



BALANCE AND CONNECTION IN KOOTENAY BOUNDARY



THE HEALTH AND WELL-BEING
OF OUR YOUTH



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BALANCE & CONNECTION IN KOOTENAY BOUNDARY:

THE HEALTH & WELL-BEING OF OUR YOUTH

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The BC AHS was administered in Kootenay Boundary by Public Health Nurses and nursing students from Selkirk College. 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.

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Quotes from Kootenay Boundary youth who completed the 2018 BC AHS are included throughout the report.



KEY FINDINGS

■ Kootenay Boundary youth are becoming increasingly diverse. European heritage is still the most common family background. However, this has decreased and the percentage of local youth of Indigenous, East Asian, and Southeast Asian heritage has increased.

■ In Kootenay Boundary, 34% of youth indicated having at least one health condition or disability, which was an increase from 25% in 2013. A little under half (47%) of these students reported that their condition prevented them from doing things their peers could do.

■ The percentage of local students who slept for at least eight hours on the night before completing the survey decreased from 60% in 2013 to 54%. Students reported doing various online activities after the time they were expected to be asleep, such as watching videos and checking social media (72%), and gaming (26%). Students who reported going offline at night, such as by putting their phone on silent or turning it off were more likely to wake up feeling rested (56% vs. 46% of those who did not go offline).

■ Reflecting the provincial trend, there was an increase in the percentage of local youth who reported they had vomited on purpose after eating in the past year. Locally, males were three times more likely to have done so than in 2013 (9% vs. 3%). There was also an increase for females (17% vs. 12%).

■ Kootenay Boundary youth were more likely than their peers across BC to engage in weekly organized sports (58% vs. 52%), informal sports (63% vs. 52%), and extreme sports (18% vs. 9%).

■ As in 2013, 18% of local youth suffered a concussion in the past year (vs. 13% across BC), including 5% who experienced two or more concussions. Among these youth, 56% received medical treatment for their concussion.

■ Mirroring the trend across BC, there was a decrease in the percentage of students who rated their mental health as good or excellent (from 83% in 2013 to 71%). There was an increase in those reporting Anxiety Disorder/panic attacks (9% in 2013 vs. 25%), Depression (9% vs. 19%), Attention Deficit/Hyperactivity Disorder (5% vs. 8%), and Post-Traumatic Stress Disorder (<1% vs. 4%).

■ In the past year, one in five local youth (20%) had cut or injured themselves on purpose without the intent of killing themselves, 17% had seriously considered suicide, and 5% had attempted suicide. Females remained more likely than males to have deliberately harmed themselves, considered suicide, and attempted suicide.

■ Locally, 21% of youth had a family member who had attempted or died by suicide (vs. 16% provincially), and 6% had this experience in the past year (vs. 4% in 2013). Also, 33% had a close friend who had attempted or died by suicide, and 20% had this experience in the past year (vs. 13% in 2013). Youth who had experienced a family member and/or close friend attempt or die by suicide were more likely to have attempted suicide themselves.

■ In the past year, 21% of Kootenay Boundary students had needed mental health services but had not accessed them. The rate was comparable to the province as a whole and represented a local increase from previous survey years (e.g., 10% in 2013).

■ Most youth felt they could say no to engaging in sexual activity if they did not want to. For example, 92% could refuse an unwanted request to engage in sexting.

■ The percentage of Kootenay Boundary students with a phone who used it on their most recent school day to engage in sexting halved (7% vs. 14% in 2013), and 11% used their device to watch pornography.

■ In the past month, local youth were more likely than youth across BC to have vaped with nicotine (33% vs. 21%) and smoked cigarettes (11% vs. 7%).

■ Vaping products are marketed as an aide to help people stop smoking. However, 16% of local youth who had never smoked tobacco had vaped with nicotine and 14% had vaped without nicotine in the past month.

■ Similar to five years ago, 61% of Kootenay Boundary students had tried alcohol and 40% had used marijuana. Among students who had tried alcohol, most who drank on the Saturday before taking the survey had engaged in binge drinking (71%). This represented a decrease for males from 79% in 2013 to 65%, but was comparable for females (78%).

■ In the past year, local females were more likely than females across BC to have been verbally (60% vs. 50%) and physically sexually harassed (42% vs. 31%). Also, in comparison to their peers in 2013, females were more likely to have had these experiences. Males were more likely to have been physically sexually harassed.

■ Other experiences of violence and discrimination also increased, particularly for females. For example, there was an increase in females who were physically abused (22% vs. 15% in 2013), and sexually abused (23% vs. 14%).

■ Three quarters (75%) of Kootenay Boundary students felt they had an adult inside their family they could talk to if they had a serious problem. Non-binary youth were the least likely to report having such an adult family member (39%* vs. 71% of females vs. 82% of males). Also, 32% of youth had an adult outside their family they could talk to if they had a serious problem (vs. 27% provincially).

■ Most Kootenay Boundary youth (77%) felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them. This was higher than the provincial rate (65%) and the local rate in 2013 (67%).

■ Kootenay Boundary youth generally felt positively about their quality of life. For example, 81% indicated they had a good life and 73% reported their life was going well.

■ There was an increase from five years ago in Kootenay Boundary youth who were able to name something they were really good at, such as sports, school work, art, or music (81% vs. 77%).

■ As was the case across BC, the most common health topic students in this area wanted to learn more about was mental health.

INTRODUCTION

2018 BC ADOLESCENT HEALTH SURVEY

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

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

A report of the provincial findings was released in March 2019 (*Balance and connection in BC*) and can be accessed at www.mcs.bc.ca.

REGIONAL REPORTS

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

Kootenay Boundary HSDA is comprised of four school districts: Kootenay Lake (SD 08), Arrow Lakes (SD 10), Kootenay-Columbia (SD 20), and Boundary (SD 51). All school districts in this region have participated in all six waves of the survey. One school district changed consent procedures for the survey between 2013 and 2018. Additional analyses were conducted to ascertain if this may have affected the regional results, and this generally did not appear to be the case.

The results presented in this report provide the most comprehensive and representative picture of youth health in Kootenay Boundary. The report focuses on the 2018 local results with relevant comparisons to the 2018 provincial results, as well as to local results over the past decade (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 healthy development, and precedes a section which looks at factors that can support young people to thrive. The final section offers Kootenay Boundary 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 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 Kootenay Boundary 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 Kootenay Boundary and the province are statistically significant at $p < .01$, which means there is up to a 1% likelihood that the results occurred by chance. Differences in tables or charts that are not statistically significant are noted.

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



LIMITATIONS

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

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

Finally, the percentage of students in Kootenay Boundary who identified as non-binary was small (3%). Therefore, although non-binary youth were considered in all gendered analyses, it was often not possible to report the findings due to the risk of deductive disclosure or the possibility that the percentage estimate was unreliable.

GLOSSARY

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

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

■ **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, and those who were not 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 using a cell phone. It was also referred to on the survey as 'sending nudes.'

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

YOUNG PEOPLE IN KOOTENAY BOUNDARY

BACKGROUND

In Kootenay Boundary the most commonly reported background was European. However, the percentage reporting European heritage decreased (78% in 2013 vs. 73%), and the percentage of East Asian heritage increased from 3% in 2013 to 4%. Also, compared to a decade ago, there was an increase in the percentage of youth who identified as Indigenous (13% in 2008 vs. 17%) and Southeast Asian (1% vs. 2%).

The percentages of youth of European and Indigenous descent were higher locally than across the province as a whole.

BIRTHPLACE & LANGUAGE

Over the past decade, the percentage of Kootenay Boundary students born outside Canada doubled (8% vs. 4% in 2008), but remained below the provincial rate (21%).

Most students who were born abroad had been in Canada at least six years, while 22% had arrived between two and five years ago, and 20% had been here less than two years. Students born abroad included 2% who were living in Kootenay Boundary as international students (vs. 6% provincially).

Locally, 31% of students spoke a language other than English at home at least some of the time and 5% did so most of the time. These rates were lower than were seen provincially, where over half (53%) of students spoke a language other than English at home, with 23% doing so most of the time.

Family background		
	Kootenay Boundary	BC
European	73%	46%
Indigenous	17%	10%
East Asian	4%	18%
Latin/ South/ Central American	3%	5%
Australian/ Pacific Islander	2%	2%
African	2%	3%
Southeast Asian	2%	8%
South Asian	1%	11%
West Asian	1%	3%
Don't know	18%	10%
Other	3%	4%

Note: Youth could choose more than one response.

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

Note: The differences between Kootenay Boundary and the province were not statistically significant for African or 'Other'.

INDIGENOUS YOUTH

Among the 17% of Kootenay Boundary youth who identified as Indigenous, 49% were First Nations (an increase from 38% in 2013), 45% were Métis, and the remainder were another Indigenous background including Inuit.

Seven percent of Indigenous youth had lived on a First Nations reserve, and 10% could speak at least a few words of an Indigenous language.

Almost a quarter (24%) of local Indigenous students reported that at least one member of their family had been in residential school (including 14% whose grandparents had attended). However, this is likely an underestimation as 46% did not know their family's history of residential school involvement.

GENDER IDENTITY & SEXUAL ORIENTATION

"I'm scared that if I turn out to like girls and boys, my parents will hate me."

Grade 7 student

For the first time, the BC AHS asked youth about the sex assigned on their birth certificate and also about their current gender identity. Forty-eight percent of students in Kootenay Boundary were male on their birth certificate and 52% were female. For nearly all youth (97%) their current gender identity corresponded with the sex on their birth certificate, and 3% were non-binary (including 2% who were not yet sure of how they identified).

Males were more likely than females to identify as straight (93% vs. 75%), while females were more likely than males to identify as mostly straight (12% vs. 3%) or lesbian, gay or bisexual (9% vs. 3%). Non-binary youth were the most likely to identify as lesbian, gay, or bisexual (46%*), or to specify a sexual orientation other than the options listed (35%*).

Sexual orientation of Kootenay Boundary students	
Straight	82%
Mostly straight	7%
Bisexual	6%
Gay or lesbian	1%
Not sure yet	3%
Something other than those listed above	2%

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

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

GOVERNMENT CARE

Students were asked if they had experienced different types of government care (through the BC Ministry of Children and Family Development or a delegated agency) or alternatives to care. Locally, 3% had been in foster care, 2% on a Kith and Kin agreement, and 1% in a group home. The percentages who had been on a Youth Agreement or in a custody centre were too small to report.



LIVING SITUATION

Compared to five years earlier, Kootenay Boundary youth were more likely to report living with their parent(s), grandparent(s), and sibling(s)/stepsibling(s).

Youth were asked if they had caretaking responsibilities on a typical school day. Almost 1 in 5 (19%) looked after another relative (such as a disabled relative or younger sibling), and 72% took care of a pet. Females were more likely than males to care for a relative (23% vs. 15%) or a pet (74% vs. 68%).

In the past year, 21% of local youth moved from one home to another, including 5% who moved three or more times. Also, 9% ran away from home and 8% were kicked out during this time period.

Similar to five years ago, nearly all students in Kootenay Boundary (94%) indicated they often or always felt safe inside their home, while 2% never or rarely did.

Who Kootenay Boundary youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	82%	86%	↑
Father/Stepfather	72%	78%	↑
Sibling(s)/Stepsibling(s)	55%	66%	↑
Live with both parents at different times	10%	12%	–
Grandparent(s)	4%	6%	↑
Other related adults	2%	2%	–
Other unrelated adults	2%	2%	–
Other children or youth	1%	2%	–
Two mothers or two fathers	1%	2%	–
Foster parent(s)	NR	NR	–
Live alone	NR	NR	–
Own child or own children	NR	NR	–

Note: Youth could choose more than one response.

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

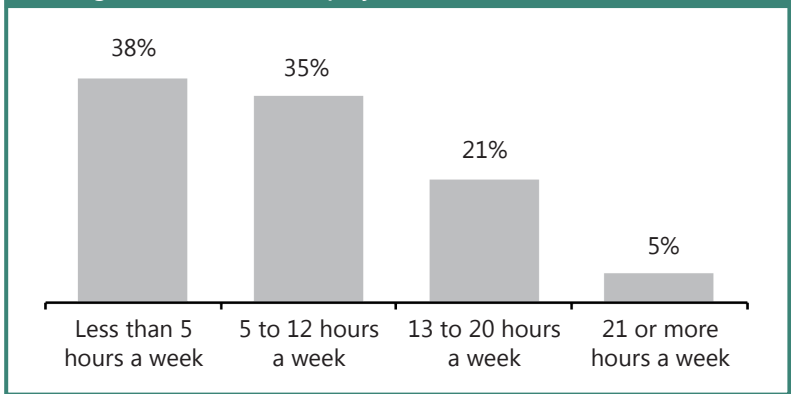


EMPLOYMENT

There was an increase from five years earlier in the percentage of local students who worked at a paid job during the school year (46% vs. 39% in 2013). This represented a return to the 2008 rate.

Compared to students across BC, Kootenay Boundary youth were more likely to be employed (46% vs. 33%). However, among those who had a job, local students were more likely than students across BC to have worked fewer than 5 hours a week (38% vs. 28%) and were less likely to have worked in excess of 20 hours a week (5% vs. 8%).

Hours Kootenay Boundary youth spent working at a paid job (among those who were employed)



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

PHONE USE

Most (95%) students in Kootenay Boundary had a cell phone, smartphone or other portable device. Students most commonly used their device to listen to music, followed by using it for social media and to communicate with friends they knew in person.

Kootenay Boundary students' phone use on their last school day (among those with a phone)

Listening to music	85%
Using social media	81%
Communicating with friends they know in person	80%
Communicating with parents/guardians	76%
Watching shows, movies, YouTube, etc.	70%
Finding information (other than health information)	62%
Doing homework	53%
Playing games	53%
Communicating with someone they know only online	27%
Finding health information	16%
Watching porn	11%
Sexting	7%
Gambling	2%

Note: Youth could choose more than one response.

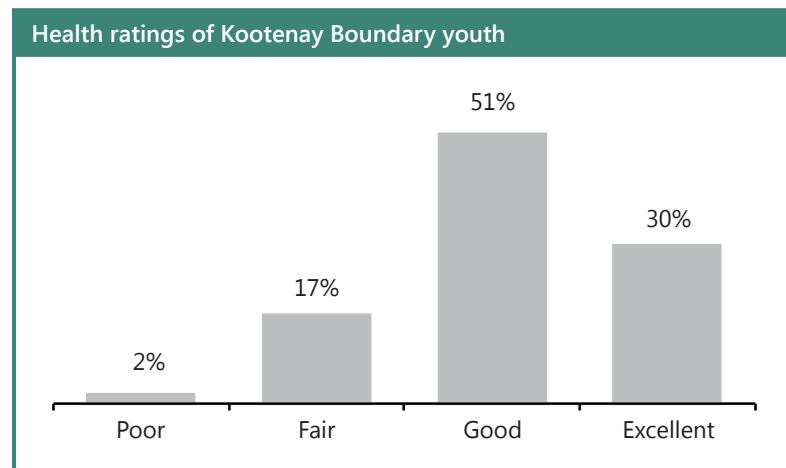
HEALTH PROFILE OF KOOTENAY BOUNDARY YOUTH

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 Kootenay Boundary rated their health as good or excellent (81%). However, this was a decrease from 89% in 2013.

Similar to five years ago, males were more likely than females to rate their health as good or excellent (88% vs. 74%).



HEALTH CONDITIONS & DISABILITIES

In Kootenay Boundary, 34% of youth indicated having at least one health condition or disability, which was an increase from 25% in 2013. A little under half (47%) of these students reported that their disability or health condition prevented them from doing things their peers could do.

Compared to 2013, there was an increase in the percentage of local youth reporting a mental health condition (19% vs. 11%), severe allergy (4% vs. 2%), and physical disability (1% vs. <1%).

Health conditions and disabilities reported by Kootenay Boundary youth	
Mental health condition	19%
Long-term/chronic medical condition	9%
Learning disability	5%
Severe allergy requiring EpiPen	4%
Sensory disability	3%
Physical disability	1%
Other	2%

Note: Youth could choose more than one response.

"A lot of my depression comes from a lack of being able to do most things because of a knee injury that is permanent."

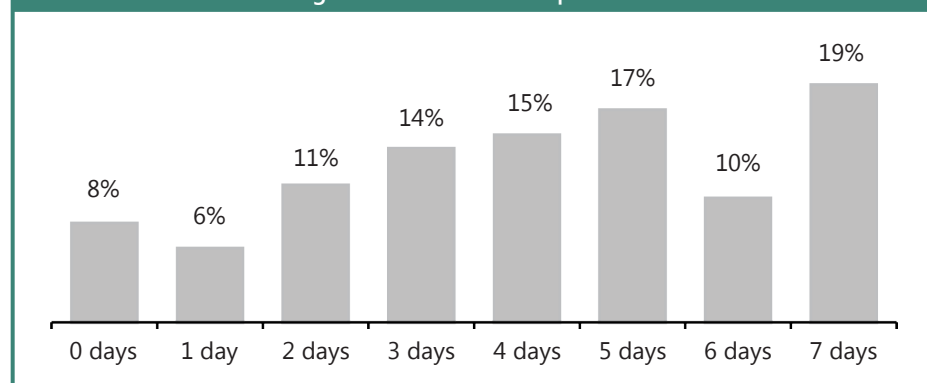
Grade 12 student

PHYSICAL ACTIVITY

The Canadian Physical Activity and Sedentary Behaviour Guidelines state that youth under the age of 18 should complete at least 60 minutes of moderate to vigorous exercise every day. Reflecting the provincial picture and the local results in 2013, 19% of Kootenay Boundary youth aged 12–17 met these recommendations in the week before taking the survey. Males were more likely than females to exercise this regularly (26% vs. 12%).

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Locally, 52%* of students aged 18 or older participated in 60 minutes of exercise on at least three days in the past week.

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



SLEEP

"When I am in school I am always tired, no matter how much sleep I get."

Grade 11 student

A little over half (54%) of Kootenay Boundary students slept at least eight hours on the night before completing the survey (including 25% who slept nine or more hours), while 6% slept four hours or less. The percentage of local students who slept for eight or more hours was lower than five years earlier (60% in 2013), but higher than across BC (48%).

Similar to youth across the province, older students were less likely than younger ones to have slept eight or more hours (e.g., 38% of 18-year-olds vs. 74% of youth aged 12 or younger).

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (59%), homework (48%), gaming (26%), and online activities other than gaming (e.g., watching videos or checking social media; 72%).

Males were the least likely to report chatting/texting or doing homework after their expected bedtime, but were more than twice as likely as females to report gaming (36% vs. 17%).

Locally, 43% of students reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). Females were more likely than males to go offline (47% vs. 39%).

On the day they completed the survey, half (50%) 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 (56% vs. 46% of those who did not go offline).



ACCESS TO HEALTH CARE

In the past year, 24% of youth had not needed health care, and 4% had needed health care but did not get it.

Most Kootenay Boundary youth got their health care from a family doctor. In the past year, local youth were less likely than their peers across the province to have accessed a youth clinic (1% vs. 4%) or a walk-in clinic (22% vs. 35%), and were more likely to have accessed an emergency room (27% vs. 16%) or nurse (14% vs. 9%).

Where Kootenay Boundary youth got health care in the past year	
Family doctor	63%
Emergency room (ER)	27%
Walk-in clinic	22%
Nurse	14%
Counsellor/psychologist	13%
Traditional healer	1%
School wellness centre	1%
Youth clinic	1%

Note: Youth could choose more than one response.

Reflecting the provincial picture, when asked specifically about accessing medical care when they were physically sick or hurt in the past year, 57% of Kootenay Boundary youth indicated they had not needed medical help, 35% received the help they needed, and 8% did not get the help they needed (12% of females vs. 4% of males).

The percentage of Kootenay Boundary students who did not get needed medical help was similar to five years earlier, but lower than a decade ago (8% vs. 15% in 2008) for both males (4% vs. 12%) and females (12% vs. 18%).

DENTAL VISITS

Similar to five years ago, most local youth (85%) had been to the dentist in the past 12 months, while 9% had visited the dentist between a year and two years ago, 6% had last been more than two years ago, and 1% had never been.

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

NUTRITION

As in 2013, the majority (94%) of Kootenay Boundary youth ate fruit and vegetables on the day before completing the BC AHS. There were also similar rates of eating sweets (77%), traditional foods from their background (21%), food grown or caught by them or their family (21%); and drinking water (98%) or pop (33%). There was a decrease in the percentage who drank energy drinks (6% vs. 8%), but an increase in eating fast food (42% vs. 33%).

In comparison to the province, local youth were less likely to eat fast food (42% vs. 47%) and more likely to eat food grown or caught by them or their family (21% vs. 16%).

MEALS

As was the case provincially, there was a decline from 2013 in the percentage of students who always ate breakfast on school days (49% vs. 54%) and a rise in the percentage who never did so (16% vs. 12%). Local males were more likely than females to always eat breakfast (58% vs. 40%).

Among local students who ate breakfast, the majority ate at home, while 10% got their breakfast at school, and 8% got it on the way to school (similar to the picture across BC).

In Kootenay Boundary, 58% always ate lunch while 5% never did, and 89% always ate dinner while 1% never did. Compared to females and non-binary youth, males were the most likely to always eat lunch and dinner.

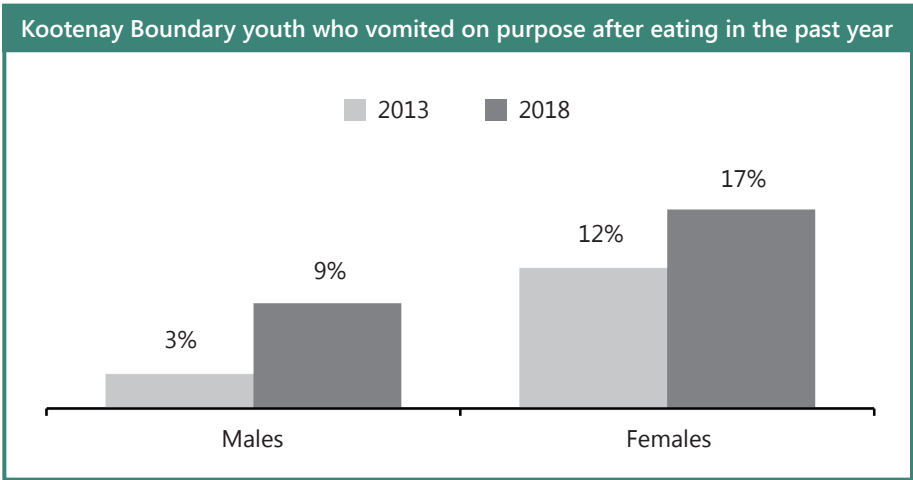
Similar to youth across the province, 34% of students ate three meals a day.

What Kootenay Boundary students ate or drank yesterday		
	Once or twice	Three or more times
Water	21%	76%
Fruit	58%	28%
Vegetables or green salad	61%	21%
Sweets (cookies, cake, candy, chocolate, etc.)	63%	13%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	36%	5%
Pop	30%	3%
Food grown/ caught by them or their family	16%	5%
Traditional food from their background	15%	5%
Energy drinks	5%	1%

EATING BEHAVIOURS

In the past year, 14% of youth had vomited on purpose after eating, including 10% who had done so once a month or less, 2% who had done so two to three times a month, and 2% who had done so at least weekly.

Reflecting the provincial trend, there was an increase in the percentage of local youth who reported they had vomited on purpose after eating in the past year.



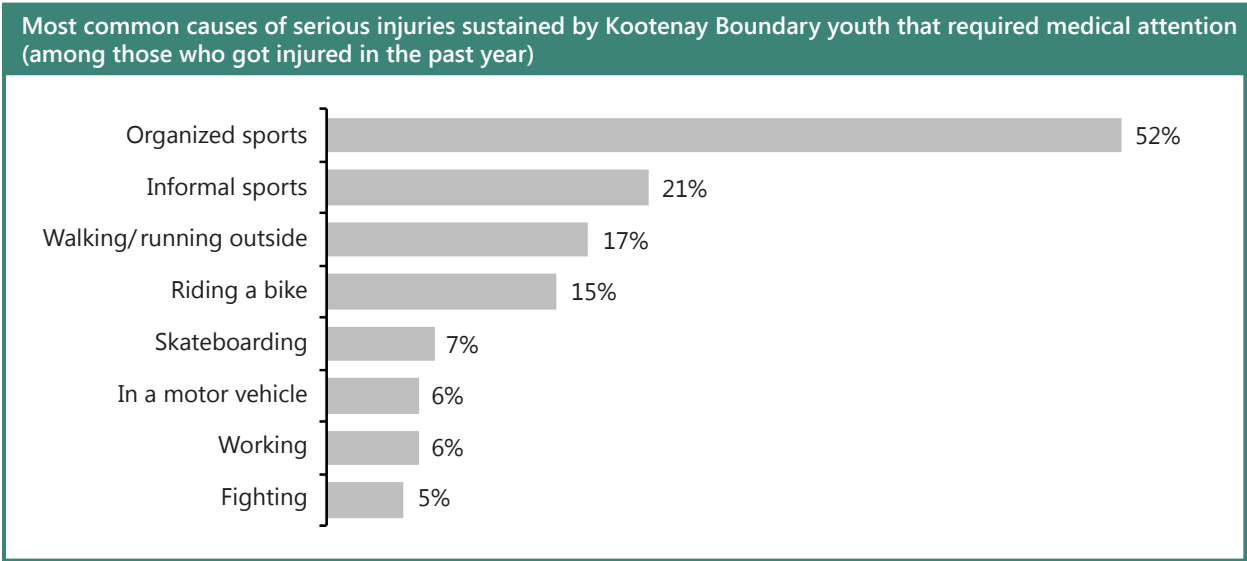
INJURIES & INJURY PREVENTION

INJURIES

In the past year, a third (33%) of Kootenay Boundary youth were injured seriously enough to require medical attention, including 9% who experienced two serious injuries and 5% who had three or more. The overall percentage was similar to the local rate in 2013 and higher than the 2018 provincial rate (26%).

Provincially, males were more likely than females to have sustained a serious injury. There was no such gender difference locally.

Consistent with the provincial findings, the most common cause of serious injury was playing or training for organized sports.



Note: Youth could choose more than one response.



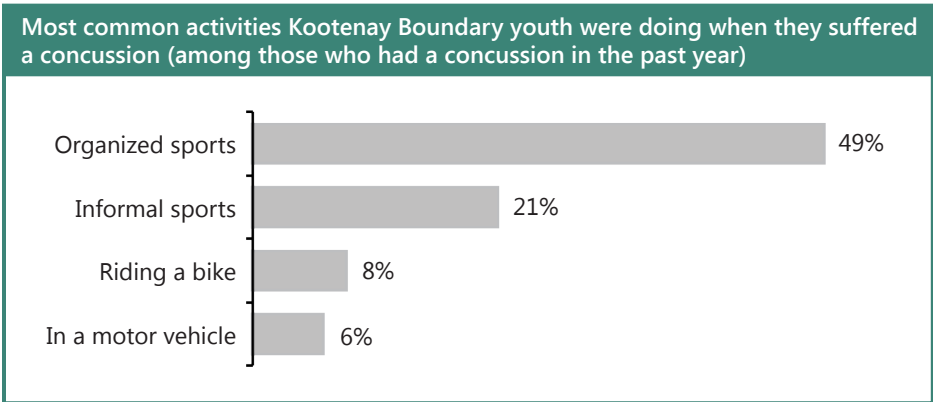
CONCUSSIONS

As in 2013, 18% of local youth suffered a concussion in the past year (vs. 13% across BC), including 3% who experienced two concussions and 2% who experienced three or more.

Among those who experienced a concussion most had multiple symptoms including headaches (76%); dizziness or balance problems (64%); blurred vision (59%); feeling dazed, confused, or suffering a gap in memory (44%); ringing in their ears (42%); and loss of consciousness (34%).

As was the case with serious injuries and consistent with provincial results, the most common cause of concussion was playing or training for organized sports.

In the past year, 56% of local youth who experienced a concussion received medical treatment for their injury.



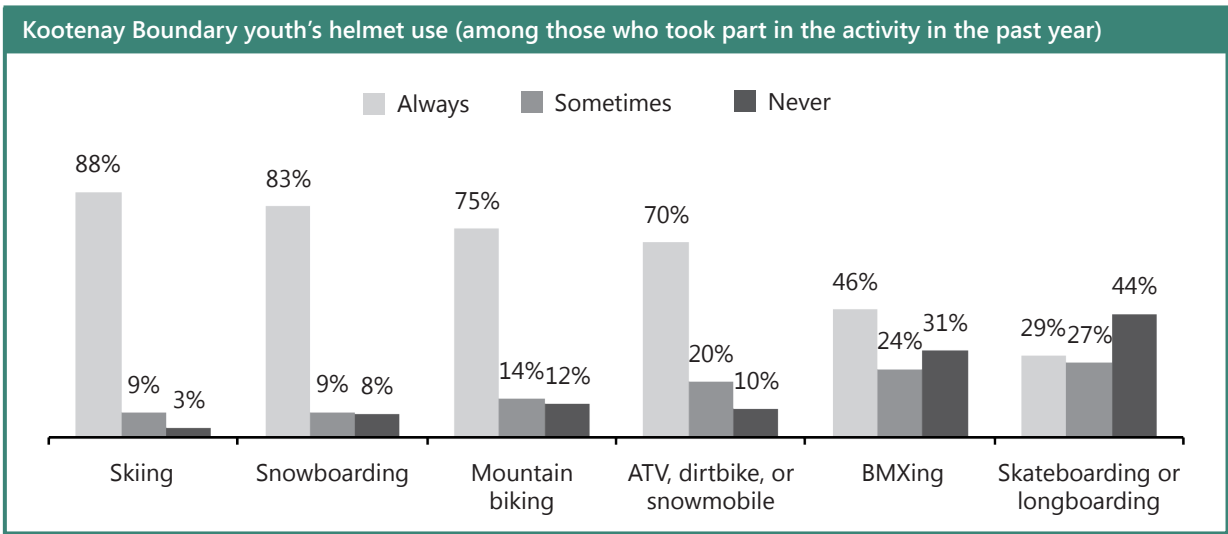
Note: Youth could choose more than one response.

INJURY PREVENTION

Locally, 71% of youth reported always wearing a seatbelt in a vehicle, which was similar to 2013 and an increase from a decade ago (66% in 2008).

Around 4 in 10 local youth (38%) always wore a helmet when cycling. This was lower than the provincial rate (45%), but an increase from 32% in 2013.

Youth were more likely to wear a helmet in some activities with a risk of head injury than others, with helmet use most common for skiing and snowboarding, and least common for skateboarding or longboarding. Local youth were more likely than their peers across BC to always wear a helmet when skiing (88% vs. 82%).



Note: For snowboarding and mountain biking, the differences between 'sometimes' and 'never' were not statistically significant.
Note: For skateboarding/longboarding, the difference between 'sometimes' and 'always' was not statistically significant.
Note: Percentages for each activity do not always equal 100% due to rounding.

MENTAL HEALTH

"I have a good life that I am happy with, but my anxiety has stopped me from doing a lot."

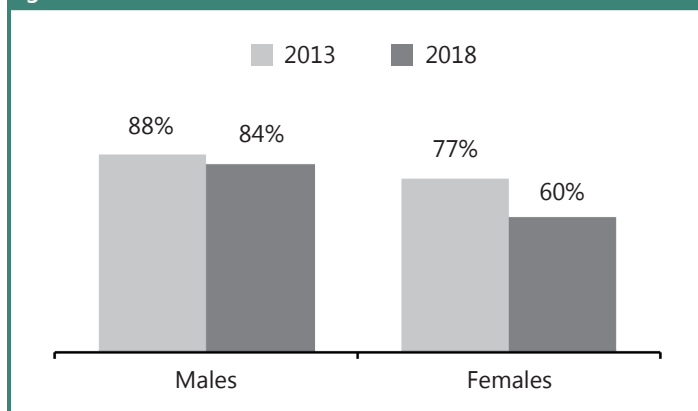
Grade 11 student

Mirroring the trend across BC, there was a decrease in the percentage of students who rated their mental health as good or excellent (from 83% in 2013 to 71%). Males remained more likely than females to rate their mental health positively.

HAPPINESS

Provincially, there was a decline in the percentage of male and female students who reported feeling happy in the past month. However, locally this decrease was only seen for females, as 55% felt happy all or most of the time (vs. 65% of females in 2013) and 17% rarely or never felt happy (vs. 11% in 2013). Over three quarters (77%) of local males felt happy all or most of the time and 6% rarely or never did.

Kootenay Boundary youth who rated their mental health as good/excellent



STRESS & DESPAIR

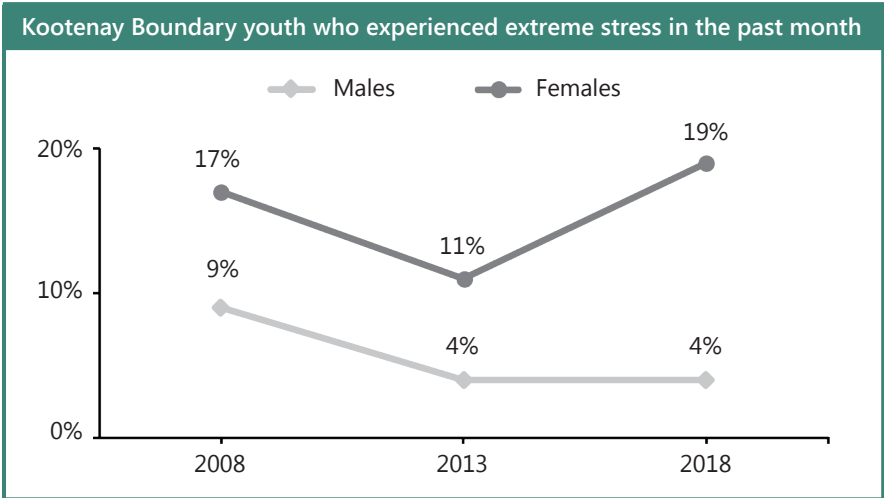
"Sometimes I feel very stressed and start to shut down."

Grade 9 student

Most youth (86%) in Kootenay Boundary experienced some level of stress in the month prior to taking the survey, including 12% who felt so stressed that they could not function properly. Females were more likely than males to experience extreme stress, and non-binary youth were the most likely to experience stress (46%*).

For the first time, the BC AHS asked students how well they managed their stress. Among those who experienced stress, 35% felt they managed it well and 18% managed it very well, while 30% managed their stress only fairly well and 18% managed it poorly.

In the past month, 57% of students felt at least a little sad, discouraged, or hopeless, including 9% who reported that it prevented them from functioning properly. The percentage of females reporting this level of extreme despair increased from 6% in 2008 to 13%, while the percentage for males was similar to five and ten years ago (3%).



Note: The difference for males between 2013 and 2018 was not statistically significant nor was the difference for females between 2008 and 2018.



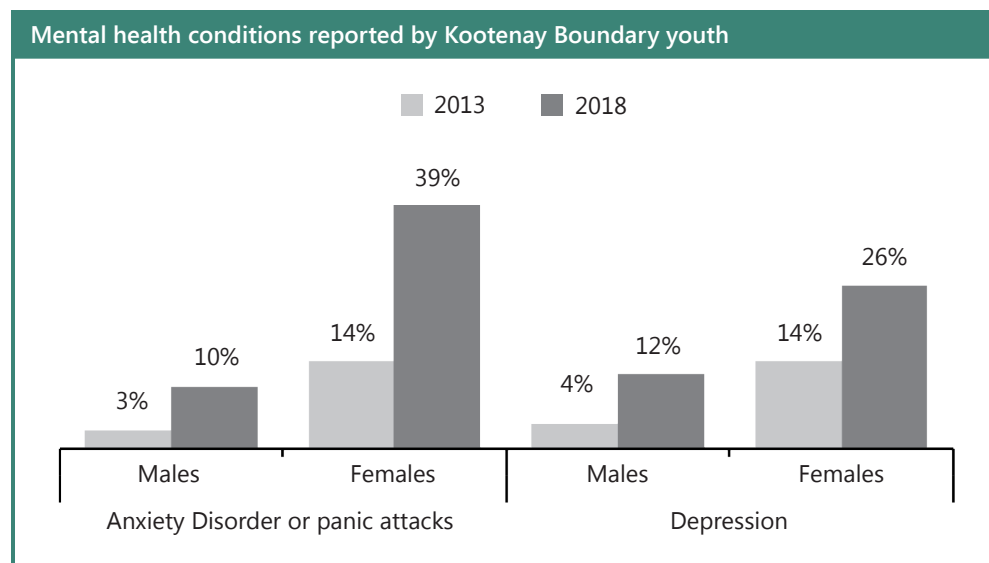
MENTAL HEALTH CONDITIONS

Compared to five years earlier, youth were more likely to report having a mental health condition. Specific conditions included Anxiety Disorder/panic attacks (25% vs. 9% in 2013), Depression (19% vs. 9%), Attention Deficit/Hyperactivity Disorder (ADHD; 8% vs. 5%), and Post-Traumatic Stress Disorder (PTSD; 4% vs. <1%). The percentage who reported having Asperger's or Autism Spectrum Disorder (1%) was similar to five years ago, as was the rate for Fetal Alcohol Spectrum Disorder (FASD).

"I'm not diagnosed officially with anything, but my symptoms indicate depression and anxiety and maybe something else."

Grade 10 student

Females were more likely than males to report having Anxiety Disorder/panic attacks, Depression, and PTSD (5% vs. 2%). Among non-binary students, 65%* reported having Anxiety Disorder/panic attacks and 58%* reported Depression.



SELF-HARM & SUICIDALITY

"[I] never seriously thought about committing suicide but I am emotionally detached from most things."

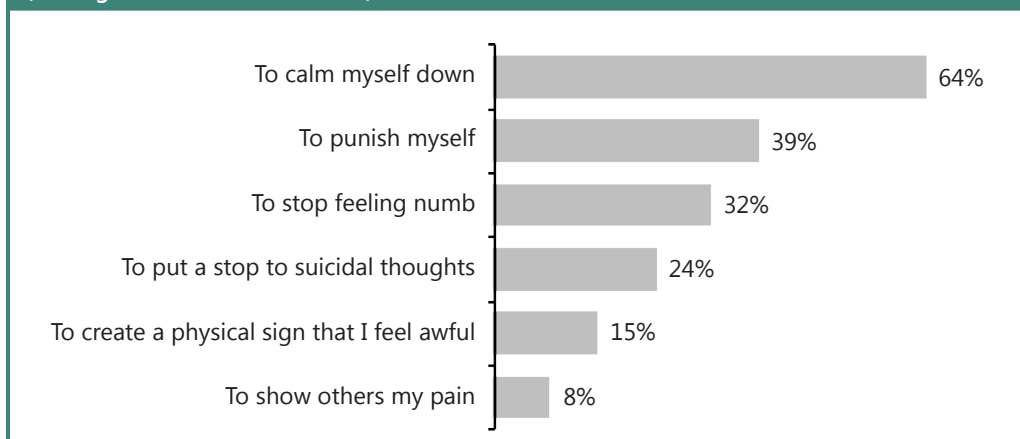
Grade 10 student

One in five youth (20%) had cut or injured themselves on purpose in the past year without the intent of killing themselves. Males were the least likely to have done so (9% vs. 29% of females vs. 59%* of non-binary youth). The most common reason youth gave for self-harming the last time was to calm themselves down.

In the past year, 17% of Kootenay Boundary youth had seriously considered suicide. This represented an increase for males from 5% in 2013 and a return to the 2008 rate. For females, this was an increase from five and ten years ago (e.g., 24% in 2018 vs. 15% in 2013).

Reflecting the provincial picture and local rates over the past decade, 5% of youth had attempted suicide in the past year. Females remained more likely than males to have attempted suicide (7% vs. 2%).

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



Note: Youth could choose more than one response.

MISSED OUT ON NEEDED MENTAL HEALTH SERVICES

In the past year, 21% of local youth felt they needed mental health services but had not accessed them. The rate was comparable to the province as a whole and represented a local increase from previous survey years (e.g., 10% in 2013).

Among students who did not access needed mental health services, the most common reason was thinking or hoping the problem would go away.

Compared to five years ago, there was an increase in local youth who reported not accessing needed services because they thought or hoped the problem would go away (71% vs. 59% in 2013), were afraid someone they knew might see them (46% vs. 32%), and were afraid of what they might be told (51% vs. 38%*).

"I did have access to a psychiatrist/ counsellor but I stopped going because I was scared."
Grade 11 student

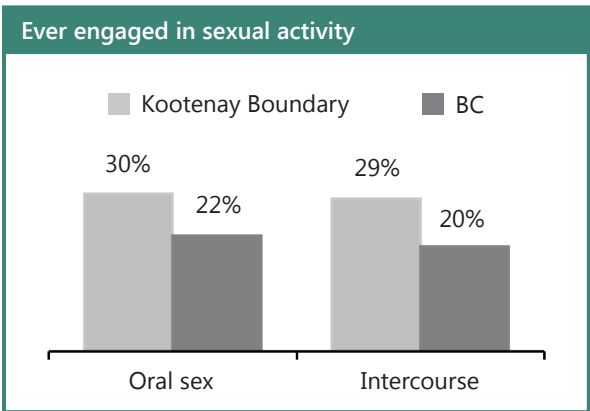
Reasons Kootenay Boundary youth did not access mental health services (among those who felt they needed services in the past year)	
Thought or hoped the problem would go away	71%
Didn't want parents to know	59%
Afraid of what I would be told	51%
Afraid someone I know might see me	46%
Didn't know where to go	39%
Too busy to go	36%
Had prior negative experience	22%
Didn't think I could afford it	20%
Had no transportation	10%
Parent/guardian would not take me	9%
Couldn't go when it was open	5%
On a waiting list	4%
The service was unavailable in my community	NR

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

SEXUAL HEALTH

ORAL SEX

The percentage of Kootenay Boundary youth who had engaged in oral sex was similar to the percentage over the past decade (30%), and higher than the provincial rate (22%).



Among students who had engaged in oral sex, 19% used a condom or other barrier/protection the last time they had oral sex, which was unchanged from 2013.

SEXUAL INTERCOURSE

In Kootenay Boundary, 29% of youth ever had sex other than oral sex or masturbation, which was higher than the 2018 provincial rate (20%) and similar to local rates over the past decade.

Among those who ever had intercourse, the most common age for first doing so was 15 years old. The percentage of youth who waited until they were at least 15 years old (64%) was similar to five and ten years ago.

"I feel kinda uncomfortable when people talk about sex, and things like that."

Grade 12 student

Around half (51%) of youth who ever had intercourse had one sexual partner in the past year, 23% had two partners, 22% had three or more partners, and 4% did not have intercourse in the past year.

Consistent with provincial results and local results over the past decade, 67% of youth who ever had intercourse used a condom or other barrier/protection the last time they had sex.

Among youth who ever had intercourse, the percentage who used withdrawal as a method to prevent pregnancy increased steadily (from 20% in 2008, to 29% in 2013, to 40%). However, the percentage using withdrawal as their only contraceptive method remained stable (8%). There was an increase in the percentage who used an IUD (from 0% in 2008 to 4%).

One percent of youth had ever been pregnant or gotten someone pregnant.

Most common method Kootenay Boundary youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	61%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	54%
Withdrawal	40%
Emergency contraception	6%
IUD	4%

Note: Youth could choose more than one response.

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

"I think girls in high school should learn more about sex and other things related to STDs and such, and should be able to get help without having parents or teachers know."

Grade 10 student

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

The HPV vaccines protect against infection from certain types of cancers, and have been available to girls in Grade 6 since 2008 and to boys in Grade 6 since September 2017. Just over a quarter (27%) of youth reported they had been vaccinated (14% of youth who were assigned male on their birth certificate vs. 40% of females). Also, 52% (63% of males vs. 42% of females) did not know if they had been vaccinated.

USED PHONE TO SEXT OR WATCH PORNOGRAPHY

Seven percent of Kootenay Boundary students with a phone used it on their most recent school day to engage in sexting (a decrease from 14% in 2013), and 11% used their device to watch pornography (asked for the first time on the 2018 survey).

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.

Kootenay Boundary youth who felt they could say no if asked to...			
	Could say no	Couldn't say no	Not sure
Have sex with a new partner when they didn't want to	92%	2%	6%
Have sex with a long-term partner when they didn't want to	87%	3%	11%
Send nudes/sext	92%	2%	6%

Note: Percentages for 'long-term partner' do not equal 100% due to rounding.



SUBSTANCE USE

SMOKING, VAPING, & TOBACCO USE

Overall, 29% of students in Kootenay Boundary had smoked tobacco (e.g., cigarettes, cigars, or cigarillos), which was higher than the rate across the province (18%). Locally, there were no gender differences in ever having smoked tobacco.

Smoking rates declined between 2008 and 2013 for both males and females. However, compared to five years ago, there was a local decrease in having smoked tobacco for males (27% vs. 35% in 2013), whereas the rate among females was similar (30%).

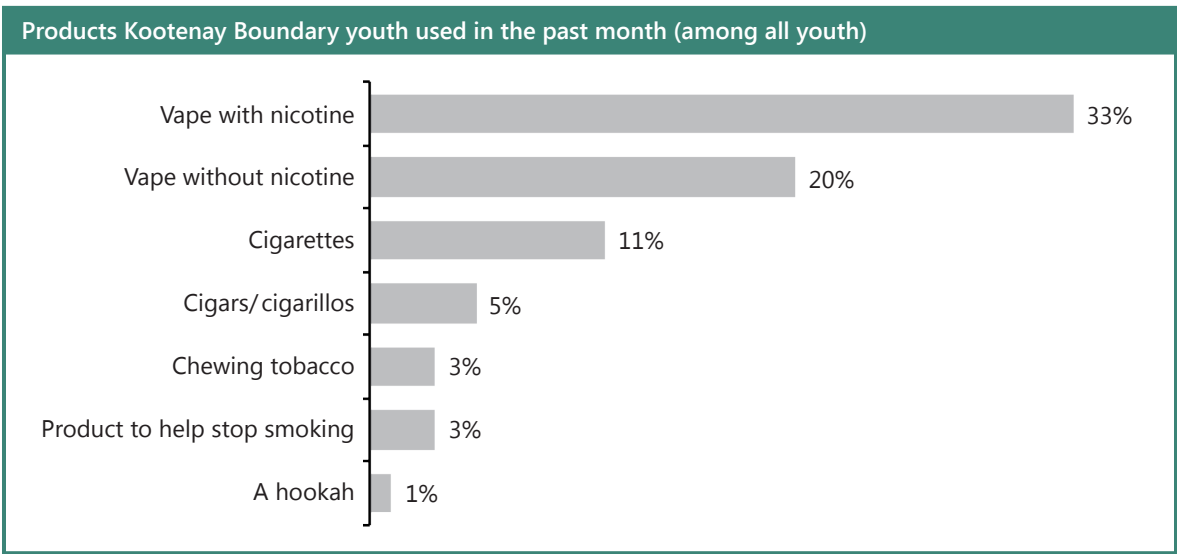
Similar to 2013, 43% of those who tried smoking waited until they were at least 15 years old to first smoke.

Among Kootenay Boundary youth who had ever smoked tobacco, 46% smoked in the past month (a return to the 2008 rate, after an increase to 56% in 2013). This included 5% who smoked daily (vs. 13% in 2008).

The most common smoking product students used in the past month was a vape pen or stick with nicotine. Kootenay Boundary youth were more likely than youth across BC to have vaped with nicotine (33% vs. 21%) and smoked cigarettes (11% vs. 7%) in the past month.

Local males were more likely than females to have used chewing tobacco, and non-binary youth were the least likely to have used a vape pen or stick with and without nicotine.

Among students who had smoked tobacco, 72% vaped with nicotine and 33% vaped without nicotine in the past month. Youth who had never smoked tobacco were also vaping, as 16% vaped with nicotine and 14% vaped without nicotine in the past month.



ALCOHOL

After a decline from 2008 to 2013, the percentage of youth in Kootenay Boundary who had tried alcohol remained stable (61%), and was higher than the provincial rate (44%). As in previous years, there were no gender differences in having tried alcohol.

The most common ages for youth to first drink alcohol were 13 and 14 years old. Provincially, there was an increase in youth who waited until they were at least 15 to first drink alcohol. This was not the case locally, although compared to a decade ago, youth were more likely to wait until they were 13 or 14 to first try alcohol.

Among youth who had tried alcohol, 72% had at least one drink in the past month, including 5% who drank on at least 10 days that month.

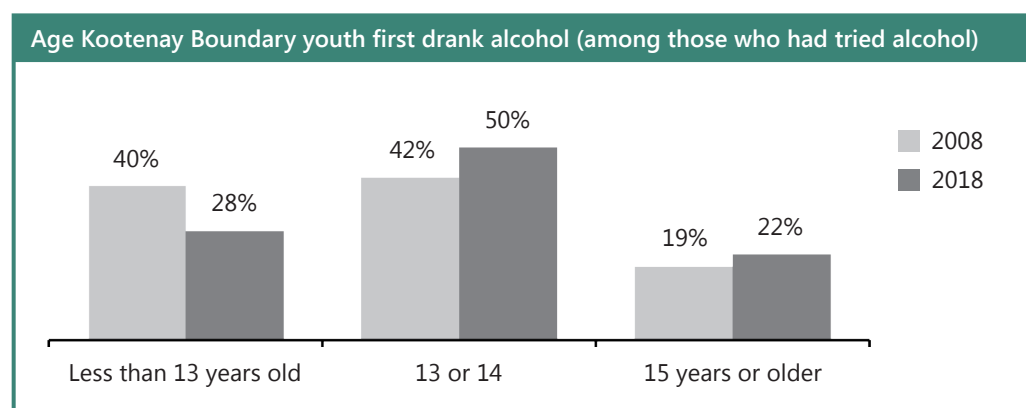
Among local students who had tried alcohol, 43% drank on the Saturday before completing the survey, which was higher than the provincial rate (35%).

On the Saturday before completing the survey, a third of those who had tried alcohol drank coolers (vs. 23% in 2013), 28% drank liquor (vs. 37% in 2013), 20% drank beer (vs. 28%), and 4% drank wine (vs. 7%).

Males were more likely than females and non-binary youth to drink beer; while females were more likely than males to drink coolers, wine, and liquor. Local youth were more likely than their peers across BC to drink coolers (33% vs. 22%; among those who had tried alcohol).

Among those who drank last Saturday, 50% mixed different types of alcohol (e.g., liquor and coolers), including 14% who mixed three or four types (vs. 23% in 2013).

Canadian Low Risk Drinking Guidelines suggest not exceeding two drinks on any one occasion. However, among youth who had tried alcohol, 39% had more than two drinks at least once in the week before completing the survey, and 7% did so on at least three days that week.



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

Note: For '15 years or older,' the difference between 2008 and 2018 was not statistically significant.

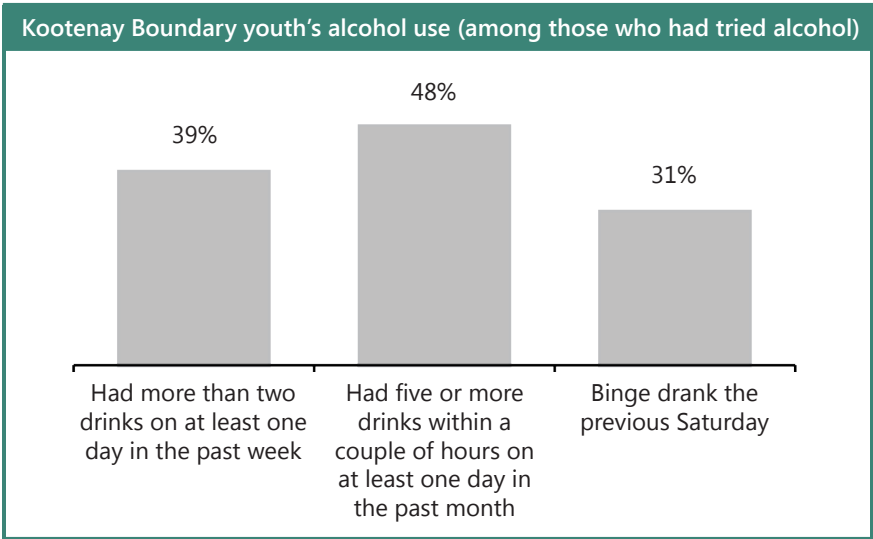
Among youth who had tried alcohol, 48% consumed five or more drinks within a couple of hours at least once in the past month, and 8% did so on six or more days. These rates were similar to those reported over the past decade, and there were no gender differences.

Binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and females who consume three or more. Among students who had tried alcohol, most who drank on the Saturday before taking the survey had engaged in binge drinking (71%). This represented a decrease for males from 79% in 2013 to 65%, but was comparable to five years earlier for females (78%).

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

Where Kootenay Boundary youth got alcohol from the last time (among those who had tried alcohol)	
Adult gave it to me	48%
Gave someone money to buy it for me	35%
At a party	27%
Youth gave it to me	15%
Took it without permission	11%
Bought it	6%
Exchanged something for it	1%
Made it	NR

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



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

MARIJUANA

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. Locally, 40% of youth had used marijuana (with no gender differences), which was above the provincial rate (25%). Local rates were comparable to 2013 and lower than a decade ago (44% in 2008).

The most common ages for local youth to first try marijuana were 13 to 15 years old. Compared to ten years earlier, more youth waited until they were at least 15 to first use marijuana, and fewer first tried it when they were 12 or younger. Percentages in 2018 were similar to those in 2013.

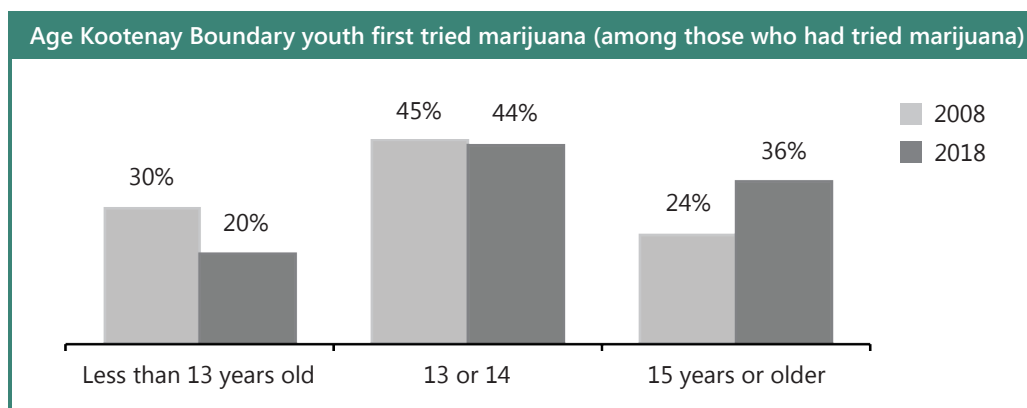
Among youth who had tried marijuana, 59% had used it in the past month, which was comparable to rates in 2008 and 2013. Also comparable to five and ten years earlier, 23% of those who had used marijuana used it on six or more days in the month before taking the survey, including 11% who used it on 20 or more days.

Thirty-seven percent of Kootenay Boundary youth who had tried marijuana used it on the Saturday before taking the survey.

Overall, 10% of local students had used both alcohol and marijuana on the Saturday before taking the survey, which was similar to 2013 and a decrease from 15% in 2008.

The last time they used marijuana, most students had smoked it, 13% ate it in a cooked recipe, and 7% took it another way such as through a bong or vape.

The percentage of local youth who had been prescribed medical marijuana was too small to report.



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

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

USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

Around 1 in 5 (22%) local youth had used at least one substance other than alcohol or marijuana, which was higher than the provincial rate (16%). The two most commonly used substances locally were mushrooms (12% vs. 5% provincially) and prescription pills without a doctor's consent (9% which was comparable to use across BC).

Kootenay Boundary youth were more likely than students across BC to have used ecstasy/MDMA (6% vs. 3%) and hallucinogens (6% vs. 3%).

Local youth were less likely than in 2013 to have used ketamine/GHB (1% vs. 4%), and less likely than a decade ago to have used ecstasy/MDMA (6% vs. 9%), mushrooms (12% vs. 17%), inhalants (3% vs. 5%), as well as crystal meth and heroin.

The percentage of Kootenay Boundary youth who had ever injected an illegal drug was too small to report.

Kootenay Boundary youth who had used substances other than alcohol and marijuana	
Mushrooms (shrooms, magic mushrooms)	12%
Prescription pills without a doctor's consent	9%
Ecstasy/MDMA	6%
Hallucinogens (excluding ecstasy/MDMA & ketamine)	6%
More of my own prescription than prescribed	5%
Cocaine	4%
Inhalants	3%
Amphetamines (excluding ecstasy/MDMA & crystal meth)	2%
Ketamine, GHB	1%
Crystal meth	NR
Heroin	NR
Other substances	NR

NR: Not releasable due to risk of deductive disclosure.



CONSEQUENCES OF USE

Similar to five and ten years earlier, 58% of youth who used alcohol or other substances reported negative consequences of their use in the past year. The most common was being told they did something they could not remember.

Among youth who ever had sex, 26% used alcohol or other substances before having sex the last time, which was similar to 2013 and a decrease from 38% in 2008.

In the past year, 8% of students felt they needed help or were told they needed help for their substance use. Specifically, 4% needed help for their alcohol use, 5% for their marijuana use, and 2% for their use of other substances. Also, when asked about health conditions, 3% of youth indicated having an alcohol or drug addiction (which was similar to results across the province).

DRIVING AFTER SUBSTANCE USE

Among youth who had tried alcohol, 8% drove a vehicle after they had been drinking, which was comparable to the rate five years ago and below the rate a decade ago (15%). Similar to 2013, 3% of youth who had drunk alcohol drove after drinking in the past month (vs. 7% in 2008).

Also similar to 2013, 16% of local youth who had tried marijuana drove after using it (vs. 22% in 2008), and 8% had done so in the past month.

Among those who had used substances other than alcohol or marijuana, 7% had ever driven after doing so, and very few had done so in the past 30 days.

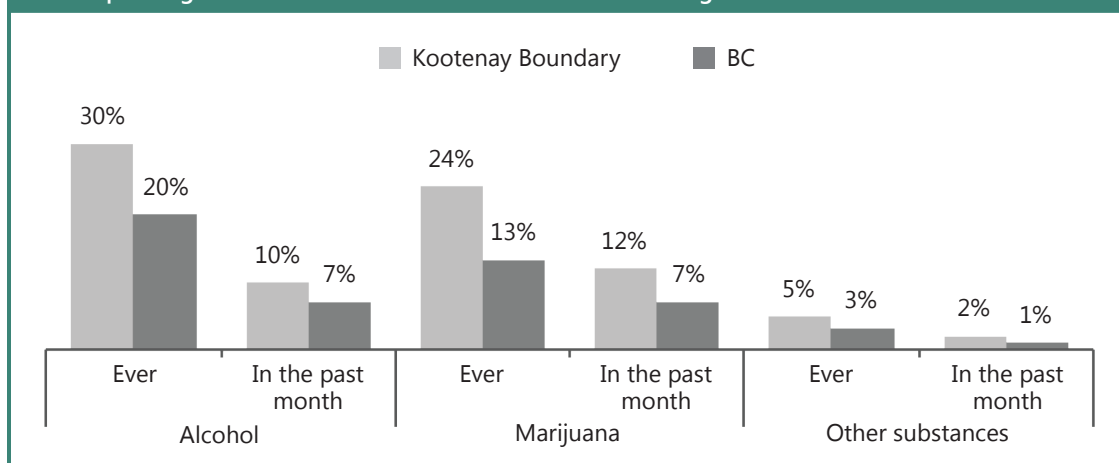
Rates of ever or recently driving after using alcohol, marijuana, or another substance were comparable to those across BC.

Consequences of substance use experienced by Kootenay Boundary 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	44%
Passed out	32%
Got injured	19%
Argued with family members	16%
Damaged property	9%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	9%
School work or grades changed	8%
Had sex when I didn't want to	7%
Got into a physical fight	6%
Got into trouble with the police	6%
Overdosed	2%
Had to get medical treatment	NR
Used alcohol or drugs but none of these happened	42%

Note: Youth could choose more than one response.

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

Been a passenger in a vehicle with a driver who had been using substances



Note: For other substances 'In the past month' the difference between Kootenay Boundary and BC were not statistically significant.

Comparable to 2013, 30% of youth had ever been a passenger of a driver who had been drinking alcohol, and 24% had ridden with a driver who had been using marijuana. In the past month, 10% had ridden with a driver who had drunk alcohol and 12% with a driver who had used marijuana. Local students were generally more likely than those across the province to have been a passenger in a vehicle with a driver who had been using substances.

REASONS FOR USING

As in 2013, the most common reason youth gave for using substances the last time was wanting to have fun. Youth were more likely than five years earlier to report using substances because of stress (26% vs. 19%), feeling down or sad (21% vs. 14%), to manage physical pain (8% vs. 5%), and because they wanted to try it/experiment (32% vs. 25%).

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

I wanted to have fun	74%
My friends were doing it	33%
I wanted to try it/experiment	32%
Because of stress	26%
I felt down or sad	21%
I felt like there was nothing else to do	11%
To manage physical pain	8%
I thought it would help me focus	3%
Because of an addiction	3%
I was pressured into doing it	3%
I didn't mean to do it	2%
To change the effects of some other drug	2%
Other	8%

Note: Youth could choose more than one response.

Note: Among youth who wrote 'Other' they most commonly cited being at a party as the reason they had used substances.

EXTRACURRICULAR ACTIVITIES

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

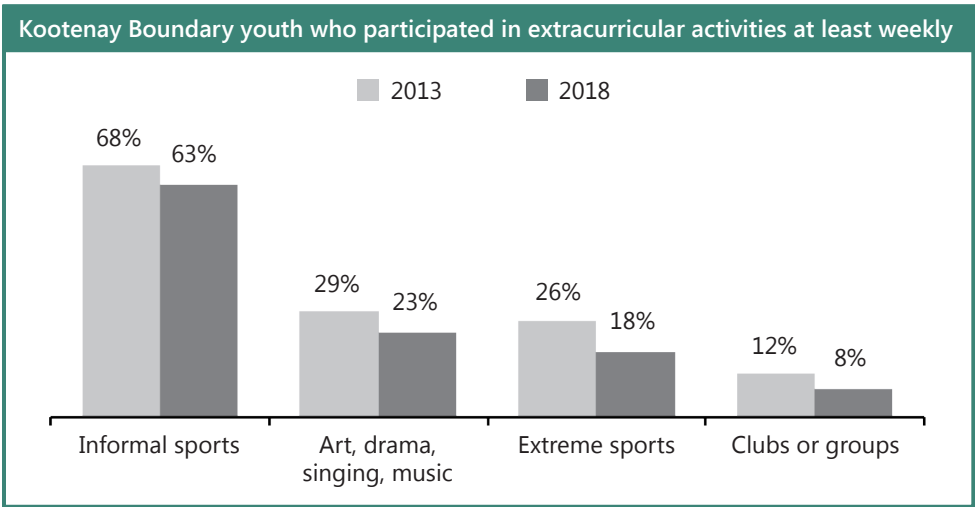
In the past year, 95% of Kootenay Boundary students participated in at least one extracurricular activity (such as sports, dance, clubs, art, or volunteering), including 87% who did so on at least a weekly basis.

Among youth who engaged in weekly extracurricular activities, 13% took part in four or more different types of activities.

Weekly participation in organized sports remained stable (58%) as did engagement in cultural activities (4%), but weekly involvement in other activities decreased. For example, there

were decreases from a decade ago in the percentage of local students who took part in informal sports (63% vs. 77% in 2008); dance, yoga, or exercise classes (15% vs. 23%); volunteering (13% vs. 27%); and clubs or groups (8% vs. 17%).

Local youth were less likely than their peers across BC to volunteer weekly (13% vs. 18%), attend clubs or groups (8% vs. 11%), or engage in traditional or cultural activities (4% vs. 7%); and were more likely to engage in weekly organized sports (58% vs. 52%), informal sports (63% vs. 52%), and extreme sports (18% vs. 9%).



As in 2013, males were more likely than females to participate weekly in informal sports (67% vs. 59%) and extreme sports (28% vs. 9%). Females remained more likely to participate weekly in art, drama, music, and singing groups or classes (28% vs. 17%); dance, yoga, and exercise classes (25% vs. 5%); and volunteer activities (15% vs. 11%).

Compared to youth across the province, Kootenay Boundary students were more likely to miss out on extracurricular activities because they were too anxious or depressed (17% vs. 14%), the activity was not available in their community (19% vs. 13%), or they were unable to get to or from the activity (18% vs. 14%).

Students were asked about any barriers they had experienced to taking part in extracurricular activities in the past year. The most common barrier experienced by Kootenay Boundary youth was being too busy. Local youth were more likely than five years ago to report missing out on activities because they were too busy (47% vs. 42%) and because they were worried about being bullied (8% vs. 5%).

Kootenay Boundary 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	18%	19%	40%	22%
Organized sports	34%	8%	35%	24%
Volunteered without pay	59%	28%	12%	1%
Art/drama/singing/music (group or lessons)	68%	9%	15%	8%
Extreme sports	68%	14%	12%	6%
Dance/yoga/exercise	75%	9%	10%	5%
Cultural/traditional activities	82%	14%	3%	1%
Clubs/groups	88%	5%	7%	1%

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



GAMBLING

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

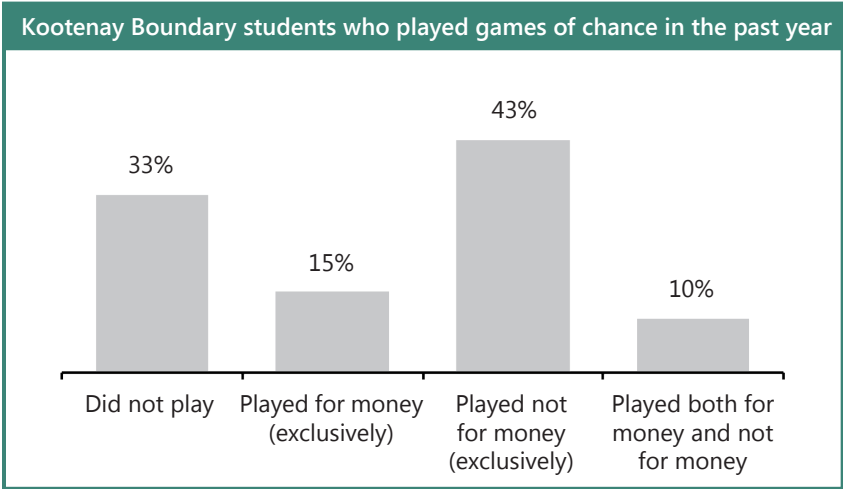
The BC AHS asked students if they had played a number of games of chance in the past year (e.g., online gaming, cards/dice, sports betting, lottery tickets/scratch cards), and, if so, whether they had played these games for money. Locally, 68% of students had played at least one of these games in the past year (vs. 64% provincially) and 25% had gambled for money.

Males were the most likely to have engaged in a gambling activity either for money or not for money in the past year (e.g., 82% vs. 56% of females).

Among students who gambled for money in the past year, the most common way they gambled was through lottery tickets/scratch cards (47%). They also played cards/dice in person (37%) and online (5%); engaged in sports betting in person (31%) and online (6%); and participated in online gaming (25%). Kootenay Boundary students were less likely than youth across BC to participate in online gaming (25% vs. 37%), but they were more likely to use lottery tickets/scratch cards (47% vs. 37%).

In the past year, local males were more likely than females to engage in sports betting in person (39% vs. 18%) and online gaming (33% vs. 10%) and were less like to use lottery tickets/scratch cards (35% vs. 67%).

Reflective of the provincial picture, 15% of students who had gambled for money did so on at least a weekly basis over the past 12 months, and online gaming was the most popular weekly activity (11%).



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

RISKS TO HEALTHY DEVELOPMENT

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

POVERTY & DEPRIVATION

GOING TO BED HUNGRY

Reflecting the provincial picture, 10% of youth in Kootenay Boundary went to bed hungry at least sometimes because there was not enough money for food at home, including 1% who often or always went to bed hungry.

The percentage of Kootenay Boundary youth who never went to bed hungry because there was not enough money for food at home was lower than five years ago (90% vs. 93%).

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.

The most common items that youth reported wanting but not having were money to spend on themselves and a smartphone.

Kootenay Boundary youth who felt deprived of...	
Money to spend on themselves	10%
Smartphone	8%
Lunch for school/ money to buy lunch	5%
Money for school supplies, trips, and extracurricular activities	5%
Space of their own to hang out in	4%
Access to transportation	3%
Equipment/clothes for extracurricular activities	3%
Clothes to fit in	2%
A quiet place to sleep	2%
Access to the Internet	NR

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



Most youth had all the items on the list. For example, 95% of Kootenay Boundary youth had a space of their own to hang out in, while 4% did not have this but wished they had it (compared to 6% provincially), and 1% did not have it and did not want it, or did not know if they wanted it.

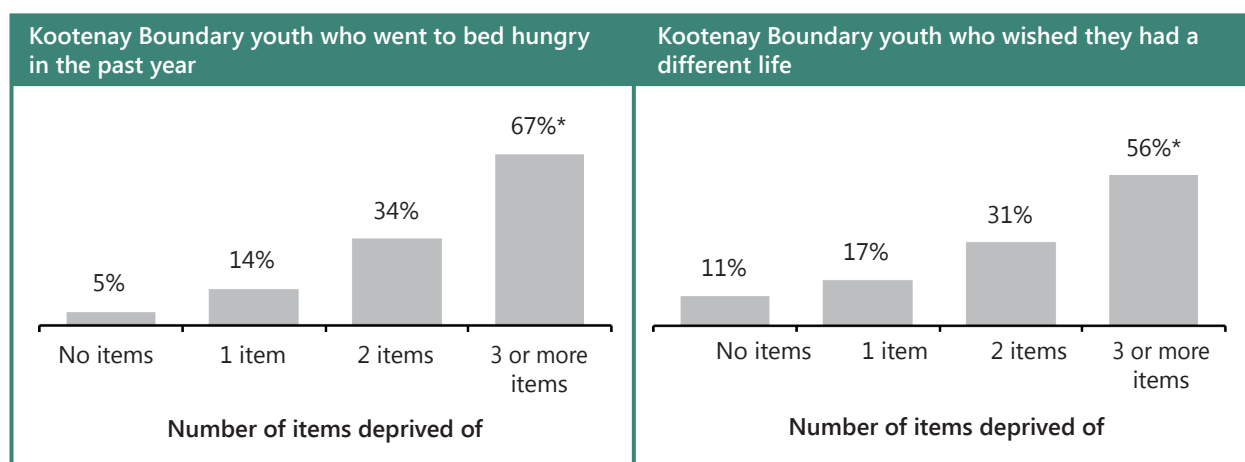
When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 79%* of youth who did not have but wished for a quiet place to sleep had slept for less than eight hours on the night before completing the survey, compared to 45% of those who had somewhere quiet to sleep. Also, youth who wished for but did not have money to buy school supplies, go on school trips, or participate in extracurricular activities were less likely to think they would go on to post-secondary education (68%* vs. 84%).

In Kootenay Boundary, 24% of youth reported they lacked but wished they had at least one of the items in the Index, including 14% who lacked one item, 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.

Also, the more items youth were deprived of, the less likely they were to feel like a part of their school or community. For example, 31%* of those who were deprived of two or more items reported feeling like a part of their school, compared to 66% of those who were not deprived of any items on the list. Also, around half (51%) of local youth who had all the items in the Index felt connected to their community, compared to less than a quarter (24%) of those who were deprived of two or more items on the list.

Deprivation was also associated with poorer mental health and well-being. For example, three quarters (75%) of local youth who had all the items in the Index reported that their mental health was good or excellent, compared to less than half (48%) of those who were deprived of two or more items on the list. Also, the more items youth felt deprived of, the more likely they were to wish they had a different life.



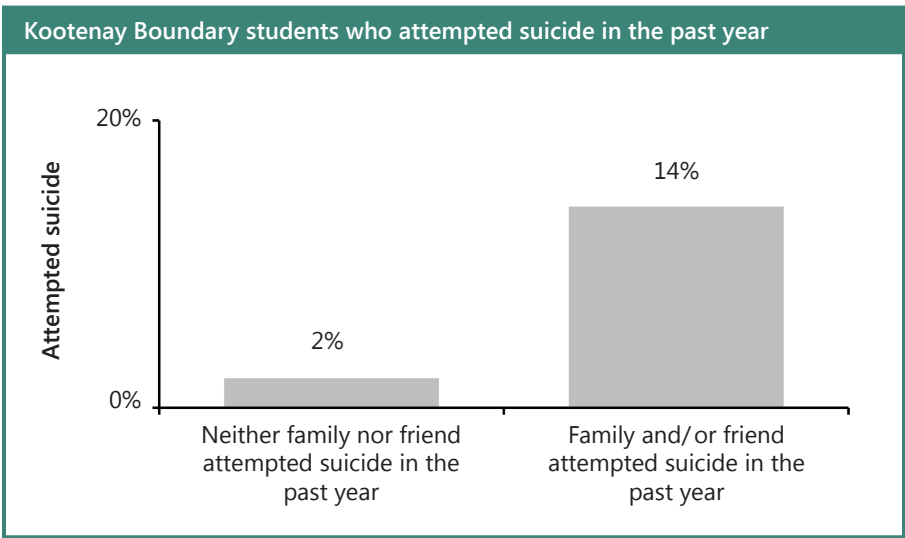
* Percentage should be interpreted with caution as the standard error was higher than expected but is still within the releasable range.

LOSS & BEREAVEMENT

Over three quarters (77%) of Kootenay Boundary students had experienced bereavement. They had most commonly lost someone close to them due to illness (54%) and old age (52%). Other reasons included accident (19%), suicide (11%), violence (3%), a fentanyl overdose (3%), and an overdose from a substance other than fentanyl (5%).

Youth were also asked if a family member or close friend had attempted or died by suicide, and if this experience had happened within the past year. Locally, 21% had a family member who had attempted or died by suicide (vs. 16% provincially), and 6% had this experience in the past year (vs. 4% in 2013). Also, 33% had a close friend who had attempted or died by suicide, and 20% had this experience in the past year (vs. 13% in 2013).

Kootenay Boundary youth who had experienced a family member and/or close friend attempt or die by suicide were more likely to have attempted suicide themselves.



VIOLENCE & DISCRIMINATION

DATING VIOLENCE

In the past year, 54% of Kootenay Boundary students had been in a romantic relationship (compared to 43% provincially). Among these students, 8% had been the victim of physical violence within their relationship, with no gender differences. For both males and females, rates of dating violence were consistent with those over the past decade.

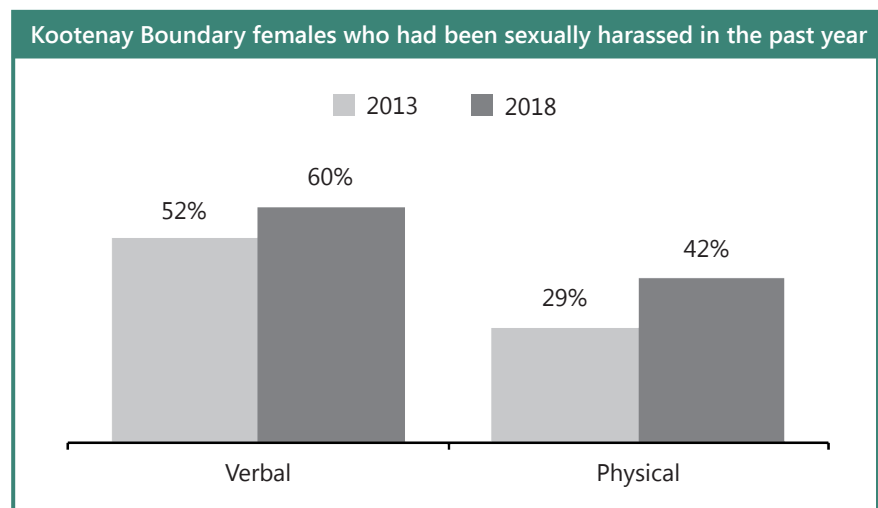
SEXUAL HARASSMENT

In the past year, 46% of local youth had been verbally sexually harassed (30% of males vs. 60% of females), and 29% had been physically sexually harassed (15% of males vs. 42% of females).

Among non-binary youth, 69%* had been verbally sexually harassed and 48%* had been physically sexually harassed.

Local males and non-binary youth experienced sexual harassment at rates similar to their peers across BC, but females were more likely than females across BC to have been verbally (60% vs. 50% provincially) and physically (42% vs. 31%) sexually harassed. They were also more likely than females in 2013 to have had these experiences.

The percentage of males who were verbally sexually harassed was similar to five years earlier, but they were more likely to have been physically sexually harassed (15% vs. 9% in 2013).



PHYSICAL & SEXUAL ABUSE

Overall, 17% of Kootenay Boundary youth reported they had been physically abused or mistreated, with females twice as likely as males to have had this experience (22% vs. 11%). Over the past five years, rates of physical abuse were unchanged for males, but increased for females (from 15% in 2013).

Students were asked if they had ever been sexually abused and about other forms of sexual abuse that they may not have recognized as abuse, including being forced into sexual activity against their will, and being the younger of an illegal age pairing the first time they had sex.

When all forms of sexual abuse were considered, 14% of students had been sexually abused (compared to 11% provincially). Females and non-binary youth were more likely than males to have had such an experience (23% vs. 5%).

The percentage of local females who were sexually abused increased from 14% in 2013 to 23%, and was unchanged for males (5%).

DISCRIMINATION

Similar to the picture across BC, 38% of students experienced at least one form of discrimination in the past year. The most commonly perceived reason for being discriminated against was physical appearance.

Youth in Kootenay Boundary were less likely than those across BC to have been discriminated against because of their race, ethnicity, or skin colour (5% vs. 14% provincially).

Compared to five years earlier, there were increases in discrimination on the grounds of physical appearance (24% vs. 18% in 2013), income or family income (9% vs. 5%), sexual orientation (6% vs. 4%), and because of a disability (4% vs. 2%).

Kootenay Boundary youth’s perceived reasons for being discriminated against in the past year	
Physical appearance	24%
Weight	17%
Gender/sex	11%
Income or family income	9%
Sexual orientation (e.g., being or thought to be gay or lesbian)	6%
Race, ethnicity, or skin colour	5%
A disability	4%

Note: Youth could choose more than one response.

BULLYING

"I see bullying happening to others and try to help, but I worry for people."

Grade 12 student

The 2018 BC AHS asked students about their experiences of bullying at school or on the way to or from school in the past year. Overall, 61% (49% of males vs. over 70% of females and non-binary youth) of local youth had been teased to the point where they felt extremely uncomfortable, socially excluded, and/or physically attacked.

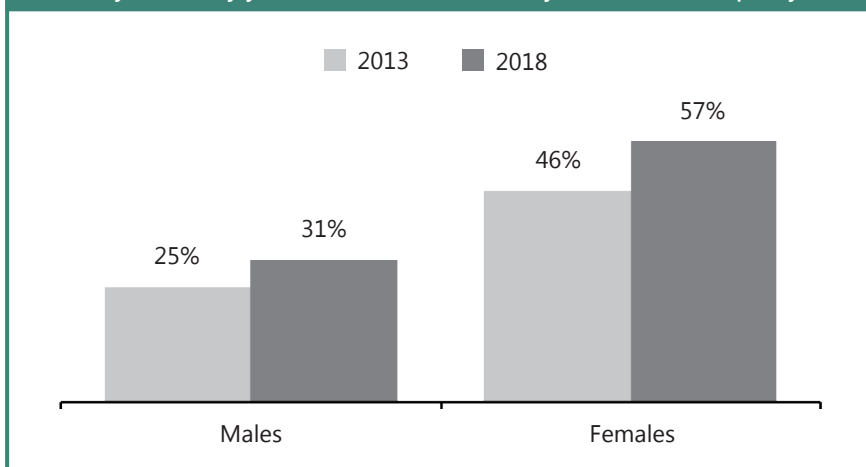
Compared to youth across BC, students in this area were more likely to report they had been teased (44% vs. 38% provincially) and socially excluded (45% vs. 39%). The percentage who experienced a physical assault was similar to youth across the province (9%).

There was an increase in the percentage of Kootenay Boundary youth who reported being teased (44% vs. 39% in 2013) and socially excluded (45% vs. 35%) in the past year. The percentage who had been physically assaulted was comparable to five and ten years ago.

As in previous years, local females were more likely than males to report being teased or socially excluded. There was no gender difference in the percentages of youth who had been physically attacked, unlike in previous years where males were more likely than females to have experienced this.

In the past year, 11% of students reported they had teased, excluded, or physically attacked someone else at school or on the way to or from school.

Kootenay Boundary youth who had been socially excluded in the past year



WEAPON CARRYING

In 2018, 5% of youth carried a weapon to school in the past 30 days, including 2% who always carried a weapon.

Students who had been the victim of bullying were more likely to carry a weapon. For example, 11% of youth who had been physically attacked in the past year carried a weapon, compared to 4% who had not been attacked.

INTERNET SAFETY

After remaining unchanged between 2008 and 2013, the percentage of students who had met someone through the Internet who made them feel unsafe increased (22% vs. 14% in 2013). This increase occurred for males (13% vs. 8% in 2013) and females (30% vs. 20%).

Local females were more likely than females across BC to report meeting someone online who made them feel unsafe (30% vs. 23% provincially).

In the past year, 17% of students in Kootenay Boundary had been cyberbullied (vs. 14% provincially). Locally, males were more likely to have been cyberbullied than five years ago (11% vs. 7%), while the rate among females was similar over time (22%). Females were twice as likely as males to have been cyberbullied (22% vs. 11%).

Also similar to five years earlier, 6% of students admitted they had cyberbullied someone else in the past year (with no gender difference).



SUPPORTING HEALTHY DEVELOPMENT

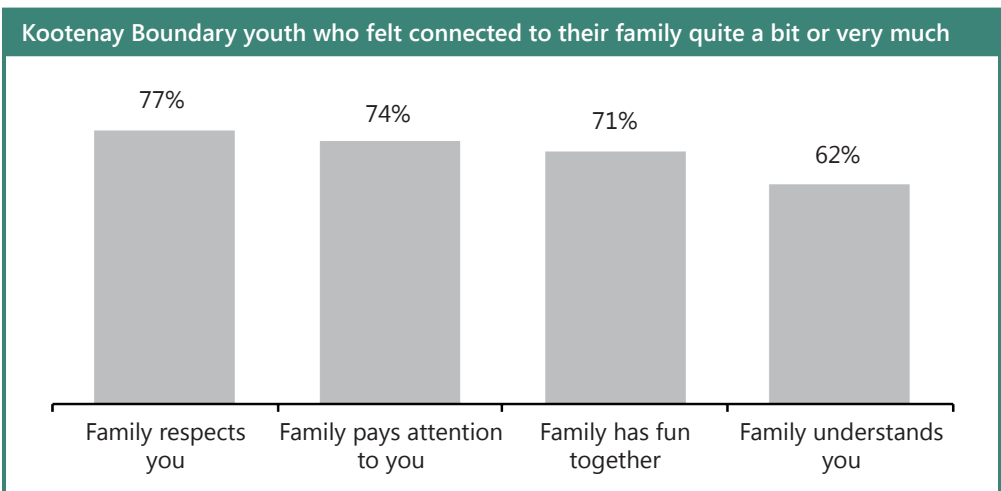
FAMILY

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

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

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

Male students were more likely than other youth to feel their family respected them (e.g., 81% vs. 57%* of non-binary youth), paid attention to them (80% vs. 69% of females), had fun together (75% vs. 68% of females), and understood them (70% vs. 57% of females).



SUPPORTIVE FAMILY

In total, 75% of Kootenay Boundary students felt they had an adult inside their family they could talk to if they had a serious problem. Non-binary youth were the least likely to report having such an adult family member (39%* vs. 71% of females vs. 82% of males).

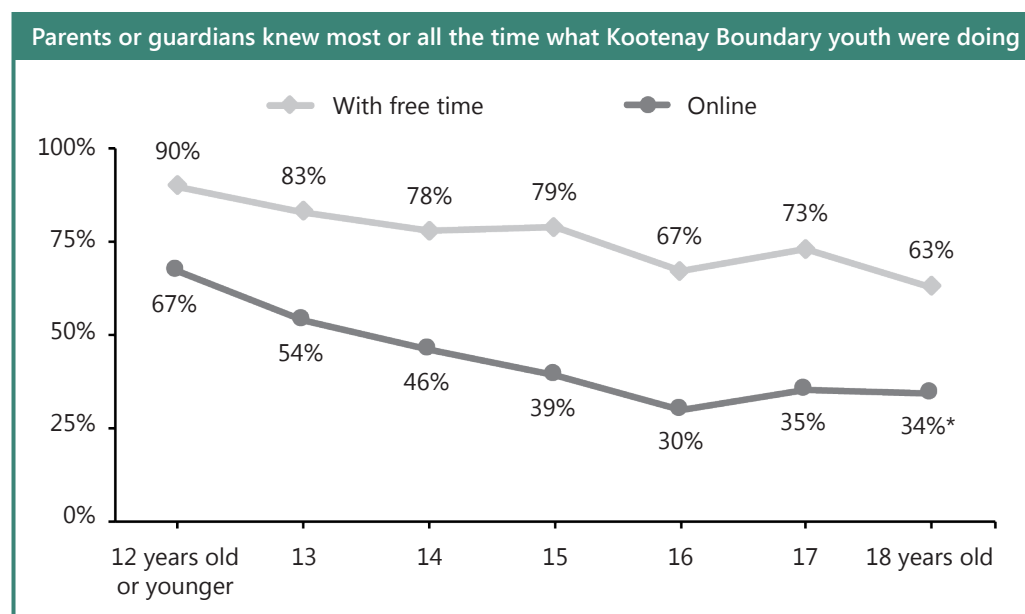
Most students (74%) turned to a family member for help in the past year (75% of males and females vs. 54%* of non-binary youth), and the majority of these students (95%) found the support helpful.

Local students were more likely to have turned to a family member for help in 2018 than five years earlier (74% vs. 66%). However, this increase was seen only among males (75% vs. 61%), whereas the rates among females were similar.

MONITORING

Most Kootenay Boundary youth had parents who usually monitored their free time (76%), and their time online (43%). However, 10% had parents who rarely or never knew what they were doing in their free time, and 43% reported their parents rarely or never monitored their time online.

When asked how much time they had to do the things they wanted with their family, most local students (74%) felt they had the right amount of time, while 20% felt they did not have enough time.



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

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

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 Kootenay Boundary felt school staff treated them fairly (69%), their teachers cared about them (67%), they were part of their school (62%), school staff other than teachers cared about them (55%), and they were happy to be at school (54%).

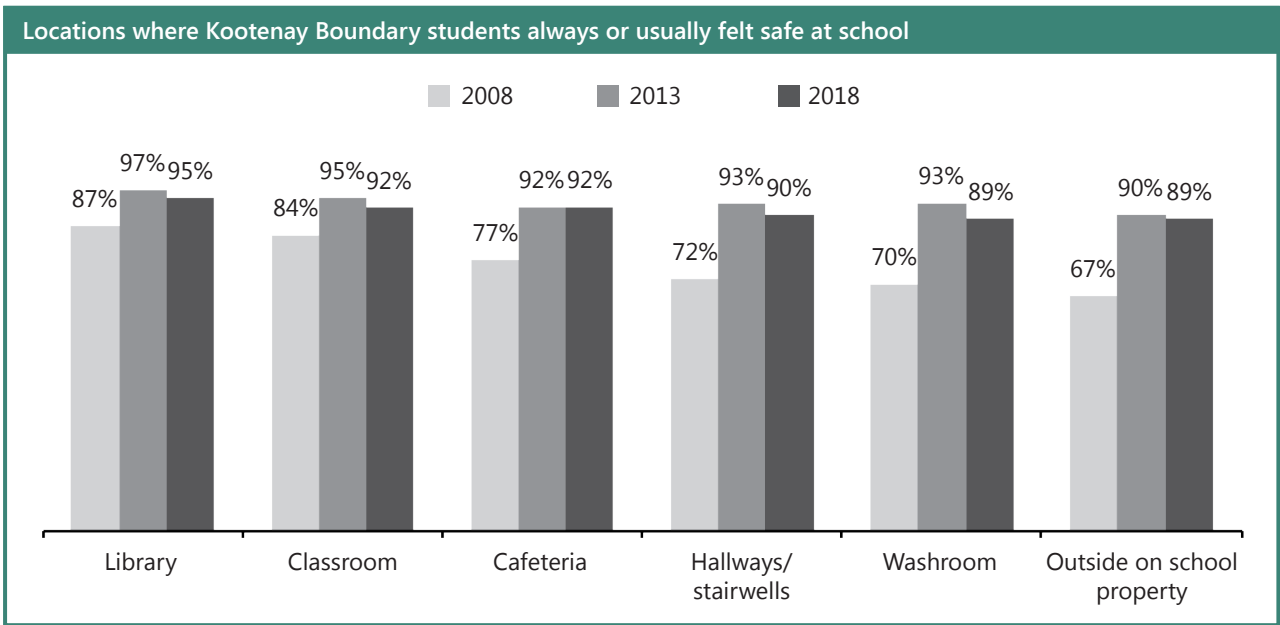
SAFETY

Reflective of the province, 74% of Kootenay Boundary students felt safe at school. However, local youth felt less safe at school compared to five and ten years ago (around 80% felt safe in 2008 and 2013). Non-binary youth were the least

likely to feel safe at school in general (e.g., 39%* vs. 77% of males), and to feel safe in specific areas of their school. For example, 59%* felt safe in the changing rooms, compared to 90% of males and 85% of females. Males also felt safer than females in the hallways or stairwells (93% vs. 89%).

In addition to feeling less safe at school, students also felt less safe getting to or from school compared to five years ago (91% vs. 94%).

Kootenay Boundary students were more likely to feel safe outside on school grounds than youth across the province (89% vs. 86%).



Note: For cafeteria and outside on school property, the differences between 2013 and 2018 were not statistically significant.
Note: Changing rooms were not included on the 2008 survey. In 2013, 91% felt safe in the changing rooms, compared to 87% in 2018.

EDUCATION PLANS

Similar to five years ago and to youth across BC, most Kootenay Boundary students planned to finish Grade 12 (86%). While there was a small decrease provincially in students who planned to finish Grade 12 and pursue post-secondary education, local rates over the past five years were comparable (82%).

ATTENDANCE

In the past month, local students were more likely than their peers across BC to have missed school because of illness (44% vs. 39%), to attend appointments (40% vs. 36%), and because of mental health challenges (19% vs. 15%). However, they were less likely than youth provincially to have skipped school (22% vs. 26%).

There was an increase in the percentage of local students who missed school due to bullying in the past month (4% vs. 2% in 2013).

Reasons Kootenay Boundary students missed classes in the past month	
Illness	44%
Appointments	40%
Skipping class	22%
Mental health (e.g., anxiety, depression)	19%
Slept in	18%
Other school responsibilities	18%
Family responsibilities	16%
Work	4%
No transportation	4%
Bullying	4%

Note: Youth could choose more than one response.

Females were more likely than males to have missed school because of an appointment (50% vs. 30%), illness (48% vs. 40%), their mental health (29% vs. 8%), skipping class (25% vs. 19%), other school responsibilities (21% vs. 15%), and family responsibilities (19% vs. 14%). Non-binary youth were the most likely to have missed class because of mental health challenges (54%*).

COMMUTE TO SCHOOL

Youth in Kootenay Boundary were less likely than their peers across the province to get to school by car (36% vs. 47%) and by active means, such as walking, cycling, or skateboarding (24% vs. 29%). They were more likely to take the school bus or public transit to school (40% vs. 23%).

Most Kootenay Boundary students had a commute to school that was less than 30 minutes (85% vs. 90% provincially), and 3% commuted for at least an hour (which was comparable to youth across BC).

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 their 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.

A little under half (47%) of Kootenay Boundary youth felt quite a bit or very connected to their community, and 18% felt only a little or not at all connected. The percentage who felt quite or very connected was higher than the provincial rate (47% vs. 42%), and higher than the local rate five years ago (also, 47% vs. 42%).

Males and females reported similar rates of community connectedness. Non-binary students were the least likely to feel connected. For example, around a third (34%*) felt only a little or not at all connected to their community.

Most Kootenay Boundary youth (77%) felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them. This was higher than the provincial rate (65%) and the local rate in 2013 (67%).

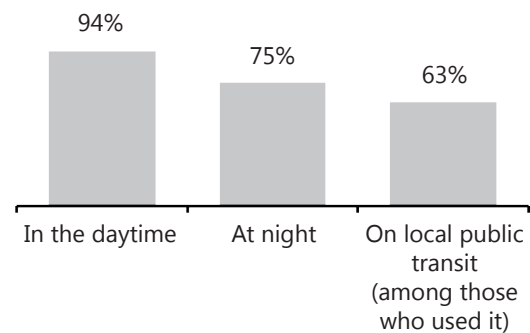
SAFETY

The majority of Kootenay Boundary youth often or always felt safe in their neighbourhood in the daytime (94%) and at night (75%, compared to 82% in 2013).

There were no gender differences in feeling safe during the day, but males were the most likely to feel safe at night (82% of males vs. 70% of females and 49%* of non-binary youth).

Less than two thirds (61%) of local students used public transit. Among these youth, 63% always or often felt safe on transit, while 12% never or rarely did. Males were more likely than females and non-binary youth to feel safe on transit.

Kootenay Boundary students who often or always felt safe in their neighbourhood ...



RELATIONSHIP TO THE LAND/ NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Around half (49%) of Kootenay Boundary students reported often or always feeling this way, whereas 35% sometimes felt this way, and 15% hardly ever or never felt connected.

SUPPORTIVE RELATIONSHIPS

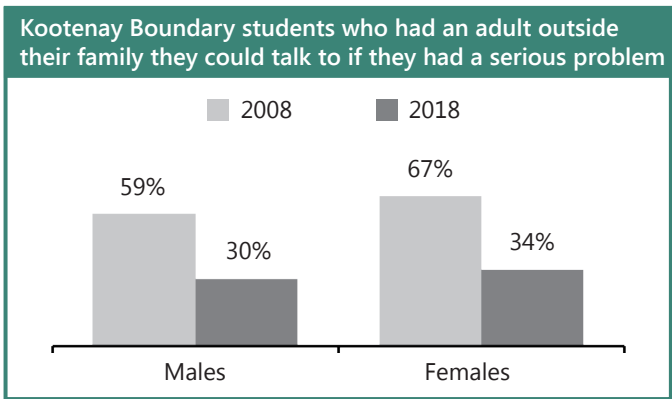
SUPPORTIVE ADULTS

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

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

In Kootenay Boundary, 32% of youth had an adult outside their family they could talk to if they had a serious problem (similar to the rate in 2013 and lower than in 2008). Local youth were more likely than those across the province to have such an adult in their life (32% vs. 27%).

Most Kootenay Boundary students had an adult in their life who helped them with making appointments (91% vs. 89% provincially), getting to appointments, homework, preparing for post-secondary, and finding employment (75% vs. 69% provincially).



Note: In 2018, the difference between males and females was not statistically significant.

“Adults need to pay attention to people who don’t look like they have problems. I hid my problems well, but if someone had only asked me if I was okay then a lot of pain could have been avoided.”

Grade 12 student

Kootenay Boundary students who had an adult who helped them with ...			
	Yes	No	Don't need this
Making appointments	91%	4%	5%
Getting to appointments	90%	4%	7%
Preparing for post-secondary	77%	13%	10%
Getting a job	75%	12%	13%
Homework	67%	15%	19%

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

ASKING ADULTS FOR HELP

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

Youth most commonly approached teachers for help. Local youth were more likely than their peers across BC to seek help from a friend's parent (26% vs. 21%) and a sports coach (32% vs. 27%).

Adults outside their family whom Kootenay Boundary students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	53%	91%
Doctor	34%	89%
Sports coach	32%	97%
School counsellor	27%	73%
Friend's parent	26%	93%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	23%	85%
Nurse	17%	89%
Mental health counsellor	12%	81%
Youth worker	8%	76%
Online community/online support group	6%	61%
Spiritual leader	5%	68%*
Social worker	5%	61%
Telephone helpline	4%	43%*
Aboriginal Education Worker [†]	6%	49%*
Indigenous Elder [†]	3%	48%*

[†] Among Indigenous students, 12% had approached an Aboriginal Education Worker for help and most (77%*) found this experience helpful. Also, 7% had approached an Indigenous Elder for help and most (84%*) found this experience helpful.

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

FRIENDS

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

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

"I have this one friend, he's the best guy ever. He's helped me though a lot."

Grade 8 student

The majority of students in Kootenay Boundary (97%) had at least one close friend in their school or neighbourhood, and 82% had three or more close friends.

Just over a third (34%) of local students had at least one close friend online whom they had never met in person, and 16% had three or more such friends (19% of males vs. 13% of females).

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

Connecting with friends

When asked how much time they had to do the things they wanted with their friends, 64% of local youth felt they had the right amount of time, 31% did not have enough time, and 5% had too much time.

Non-binary students were the most likely to feel they had insufficient time with their friends (56%* of non-binary students vs. 34% of females and 27% of males). Also, older youth were more likely than younger ones to want more time with their friends.

Asking for help

In the past year, 75% of students asked a friend they knew in person for help, and 93% of these students found their friend helpful. Also, 18% asked a friend they knew only online for help, and 83% found this experience helpful.

Females were more likely than males and non-binary youth to have sought help from a friend they knew in person, whereas non-binary youth were the most likely to have asked a friend they knew only online for help.

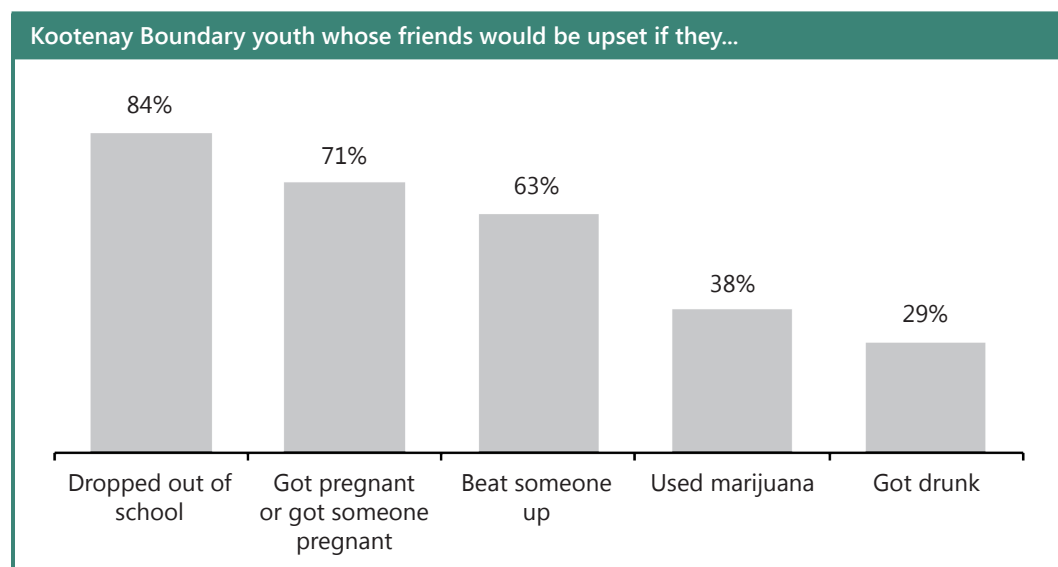
In the past year, 81% of students (85% of females vs. 78% of males) had a friend who had asked them for help, and the vast majority (96%) had felt able to help.

Friends with prosocial attitudes

Most local youth reported their friends would be upset with them if they dropped out of school, were involved in a pregnancy, and beat someone up. Local youth were less likely than youth in the province as a whole to have friends who would be upset with them if they used marijuana (38% vs. 55%) or got drunk (29% vs. 45%).

Females were more likely than males to have friends who would be upset with them if they beat someone up (73% vs. 52%).

Compared to five years earlier, local youth were less likely to report their friends would be upset with them if they were involved in a pregnancy (71% vs. 77%) or used marijuana (38% vs. 45%).



YOUNG PEOPLE'S STRENGTHS & RESILIENCY

QUALITY OF LIFE & WELL-BEING

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

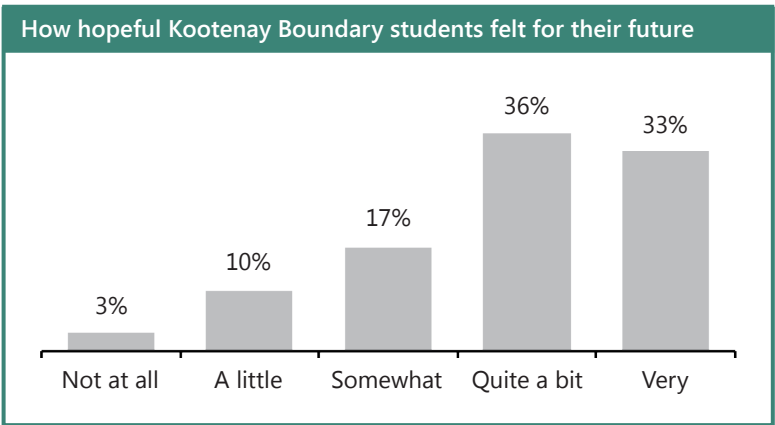
HOPEFULNESS

The majority (70%) of Kootenay Boundary students felt quite a bit or very hopeful for their future. Mirroring the provincial results, males were the most likely to feel this way.

Youth who felt hopeful were more likely than their peers who were less optimistic to report good or excellent mental health and to feel happy in the past month, and were less likely to report extreme stress and despair.

Quality of life and well-being among Kootenay Boundary youth			
	Agree/ strongly agree	Neither agree nor disagree	Disagree/ strongly disagree
I have a good life	81%	14%	5%
My life is going well	73%	18%	9%
I have what I want in life	61%	25%	14%
My life is going just right	55%	27%	17%
I wish I had a different life	15%	19%	67%

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



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



PERSEVERANCE

For the first time, the BC AHS included a question about how often students pushed themselves to achieve their goals when things went wrong. Four percent of students indicated that things had never gone wrong for them. Among those who had experienced challenges or setbacks, 46% indicated they always pushed themselves to achieve their goals in these situations (with males the most likely to report doing so), while 6% never pushed themselves, and the remaining 48% sometimes pushed themselves.

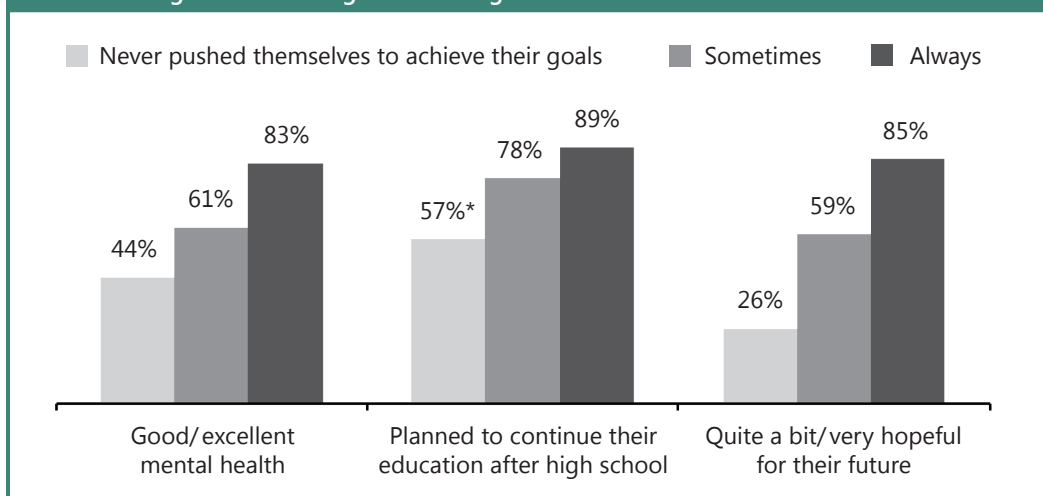
The more often Kootenay Boundary students persevered when faced with obstacles, the more likely they were to experience positive mental health, to have plans to pursue post-secondary education, and to feel hopeful for their future.

FEELING SKILLED & CONFIDENT

There was an increase from five years ago in Kootenay Boundary youth who were able to name something they were really good at, such as sports, school work, art, or music (81% vs. 77% in 2013). Reflecting the pattern across BC, males were more likely than females to name something they felt skilled at (85% vs. 78%).

Most students (59%) usually felt good about themselves, with males the most likely to feel this way (e.g., 73% vs. 48% of females). Students who felt good about themselves were more likely than those who did not feel this way to feel hopeful about their future (88% vs. 28%).

Kootenay Boundary students' well-being in relation to how often they pushed themselves to achieve their goals when things went wrong



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

UNSTRUCTURED TIME

Around two thirds (68%) 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.

Also, 60% of Kootenay Boundary youth felt they had the right amount of time to do what they wanted in nature, while 36% 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 report good or excellent mental health (79% vs. 59% who spent insufficient time in nature).

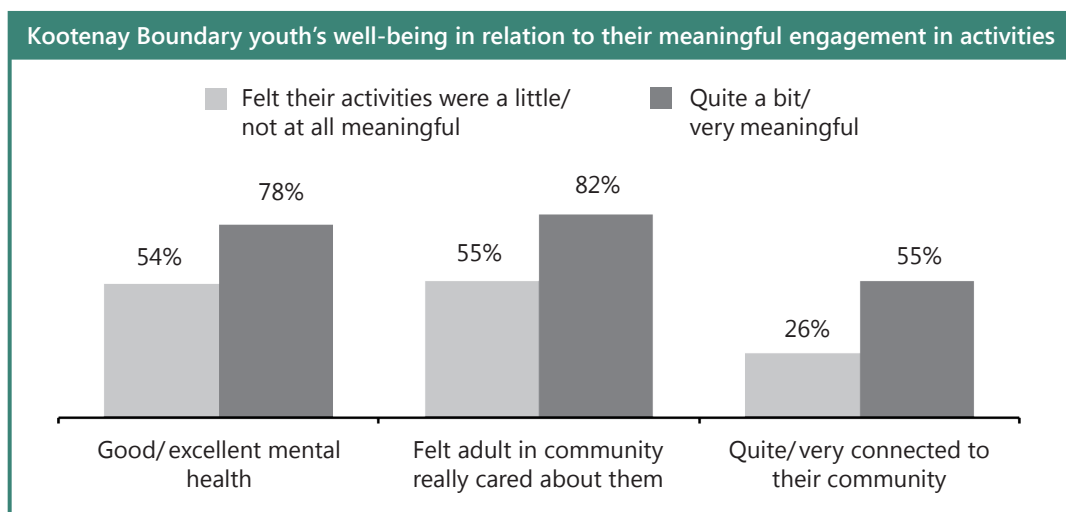
SPIRITUALITY

Around 1 in 10 (11%) Kootenay Boundary students reported that spirituality was very important in their life (vs. 16% provincially), while 18% indicated it was somewhat important, another 18% felt it was a little important, 44% felt it was not important to them, and 9% were unsure.

MEANINGFUL ENGAGEMENT

As in 2013, over two thirds of local youth (72%) reported the activities they took part in were meaningful to them, and 46% felt their ideas were listened to and valued in these activities (50% of males vs. 42% of females).

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



TOPICS KOOTENAY BOUNDARY YOUTH WANT TO LEARN MORE ABOUT

The final question on the 2018 BC Adolescent Health Survey asked youth if there were any topics which affected their health that they wanted to learn more about.

Locally, 3% of students provided a comment and identified at least one health related topic they wanted to receive training about or see included in their school's curriculum.

As was the case across BC, the three most common topics students wanted to learn more about were mental, physical, and sexual health.

Mental health was the most common topic youth wanted to learn about, including wanting more information on managing specific conditions and how to support their friends who were struggling with mental health challenges.

"[I want to learn about] dealing with anxiety."
Grade 11 student

"I want to know more about eating disorders."
Grade 7 student

"[I want] more information on OCD."
Grade 11 student

"How can I stop friends online or in real life from committing suicide?"
Grade 12 student

Physical and sexual health topics youth wanted to learn more about included wanting more information about various health conditions, how to adopt a healthy lifestyle, sex education

which incorporated different sexual orientations and gender identities, and negotiating healthy relationships.

"It would be good to know how sleep affects your health."
Grade 8 student

"We should spend more time learning about food."
Grade 10 student

"We don't do enough about sex."
Grade 9 student

"[I want to learn about] health and sex education."
Grade 10 student

"[I want to learn about] online relationships."
Grade 12 student

"I think there needs to be more LGBT+ education as no one really knows anything and so LGBT+ kids feel less alone."
Grade 8 student

Other topics Kootenay Boundary students wanted to learn more about included substance use, discrimination, and bullying.

"[I want information on] how you know if you're an alcoholic."
Grade 9 student

"We should have sessions on transgender bullying and the risks of not having trans inclusive mental/physical health care."
Grade 12 student

McCREARY RESOURCES

BC AHS PROVINCIAL & REGIONAL RESULTS



This report provides an overview of the 2018 BC Adolescent Health Survey results for youth in Kootenay Boundary Health Service Delivery Area. Provincial results and results for BC's other Health Service Delivery Areas are available at www.mcs.bc.ca.

ADDITIONAL PUBLICATIONS



A range of special topic reports and posters are being published using data from the 2018 BC AHS. These include an in-depth report about the health of Métis youth who completed the survey, a poster considering BC AHS results in the context of Canada's commitment to implementing the United Nations Sustainable Development Goals (SDGs), a youth-led investigation of substance use among BC youth, a vaping poster created by youth, and an in-depth report about marijuana use among BC youth.

PRESENTATIONS & WORKSHOPS



McCreary staff are available to present BC AHS findings for Kootenay Boundary, 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



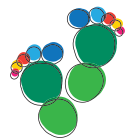
McCreary's Youth Advisory and Action Council (YAC) have created a youth-friendly poster of the key findings of the 2018 BC AHS provincial report. Additional youth-friendly posters will be available on a range of topics, including substance use and mental health. The YAC have also created a workshop to 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 (aged 12–19) in school districts that participated in the 2013 BC AHS (including Kootenay Boundary). 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 Kootenay Boundary. An interactive 'Next Steps' workshop is available to engage young people in a dialogue about the results and youth health in their community. Youth who participate in the workshops can receive funding and support to conduct youth health projects in their school or community. For more details or to book a workshop contact mccreary@mcs.bc.ca. A Next Steps curriculum toolkit is also available on our website for anyone wanting to conduct their own Next Steps.



**McCreary
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