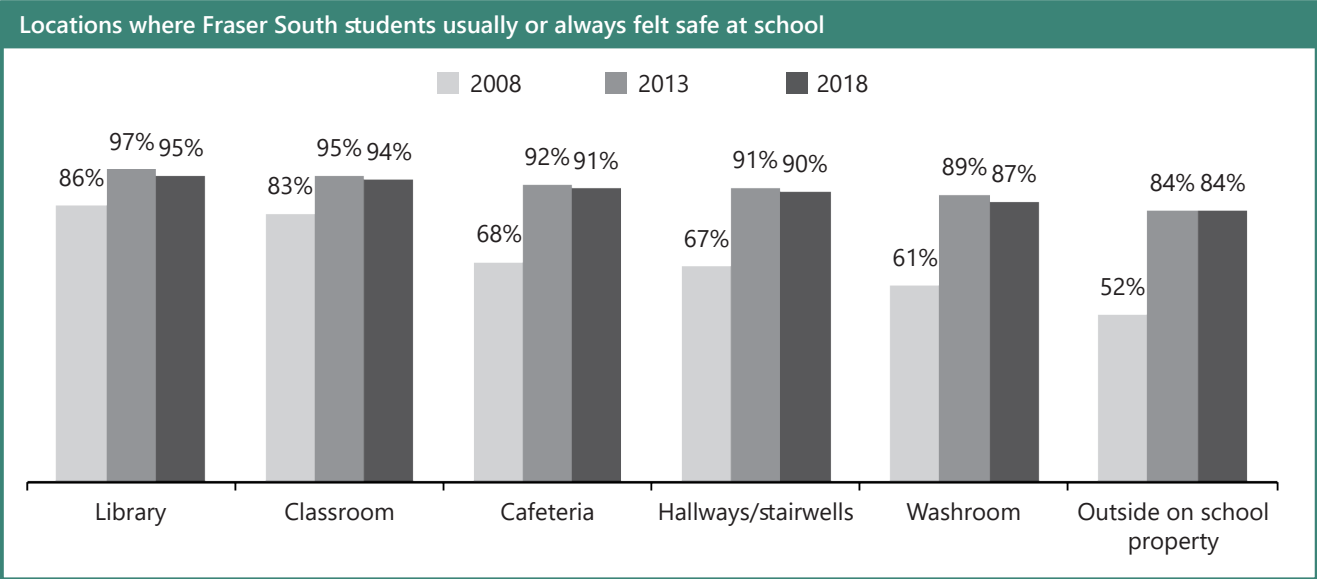
Most students in Fraser South felt that school staff expected them to do well (81%), they were treated fairly by school staff (73%), their teachers cared about them (68%), they were happy to be at school (64%), they were a part of their school (63%), and school staff other than teachers cared about them (53%).

When asked about safety in specific areas of school, the pattern was similar with males the most likely to feel safe and non-binary students the least likely. The only exception was females were the most likely to feel safe in washrooms (89% vs. 86% of males vs. 65%* of non-binary youth).

SAFETY

Reflecting the provincial pattern, there was a decrease in local students who felt safe at school (74% vs. 79% in 2013). Males were the most likely to feel safe at school and non-binary youth were the least likely (77% of males vs. 71% of females vs. 54%* of non-binary youth).

Students in Fraser South felt safer in every area of their school in 2018 compared to 2008. However, there was a slight decrease from 2013 in feeling safe in the classroom, hallways, library, and changing rooms (86% vs. 87%). There was no change in feeling safe getting to or from school (89%).



Note: For 'cafeteria', 'washroom', and 'outside on school property' the differences between 2013 and 2018 were not statistically significant.

EDUCATION PLANS

Compared to five years earlier, students were less likely to plan to attend post-secondary (87% vs. 89% in 2013). However, less than 1% specifically did not intend to graduate high school and local students were more likely than students across the province to plan to complete Grade 12 (90% vs. 87%) and attend post-secondary (83% provincially).

SCHOOL ATTENDANCE

In the past month, 76% of females and 67% of males had missed classes, most commonly due to illness. Just under a quarter had skipped class, with 8% doing so on three or more days. Youth were more likely than five years earlier to have skipped class (24% vs. 22% in 2013) and to have missed school because of work (3% vs. 2%).

Reasons Fraser South students missed classes in the past month	
Illness	39%
Appointments	35%
Skipping class	24%
Slept in	20%
Other school responsibilities	18%
Mental health (e.g., anxiety, depression)	12%
Family responsibilities	12%
No transportation	3%
Work	3%
Bullying	3%

Note: Youth could choose more than one response.

Fraser South students were less likely than their peers across BC to have missed school because of their mental health (12% vs. 15%), family responsibilities (12% vs. 14%), lack of transportation (3% vs. 5%), work (3% vs. 4%), and bullying (3% vs. 4%).

Females were more likely than males to have missed classes because of their mental health (18% vs. 6% of males).

COMMUTE TO SCHOOL

Fraser South youth were more likely than those across the province to commute to school by car (54% vs. 47%) and active means such as walking, cycling, or skateboarding (37% vs. 29%), and were less likely to take the school bus or public transit (9% vs. 23% provincially).

Most students (95% vs. 90% provincially) had a commute to school that was less than 30 minutes, and 1% commuted for an hour or longer.



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.

Around 4 in 10 (42%) students felt quite a bit or very connected to their community, while 22% felt only a little or not at all connected. This was similar to youth across the province and to local findings five years earlier.

Similar to local findings in 2013, 59% of youth felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them (compared to 65% provincially).

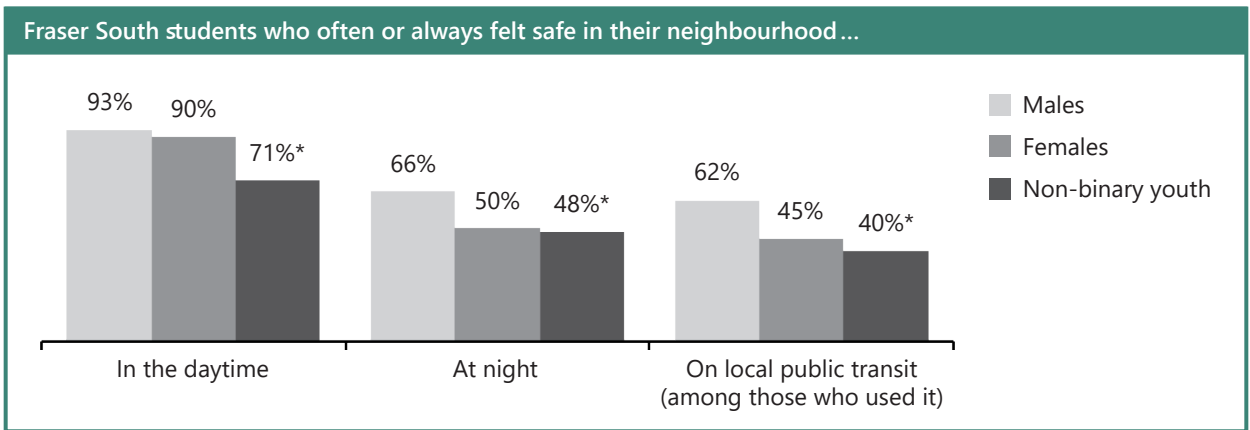
SAFETY

There were no changes from five years earlier in students' feelings of safety in their community. The vast majority often or always felt safe in their neighbourhood in the daytime (91%). However, local youth were less likely than youth across BC to feel safe in their neighbourhood at night (58% vs. 65%). This was the case for both males (66% vs. 73% of males provincially), and females (50% vs. 58% of females provincially).

Among youth who used public transit, 15% always felt safe (vs. 20% provincially) and 5% never felt safe doing so. Males were the most likely to feel safe in their neighbourhood and on transit.

RELATIONSHIP TO THE LAND/NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Forty percent of Fraser South students reported often or always feeling connected, and 19% hardly ever or never felt connected.



Note: The difference between females and non-binary youth was not statistically significant for 'At night' and 'On local public transit'.
* Percentage should be interpreted with caution as the standard error was higher than expected but still within the releasable range.

SUPPORTIVE RELATIONSHIPS

SUPPORTIVE ADULTS

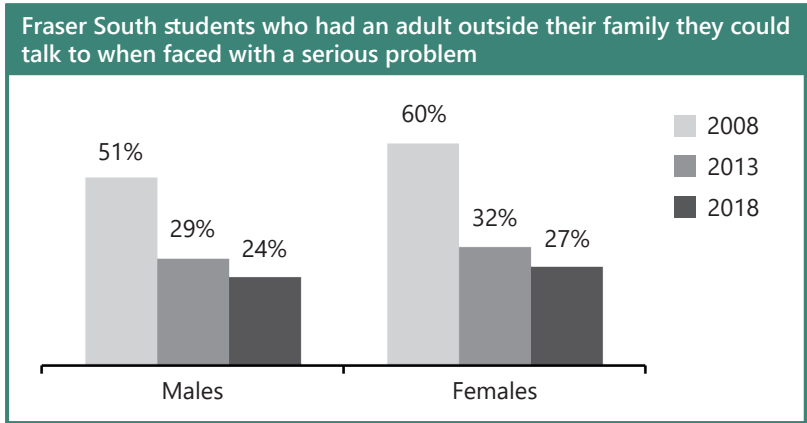
Youth who have a supportive adult in their life are more likely to feel comfortable refusing to do something they do not want to do, such as engaging in unwanted sexual activity or sexting, and are less likely to miss out on needed mental health care. They are also more likely to feel happy if they have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

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

In Fraser South, 25% of youth had an adult outside their family they would feel comfortable talking to if they had a serious problem (compared to 27% provincially). This reflected a steady decrease over the past decade (from 55% in 2008, to 31% in 2013, to 25%).

Females were more likely than males and non-binary youth to feel they had such an adult in their lives.

Most Fraser South students had an adult in their life who helped them to make and get to appointments, prepare for post-secondary, find employment, and with their homework.



Fraser South students who had an adult who helped them with...			
	Yes	No	Do not need this
Getting to appointments	91%	4%	4%
Making appointments	90%	5%	5%
Preparing for post-secondary	78%	13%	9%
Getting a job	68%	16%	16%
Homework	62%	19%	19%

Note: Percentages within a row may not equal 100% due to rounding.

ASKING ADULTS FOR HELP

Outside of family members and friends, students most commonly approached a teacher when they needed help. In comparison to students across the province, local students were less likely to turn to a friend's parent (19% vs. 21% provincially), mental health counsellor (8% vs. 11%), youth worker (7% vs. 9%), Aboriginal Education Worker (4% vs. 6%), and Indigenous Elder (3% vs. 4%) for help. They were more likely to seek help from a doctor (36% vs. 34% provincially).

"I can finally say, after 8 long months of receiving treatment and getting help, I genuinely enjoy being alive."

Grade 11 student

Adults outside their family whom Fraser South students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	55%	94%
Doctor	36%	92%
School counsellor	31%	79%
Sports coach	27%	94%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	22%	83%
Friend's parent	19%	88%
Nurse	16%	92%
Mental health counsellor	8%	74%
Youth worker	7%	76%
Spiritual leader	7%	79%
Online community/online support group	6%	68%
Telephone helpline	5%	55%
Social worker	5%	64%
Aboriginal Education Worker [‡]	4%	56%
Indigenous Elder [‡]	3%	50%

[‡] Among Indigenous students, 20% had approached an Aboriginal Education Worker for help and 73% of these youth found this experience helpful, while 11% had approached an Indigenous Elder for help and 86% of these students found this helpful.

FRIENDS

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

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

The majority of students in Fraser South (96%) had at least one close friend in their school or neighbourhood, and 82% had three or more close friends. Males were the most likely to have three or more close friends (85% vs. 79% of females vs. 61%* of non-binary youth).

Just under a third of students in Fraser South (31%) had at least one close friend online whom they had never met in person, and 16% had three or more such friends. Male and non-binary youth were more likely than females to have three or more online friends whom they had never met in person (e.g., 20% of males vs. 11% of females).

In the past year, 7% of students had dated someone they had met online and had never met in person (21% of non-binary youth vs. 6% of males and females), including 1% who had two or more partners whom they had never met in person.

Connecting with friends

When asked how much time they had to do the things they wanted with friends, 68% felt they had the right amount of time, while 26% did not have enough time, and 6% had too much time. Females were more likely than males to feel they had insufficient time with their friends (31% vs. 21%), as were older youth in comparison to younger ones (e.g., 35% of 17-year-olds did not have enough time with their friends vs. 16% of 13-year-olds).

Asking for help

In the past year, 77% of students had asked a friend they knew in person for help, with males the least likely to have done so (72% vs. 81% of females and a similar percentage of non-binary youth). Among students who asked for help, 95% found their friends helpful (97% of males vs. 94% of females vs. 81%* of non-binary youth).

Also, 19% had asked a friend they exclusively knew online for help (42%* of non-binary youth vs. 20% of males vs. 17% of females), and 79% of these youth found the support helpful.

In the past year, 80% of students had a friend who had asked them for help, and most of these students (96%) felt able to help. Females were more likely than males to have had a friend approach them for help (84% vs. 76%).

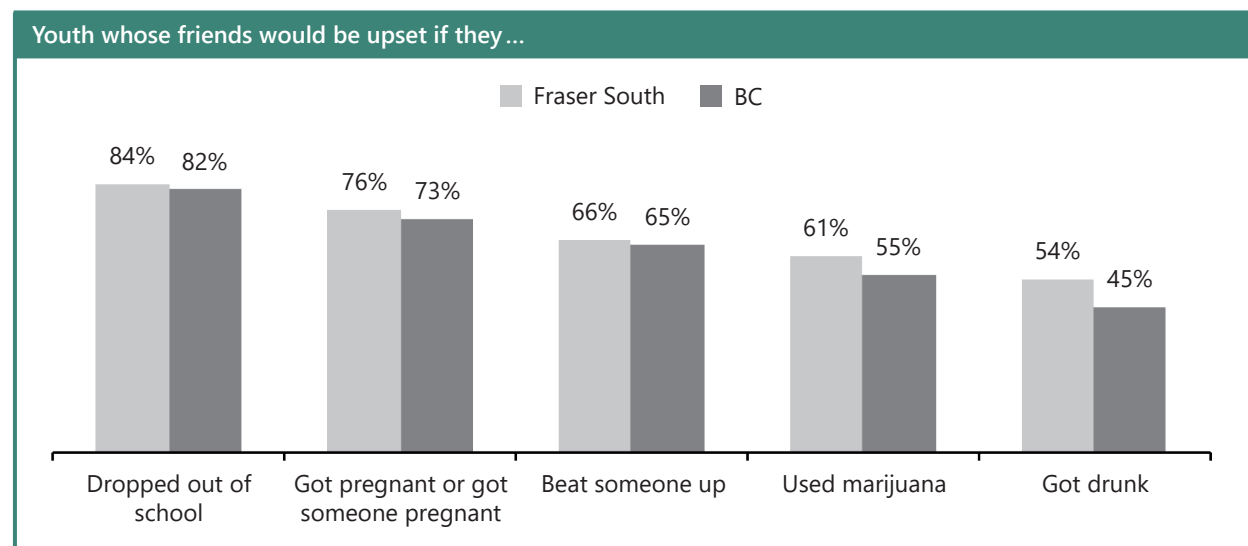


Friends with prosocial attitudes

Local youth were more likely than youth across BC to have friends who would be upset with them if they dropped out of school (84% vs. 82% provincially), were involved in a pregnancy (76% vs. 73%), used marijuana (61% vs. 55%), and got drunk (54% vs. 45%). Also, 66% had friends who would be upset if they beat someone up.

Females were generally the most likely to have friends who would be upset with them for engaging in these behaviours. For example, 58% of females indicated their friends would be upset with them if they got drunk, compared to 51% of males.

Students were less likely than in 2013 to indicate that their friends would be upset with them if they beat someone up (66% vs. 73%) or were involved in a pregnancy (76% vs. 83%).



Note: For 'Beat someone up' the difference between Fraser South and BC was not statistically significant.



YOUNG PEOPLE'S STRENGTHS & RESILIENCY

"Everyone in life will go through challenges whether it's relationships, death of a loved one, etc. I think we need to learn how to handle these hardships."
Grade 12 student

HOPEFULNESS

"When I do think about my future, I have big hopes but I worry I can't achieve them because of my ADD."
Grade 11 student

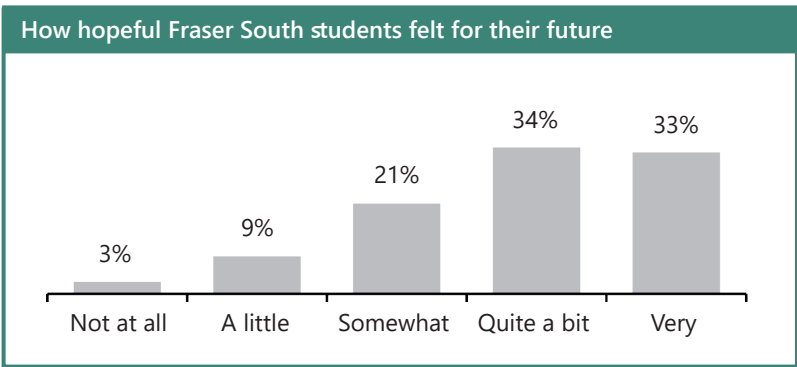
QUALITY OF LIFE & WELL-BEING

Fraser South youth generally felt positively about their quality of life. For example, most indicated they had a good life and their life was going well. Males were the most likely to rate their quality of life positively.

Sixty-seven percent of students felt quite a bit or very hopeful for their future (71% of males vs. 64% of females vs. 32%* of non-binary youth). Youth who felt hopeful were more likely than their peers 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 South youth			
	Agree/ Strongly agree	Neither agree nor disagree	Disagree/ Strongly disagree
I have a good life	80%	15%	5%
My life is going well	73%	18%	9%
I have what I want in life	61%	24%	14%
My life is going just right	60%	26%	15%
I wish I had a different life	18%	22%	60%

Note: Percentages within a row may 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. Five percent of students indicated that things had never gone wrong for them. Among those who had experienced challenges or setbacks, 44% indicated that they always pushed themselves to achieve their goals in these situations (with males the most likely to do so), while 5% indicated they never pushed themselves, and the rest sometimes pushed themselves.

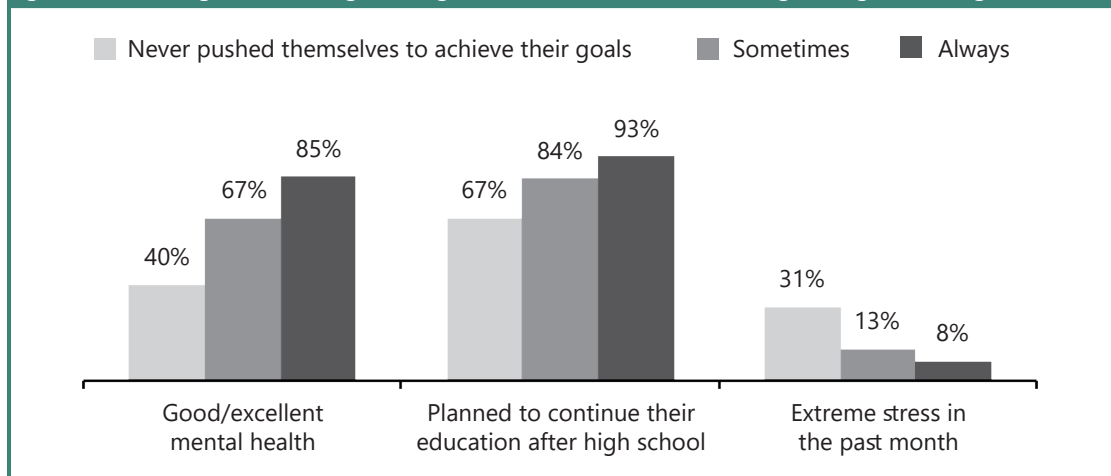
The more often Fraser South students persevered when faced with obstacles, the more likely they were to experience positive mental health and to have plans to pursue post-secondary education, and the less likely they were to experience extreme stress.

FEELING SKILLED & CONFIDENT

Locally, 80% of youth were able to name something they were really good at (such as sports, school work, and art), which was higher than in 2013 (76%) but below the percentage a decade earlier (87% in 2008). As in 2013, males were more likely than females to name something they were good at (83% vs. 77%).

The majority (60%) of students also usually felt good about themselves (71% of males vs. 50% of females vs. 30%* 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 (83% vs. 32%).

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



UNSTRUCTURED TIME

"Nature affects me in a very positive way and I would like to learn more about how nature positively affects youth's lives."

Grade 8 student

Around two-thirds (66%) of local youth felt they had the right amount of time to do what they wanted on their own, while 21% 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. For example, they were more likely to feel happy in the past month and to feel their life was going well, and were less likely to experience extreme stress.

Just over half of Fraser South youth (53%) felt they had the right amount of time to do what they wanted in nature, while 43% felt they did not have enough time. Those who felt they had the right amount of time to spend in nature were more likely to feel connected to the land/nature (45% vs. 32% of those who felt they did not have enough time to spend in nature).

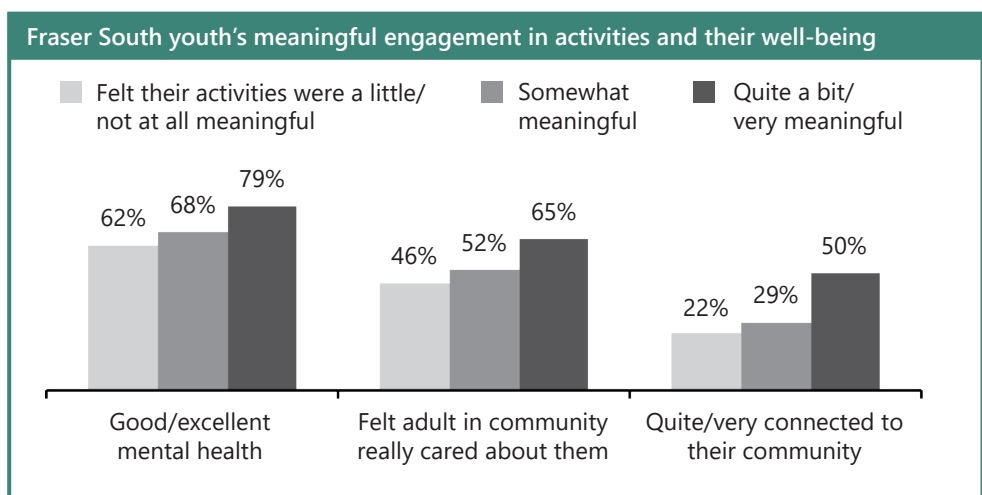
SPIRITUALITY

Twenty-one percent of Fraser South students reported that spirituality was very important in their life (vs. 16% provincially), while 26% indicated it was somewhat important, 15% a little important, and 26% felt it was not important to them. Also, 13% were unsure of how important spirituality was to them.

MEANINGFUL ENGAGEMENT

Two thirds (66%) of youth felt that the activities they took part in were meaningful to them, which was a decrease from previous years (e.g., 71% in 2013). Also, 45% felt their ideas were listened to and acted upon in their activities, which was comparable to 2013 but lower than a decade earlier (53% in 2008).

Fraser South 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.



Note: For 'quite a bit/very' connected to their community, the difference between 'a little/not at all meaningful' and 'somewhat meaningful' was not statistically significant.

TOPICS FRASER SOUTH 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 any topics which affected their health that they wanted to learn more about. In Fraser South, 5% of students identified at least one health related topic they would like to receive training about or see included in their school's curriculum.

Among those who provided a suggestion, the most common topics students wanted to learn more about were mental health and sexual health (which were two of the most commonly identified topics across BC).

Mental health topics students wanted to learn about included information on various conditions, how to manage symptoms of depression and anxiety, where to seek help, and how to support others who are dealing with mental health challenges.

"I would like to see more awareness about mental health, and more communication between teachers and their students on how to deal with different feelings/experiences."

Grade 11 student

"How to cope/deal with depression."

Grade 10 student

"I would like to talk more about mental health such as anxiety, panic attacks, and depression, and methods of coping with them."

Grade 10 student

"Stress factors and how to cope with them (i.e., stress from seeing your parents having problems). A workshop or person who can talk more about what emotional stress really is and how to deal with it would be helpful."

Grade 10 student

"Bringing up depression and anxiety to your parents or to other people you personally know, understanding their feelings, and why you must not hide it."

Grade 11 student



Sexual health topics included information about sexually transmitted infections (STIs), and about fostering healthy and consensual relationships. Students also wanted more access to sexual health education, and to sexual health information which was inclusive of different gender identities and sexual orientations.

"We are not given enough information about sex. Teachers do not have to go over it in school but should give website links so students/youth can get information. Not just about safe sex practices but tips, circumstances and more."

Grade 11 student

"Sex! And not just about reproductive systems. It's important to learn about sexual interaction, conversations, youth ED, abnormalities and the 'uncomfortable' things we aren't taught. If we are taught about these things, it will get rid of negative bias towards sex and talking about sex."

Grade 12 Student

"More sexual education—specifically LGBTQ+ education. We aren't taught enough in school which can make it unsafe or unwelcoming for students who have and haven't come out."

Grade 8 student

"Sex and how to tell if you have an STD or STI without seeing a doctor."

Grade 9 student

Students also wanted to learn more about the effects of excessive technology use and exposure to social media on young people's development.

"The effects of continual and long-term Internet use with little in between."

Grade 9 student

"I would be curious to learn about how media and what we see and watch on social media affects us. I believe that doing anything for multiple hours a day will impact you. I would love to learn how what I'm watching and doing is affecting my brain and body."

Grade 11 Student

Other topics students wanted to learn more about included discrimination and fostering inclusivity, accessing a variety of services, physical health, and substance use.

McCREARY RESOURCES

BC AHS PROVINCIAL & REGIONAL RESULTS



This report provides an overview of the BC Adolescent Health Survey results for youth in Fraser South 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; and an in-depth report about marijuana use among BC youth.

PRESENTATIONS & WORKSHOPS



McCreary staff are available to present BC AHS findings for Fraser South, 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

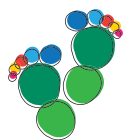


McCreary's Youth Advisory and Action Council (YAC) have created a youth-friendly poster of the key findings of the provincial report. Additional youth-friendly posters will be available on a range of topics, including substance use and mental health. The YAC have also created a workshop to share the 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 three grants in Fraser South). 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 South. 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.



