



## BALANCE AND CONNECTION IN THE NORTHERN INTERIOR



## THE HEALTH AND WELL-BEING OF OUR YOUTH



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# BALANCE AND CONNECTION IN THE NORTHERN INTERIOR:

## THE HEALTH AND WELL-BEING OF OUR YOUTH

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Quotes from Northern Interior youth who completed the 2018 BC AHS are included throughout the report.



# KEY FINDINGS

■ Northern Interior students were more likely than their peers across the province to identify as European (60% vs. 46%) and Indigenous (24% vs. 10%). However, the percentage who identified as European decreased from 67% in 2013.

■ Among local Indigenous students, 6% had at least one parent who had been in residential school and 29% had grandparents who had attended.

■ Provincially there was a decrease in males and females who rated their overall health and their mental health positively. Locally, rates remained stable for males, while there was a decrease in females who rated their overall health as good or excellent (74% vs. 87% in 2013) and who rated their mental health this positively (60% vs. 75%).

■ Less than half (48%) of students slept for at least eight hours on the night before completing the BC AHS. This was a decrease from 56% in 2013. Students reported doing various activities after the time they were expected to be asleep including chatting or texting (59%), homework (43%), gaming (29%), and online activities other than gaming (e.g., watching videos, checking social media; 69%).

■ Compared to ten years earlier, there was a decrease in the percentage of students who missed out on needed medical care in the past year (8% vs. 14% in 2008). However, there was an increase from five years earlier in those who had missed out on needed mental health services (20% vs. 11% in 2013).

■ Local youth were less likely than their peers across the province to always eat breakfast (44% vs. 50%) and lunch (52% vs. 64%) on school days, and to eat three meals a day (29% vs. 37%).

■ Compared to 2013, local youth were less likely to have sustained a concussion in the past year (16% vs. 19%). Less than half (43%) of those who experienced a concussion received medical treatment for their injury.

■ Reflecting the provincial trend, there was an increase from five years earlier in the percentage of cyclists who always wore a bike helmet (44% vs. 38% in 2013; among those who cycled in the past year) and a decrease in the percentage who always wore a seat belt (71% vs. 76%).

■ There was an increase in students who reported having a mental health condition, including Anxiety Disorder/panic attacks (23% vs. 10% in 2013), Depression (20% vs. 11%), Post-Traumatic Stress Disorder (PTSD; 4% vs. 1%), and Asperger's or Autism Spectrum Disorder (2% vs. 1%).

■ One in five (20%) local youth had seriously considered suicide in the past year. This was an increase for females (27% vs. 20% in 2013), and similar to five years earlier for males (11%). Also, 6% (3% of males vs. 9% of females) had attempted suicide during this time, which was similar to local rates five years earlier and to youth across BC.

■ A quarter (25%) of local students had a family member or close friend who had attempted or died by suicide within the past year (vs. 20% provincially). Students who had a close friend and/or family member who had attempted or died by suicide were more likely to have attempted suicide themselves.

■ Compared to five and ten years earlier, the percentage of Northern Interior youth who engaged in oral sex decreased (e.g., 25% vs. 30% in 2013). The percentage who had sexual intercourse also decreased from a decade earlier (25% vs. 30% in 2008).

■ Northern Interior youth were more likely than their peers across BC to have tried tobacco (25% vs. 18%), alcohol (55% vs. 44%), and marijuana (30% vs. 25%). They were also more likely to have vaped in the past month (35% vs. 27%).

■ Compared to a decade earlier, more youth waited until they were at least 15 years old to first try alcohol and marijuana. Also, local males were less likely to have used marijuana than five and ten years earlier (e.g., 25% vs. 38% in 2008), while female rates were comparable to previous years (34% in 2018).

■ Eleven percent of youth in the Northern Interior went to bed hungry at least sometimes because there was not enough money for food at home. This was comparable to the 2008 rate and higher than in 2013 (9%).

■ Sixteen percent of students had been physically abused and 14% had been sexually abused (compared to 11% provincially). There was a rise in the percentage of females who had been sexually abused (23% vs. 16% in 2013) and rates for males remained unchanged (4%).

■ Youth in the Northern Interior generally felt connected to their families, and most had turned to a family member for help in the past year (73% vs. 67% in 2013).

■ The majority of students in the Northern Interior felt that school staff expected them to do well (81%), they were treated fairly by school staff (72%), their teachers cared about them (65%), they were part of their school (57%), and they were happy to be at school (56%).

■ Most Northern Interior youth (69%) felt there was an adult in their neighbourhood (outside their family or school) who really cared about them, which was above the provincial rate of 65%. Also, 28% of youth had an adult outside their family whom they could talk to if they had a serious problem.

■ Local males were more likely than males across BC to feel safe in their neighbourhood during the day (96% vs. 93% provincially) and at night (78% vs. 73%). Despite a local decrease in feeling safe at night for females, local females were more likely than those across the province to feel safe in their neighbourhood at night (63% vs. 58% across BC).

■ The majority of Northern Interior youth could identify something they were really good at, felt good about themselves, reported satisfaction with their life, and were hopeful for their future.

■ Two thirds (66%) of local youth felt that the activities they were involved in were meaningful. Northern Interior 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.

■ The most common topic that Northern Interior students wanted to learn more about was mental health.



# INTRODUCTION

## 2018 BC ADOLESCENT HEALTH SURVEY

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

The 2018 BC AHS was developed in consultation with young people, parents, and other experts in youth health. It was extensively pilot tested before being administered across the province by Public Health Nurses and nursing students; and also locally by Public Health Resource Nurses 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](http://www.mcs.bc.ca).

### REGIONAL REPORTS

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

Northern Interior HSDA is comprised of three school districts: Quesnel (SD 28), Prince George (SD 57), and Nechako Lakes (SD 91). All school districts in this region participated in the BC AHS in 2013 and 2018, and two of the three have participated in five waves of the survey.

The largest school district changed consent procedures for the BC AHS between 2013 and 2018 and did not include their Grade 7 students in the 2018 survey. Additional analyses were conducted to ascertain if this may have affected the regional results. Overall, this did not appear to be the case. However, the change in consent procedure may have meant that the most vulnerable students in that school district did not participate in the survey.

This report focuses on the 2018 Northern Interior results with relevant comparisons to the 2018 provincial results, as well as to local results in 2008 and 2013.



## A GUIDE TO THIS REPORT

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

The report is divided into five main sections. The first provides background information about the young people who completed the survey, the second focuses on their health profile, the next section considers some potentially adverse experiences or challenges to growing up healthy, and precedes a section which looks at factors that can support young people to thrive. The final section offers Northern Interior 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 or female, and not yet sure).

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

All reported comparisons and associations within the Northern Interior 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 the Northern Interior and the province are statistically significant at  $p < .01$ , which means there is up to a 1% likelihood the results occurred by chance. Where it is not obvious, differences in tables or charts that are not statistically significant are noted.

Any percentage that is marked with an asterisk (\*) should be interpreted with caution, as it has a higher than 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 the Northern Interior, 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 the Northern Interior who identified as non-binary was small (3%). Therefore, although non-binary youth were considered in all gendered analyses, it was often not possible to report the findings due to the risk of deductive disclosure or the possibility that the percentage estimate was unreliable.

## GLOSSARY

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

- **Extreme sports** include activities such as backcountry skiing and BMX.
- **Ideas listened to** refers to youth who reported that their ideas were listened to ‘quite a bit’ or ‘a lot’ in the activities that they were involved in.
- **Informal sports** are sports without a coach such as skateboarding and hiking.
- **Meaningful activities** are activities which youth indicated were ‘quite a bit’ or ‘very’ meaningful to them.
- **Non-binary** reflects youth who did not identify as either male or female or were not yet sure of their gender identity.
- **Organized sports** are sports with a coach, such as school teams and swimming lessons.
- **Phone** refers to a cell phone, smartphone, or other portable electronic communication device.
- **Sexting** refers to sending sexually explicit photographs or messages via a phone. It was also referred to on the survey as ‘sending nudes.’
- **Students** and **youth** are used interchangeably to refer to survey participants aged 12–19.

# YOUNG PEOPLE IN THE NORTHERN INTERIOR

## BACKGROUND

Northern Interior students most commonly identified their family background as European. Students remained more likely than those across BC to identify as European (60% vs. 46%), but were less likely to do so than local students five and ten years earlier (e.g., 67% in 2013).

Compared to ten years earlier, there was an increase in the percentage who identified as Southeast Asian (3% vs. 1% in 2008). Students were more likely than those across BC to identify as Indigenous, and were less likely to identify as Asian or Latin/South/Central American.

Family background		
	Northern Interior	BC
European	60%	46%
Indigenous	24%	10%
South Asian	3%	11%
Latin/South/Central American	3%	5%
Southeast Asian	3%	8%
East Asian	3%	18%
African	2%	3%
Australian/Pacific Islander	1%	2%
West Asian	1%	3%
Don't know	19%	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 the Northern Interior and BC were not significant for African, Australian/Pacific Islander or 'other'.

## BIRTHPLACE & LANGUAGE

As in previous years, the majority of Northern Interior students were born in Canada (95% vs. 79% provincially).

Students born abroad included 1% who were in Canada as international students, which was a decrease from 2013 (2%) and below the provincial rate (6%). The percentage who had arrived in Canada as refugees was too small to report.

Among students who were born abroad, 28% had been in Canada between two and five years, and 18% had been here less than two years.

In the Northern Interior, 30% of students spoke a language other than English at home at least some of the time (vs. 53% across BC), with 5% doing so most of the time (vs. 23% across BC).



## INDIGENOUS YOUTH

Among students who identified as Indigenous, 64% were First Nations, 32% Métis, and the remainder indicated another Indigenous background (including Inuit).

Nineteen percent of local Indigenous youth currently lived on a First Nations reserve at least some of the time, and another 13% had previously lived on reserve.

A third (33%) of Indigenous students could speak at least a few words of an Indigenous language, although few were fluent.

More than 4 in 10 local Indigenous students (42%) reported that at least one member of their family had been in residential school, and another 38% did not know their family's history of residential school attendance. Relatives who had been in residential school included youth's parents (6%), grandparents (29%), and/or other relatives (20%).

Three percent of Indigenous youth identified as Two Spirit.

## GENDER IDENTITY & SEXUAL ORIENTATION

*"I am transgender, but my family doesn't have enough money for me to start hormone replacement therapy."*

Grade 10 student

Locally, 46% of participants were assigned male on their birth certificate and 54% were female. For nearly all youth, their current gender identity corresponded with their sex at birth, whereas 3% were non-binary (including 2% who were not yet sure of how they identified) and 1% were transgender.

Most students in the Northern Interior identified as straight (90% of males vs. 76% of females). Non-binary youth were the most likely to identify as lesbian, gay, or bisexual (29%\* vs. 10% of females vs. 4% of males), or to specify a sexual orientation other than the options listed (e.g., 25%\* vs. 3% of females).

Sexual orientation of Northern Interior youth	
Straight	81%
Mostly straight	5%
Bisexual	6%
Gay or lesbian	1%
Not sure yet	5%
Something other than those listed above	2%

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

## GOVERNMENT CARE

Students were asked if they had experienced different types of government care (through the BC Ministry of Children and Family Development or a delegated agency) or alternatives to care. Five percent had been in foster care (vs. 2% provincially), 4% on a kith and kin agreement (vs. 2% provincially), 2% in a group home, and 1% had been in a custody centre. The percentage who had been on a Youth Agreement was too small to report.

## LIVING SITUATION

Similar to 2013, 95% of students in the Northern Interior lived with at least one parent. However, they were more likely than five years earlier to live in households with their father/stepfather, siblings, and grandparents.

On a typical school day, 72% of local youth looked after a pet and 22% cared for a relative (e.g., a relative with a disability or younger sibling).

*"I got kicked out of my house yesterday for telling my mom I was unhappy and how I wanted to kill myself."*

Grade 9 student

Females were more likely than males to be caring for a relative (27% vs. 16%), while about 8 in 10 females and non-binary youth took care of a pet, compared to 67% of males.

Reflecting the local picture in 2013, 22% of local youth had moved from one home to another in the past year, including 6% who had moved three or more times. Also, 9% had run away and 6% had been kicked out during this time period.

Most students often or always felt safe inside their home (93% vs. 95% in 2013), while 3% never or rarely did.

Who Northern Interior youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	83%	85%	–
Father/Stepfather	69%	76%	↑
Sibling(s)/Step-sibling(s)	51%	65%	↑
Live with both parents at different times	9%	11%	–
Grandparent(s)	5%	8%	↑
Other related adult(s)	2%	3%	–
Other unrelated adult(s)	2%	2%	–
Other children or youth	1%	2%	–
Foster parent(s)	1%	1%	–
Two mothers or two fathers	1%	1%	–
Live alone	1%	NR	–
Own child or own children	NR	NR	–

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

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

Note: Youth could choose more than one response.



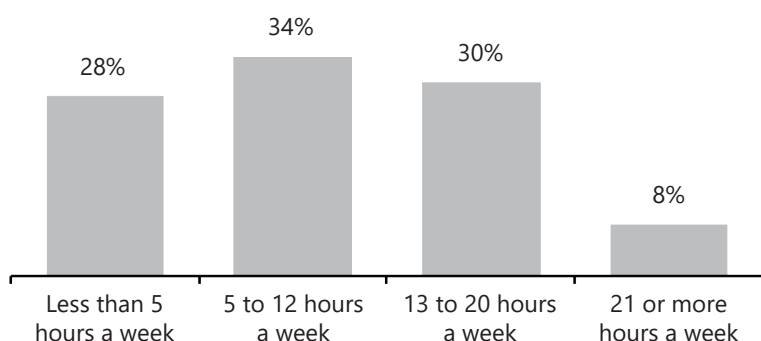
## EMPLOYMENT

Local employment rates were similar to five years earlier. Local youth remained more likely to have been employed during the school year than their peers across BC (37% vs. 33%).

## PHONE USE

Most youth (94%) in the Northern Interior had a cell phone, smartphone, or other portable device. They most commonly used their device to listen to music, communicate with parents and friends, and to engage with social media.

Hours Northern Interior youth worked at a paid job  
(among those who were employed)



Northern Interior students' phone use on their last school day  
(among those with a phone)

Listening to music	86%
Communicating with friends they know in person	85%
Using social media	82%
Communicating with parents/guardians	78%
Watching shows, movies, YouTube, etc.	72%
Finding information (other than health information)	62%
Playing games	58%
Doing homework	51%
Communicating with someone they know only online	25%
Finding health information	20%
Watching porn	12%
Sexting	7%
Gambling	1%

Note: Youth could choose more than one response.

# HEALTH PROFILE OF NORTHERN INTERIOR 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 the Northern Interior (79%) rated their health as good or excellent. However, this represented an overall decrease from five years earlier (87% in 2013). The percentage of males who rated their health positively remained comparable to 2013 (85% in 2018), whereas it decreased for females from 87% to 74%.

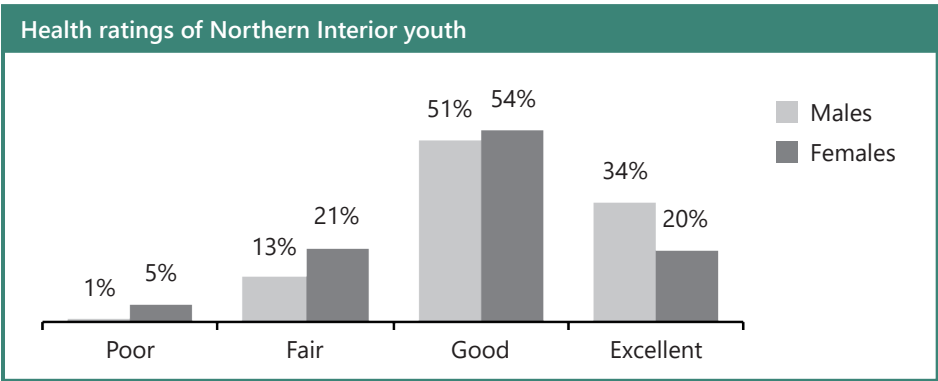
More than 4 in 10 local students (44%) who had a disability or health condition reported that it prevented them from doing things their peers could do.

## HEALTH CONDITIONS & DISABILITIES

In the Northern Interior, 32% of youth indicated having at least one health condition or disability, which was an increase from 27% in 2013. The most common condition was a mental health condition (19% vs. 11% in 2013). Local students were more likely than their peers across the province to report having a mental health condition (19% vs. 15%).

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

Note: Youth could choose more than one response.



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

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

## PHYSICAL ACTIVITY

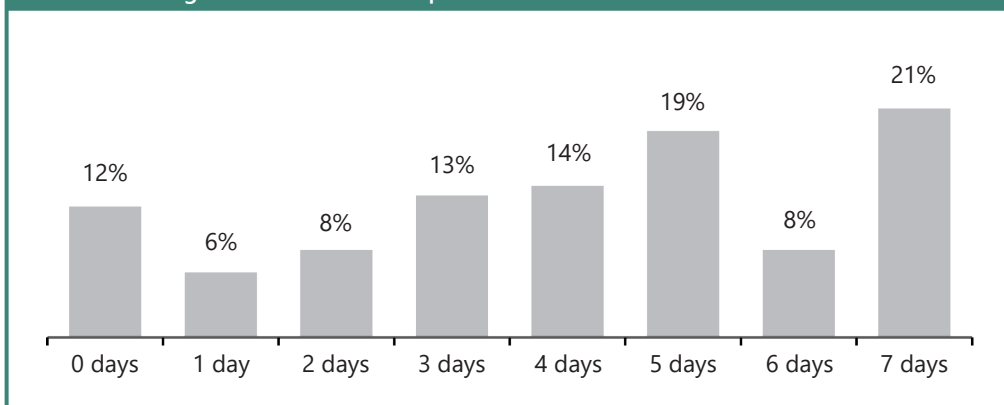
*"I sometimes am worried I exercise too often."*

Grade 11 student

The Canadian Physical Activity and Sedentary Behaviour Guidelines state that children and youth aged 5–17 should complete at least 60 minutes of moderate to vigorous exercise every day. Reflecting the provincial picture and the local rate in 2013, 21% of Northern Interior youth aged 12–17 met these recommendations in the week before taking the survey. As in 2013, males were more likely than females to exercise daily (29% vs. 14%).

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Similar to results across the province and to local results in 2013, 65%\* of students aged 18 or older met this recommendation by participating in 60 minutes of exercise on at least three days in the past week.

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



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

## SLEEP

*"My quality of sleep can vary from day to day."*

Grade 12 student

Reflecting the pattern across BC, less than half (48%) of Northern Interior students slept for at least eight hours on the night before completing the survey (including 21% who slept nine or more hours), and 7% slept four hours or less. The percentage of students who slept for at least eight hours decreased from 56% in 2013. Males were the most likely to have slept eight or more hours (51% vs. 46% of females vs. 30%\* of non-binary youth).

Older students were less likely than younger ones to have slept for at least eight hours. For example, 61% of 13-year-olds slept for at least eight hours, compared to 49% of 15-year-olds and 31% of 17-year-olds.

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (59%), homework (43%), gaming (29%), and online activities other than gaming (e.g., watching videos, checking social media; 69%). Females were more likely than males to chat/text (63% vs. 53%) or do their homework (51% vs. 34%), and were less likely to be gaming (17% vs. 42%).

Locally, 39% 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 (41% vs. 37%).

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. 45% of those who did not go offline). This rose to 68% who felt rested if they went offline and did not engage in any other activities (e.g., homework) after their expected bedtime.



ACCESS TO HEALTH CARE

Reflecting the picture across BC, 23% of local youth indicated they did not need health care in the past year, and 3% reported they did not get the health care they needed.

Most youth who had needed and accessed health care had visited a family doctor. Local students were less likely than youth across BC to have visited a youth clinic (2% vs. 4% provincially), and were more likely to have visited an emergency room (20% vs. 16%) or a nurse (13% vs. 9%).

Where Northern Interior youth got health care in the past year	
Family doctor	62%
Walk-in clinic	34%
Emergency room (ER)	20%
Counsellor/psychologist	13%
Nurse	13%
Youth clinic	2%
School wellness centre	1%
Traditional healer	1%

Note: Youth could choose more than one response.

When asked specifically about accessing medical care when they were physically sick or hurt in the past year, 57% of Northern Interior youth reported they had not needed medical care, 35% got the help they needed, and 8% did not receive the care they needed. Females were more likely than males to miss out on needed medical care (11% vs. 5%).

Compared to ten years earlier, there was a decrease in the percentage who missed out on needed medical care (8% vs. 14% in 2008).

DENTAL VISITS

Similar to 2013, most youth (83%) had been to the dentist in the past 12 months, 10% 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

Provincially there was a slight decline in the percentage of youth who ate fruit and/or vegetables on the day before completing the BC AHS. However, no such change was seen locally, as 92% ate fruit and/or vegetables. They also ate sweets (77%), ate traditional foods from their background (21%), drank pop (40%), and drank energy drinks (9%) at comparable rates to five years earlier.

There was an increase in local students who consumed food grown or caught by them or their family (23% vs. 16% in 2013), fast food (44% vs. 39%), and water (97% vs. 95%).

Local youth were more likely than their peers across BC to have eaten food grown or caught by themselves or their family (23% vs. 16%), but were less likely to have eaten traditional food from their background (21% vs. 41%).

## MEALS

As was the case provincially, there was a decline in the percentage of local students who always ate breakfast on school days (44% vs. 50% in 2013) and a rise in those who never did (19% vs. 13%).

When asked about all the places where they ate breakfast on school days, 91% of local students who ate breakfast did so at home (vs. 96% provincially), 17% got their breakfast at school (vs. 8% provincially), and 12% got it on the way to school (vs. 8% provincially).

The 2018 BC AHS asked for the first time about eating lunch and dinner. In the Northern Interior, 52% of students always ate lunch and 85% always ate dinner on school days, whereas 6% never ate lunch and 1% never ate dinner.

What Northern Interior students ate or drank yesterday		
	Once or twice	Three or more times
Water	25%	72%
Fruit	59%	24%
Vegetables or green salad	60%	18%
Sweets (cookies, cake, candy, chocolate, etc.)	62%	15%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	39%	5%
Pop	35%	4%
Food grown/caught by them or their family	17%	6%
Traditional food from their background	16%	5%
Energy drinks	7%	2%

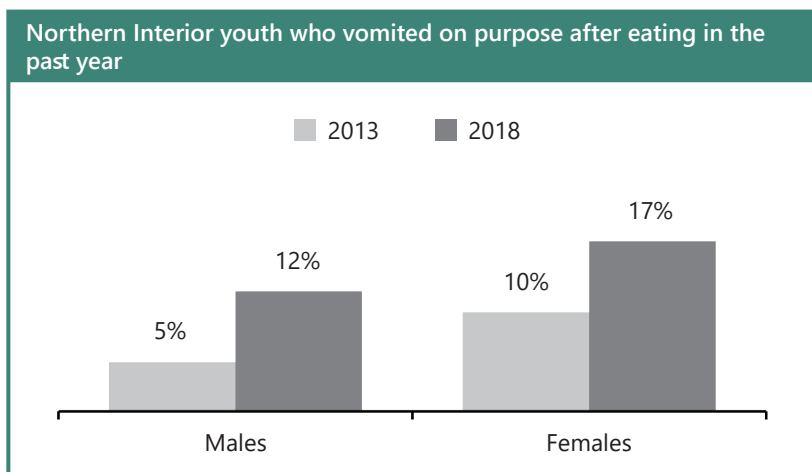


## EATING BEHAVIOURS

Local youth were less likely than their peers across the province to always eat breakfast (44% vs. 50%) and lunch (52% vs. 64%) on school days, and to eat three meals a day (29% vs. 37%).

Males were the most likely to always eat breakfast, lunch, and dinner.

Mirroring the provincial trend, there was an increase in male and female youth who vomited on purpose after eating. Overall, 15% of local youth had vomited on purpose after eating in the past year, including 2% who vomited two or three times a month and 1% who did so at least once a week.

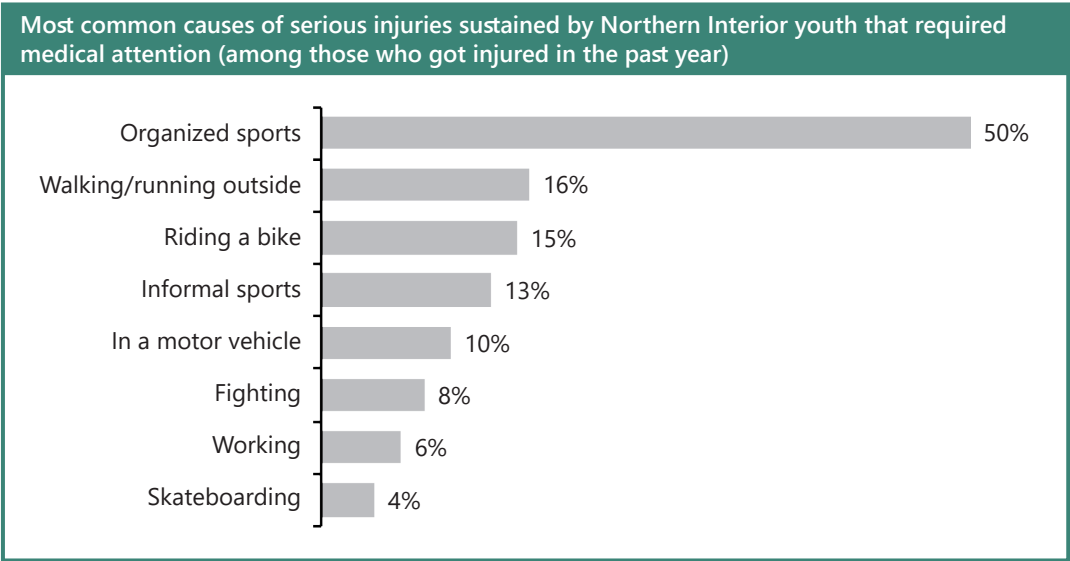


# INJURIES & INJURY PREVENTION

## INJURIES

Reflecting local results five years earlier and the provincial picture in 2018, 28% of Northern Interior youth were injured seriously enough to require medical attention in the past year. This included 6% who experienced two serious injuries and 4% who had three or more.

Consistent with the provincial results, local youth were most likely to have been seriously injured when they were playing or training for organized sports.



Note: Youth could choose more than one response.



## CONCUSSIONS

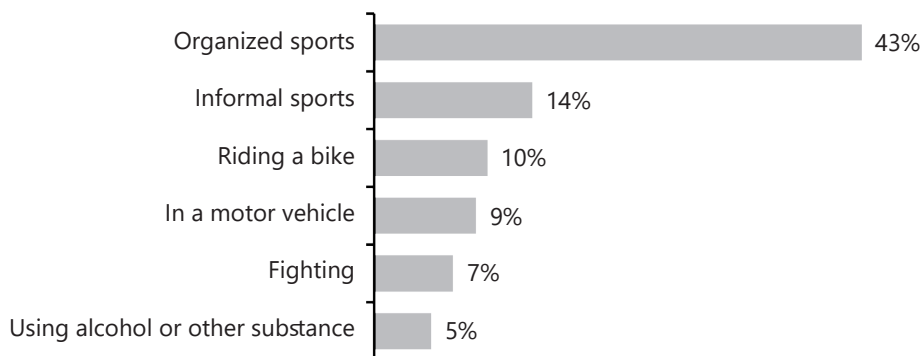
Northern Interior youth were less likely to have sustained a concussion in the past year than local youth five years earlier (16% vs. 19% in 2013). Those who experienced a concussion included 3% who suffered two concussions and 2% who had three or more. Concussion rates were comparable to the province as a whole.

Youth who experienced a concussion typically reported multiple symptoms including headaches (71%); dizziness or balance problems (71%); feeling dazed, confused, or having a gap in memory (47%); blurred vision (46%); ringing in their ears (46%); and loss of consciousness (24%).

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

Just over 4 in 10 local youth (43%) who experienced a concussion in the past year received medical treatment for their injury.

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

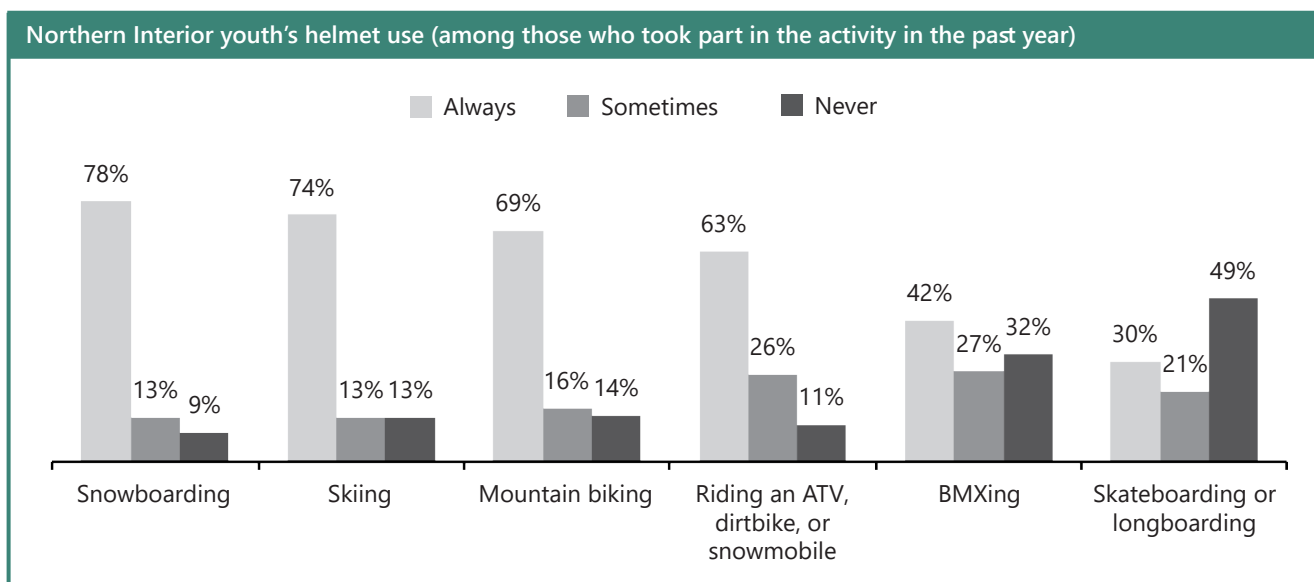


Note: Youth could choose more than one response.

## INJURY PREVENTION

Reflecting the provincial trend, there was an increase in the percentage of cyclists who always wore a bike helmet (44% vs. 38% in 2013; among those who cycled in the past year) and a decrease in the percentage who always wore a seat belt (71% vs. 76%).

When asked about other activities with a risk of head injury, youth were least likely to wear a helmet when skateboarding and longboarding. Also, local youth were less likely than their peers across BC to always wear a helmet when skiing (74% vs. 82%).



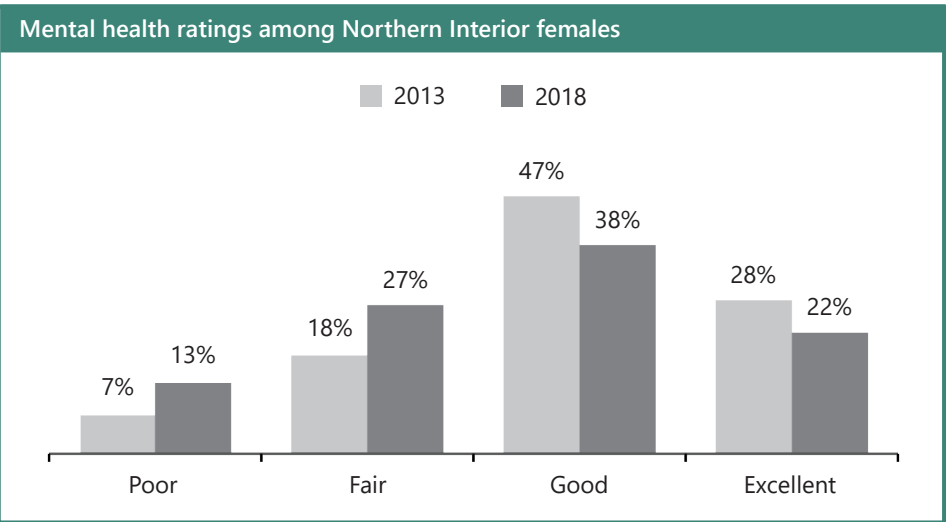
Note: For snowboarding, skiing, mountain biking, and BMXing, the differences between 'sometimes' and 'never' were not statistically significant.

# MENTAL HEALTH

Across BC there was a decline in the percentages of male and female students who reported good or excellent mental health. In the Northern Interior, the decline was only seen among females (60% vs. 75% in 2013), whereas the percentage among males was comparable to five years earlier (83%).

# HAPPINESS

Similar to youth across BC and local results in 2013, 64% of Northern Interior students felt happy most or all of the time in the past month, 24% felt happy some of the time, and 12% rarely or never did. Local males were the most likely to feel happy most or all of the time (75% vs. 57% of females vs. 26% of non-binary youth).



## STRESS & DESPAIR

Most youth in the Northern Interior (85%) experienced some level of stress in the month prior to taking the survey, including 13% who felt so stressed they could not function properly. Females remained more likely than males to experience extreme stress.

Among those who experienced stress, 34% felt they managed it well and 19% managed it very well. However, 29% felt they managed it only fairly well and the remainder managed it poorly.

Similar to five years earlier, 53% of students felt some level of despair in the past month, including 8% who felt so sad, hopeless, or discouraged they were unable to function properly. As in previous years, females were more likely than males to have experienced this level of extreme despair (13% vs. 3%).

## MENTAL HEALTH CONDITIONS

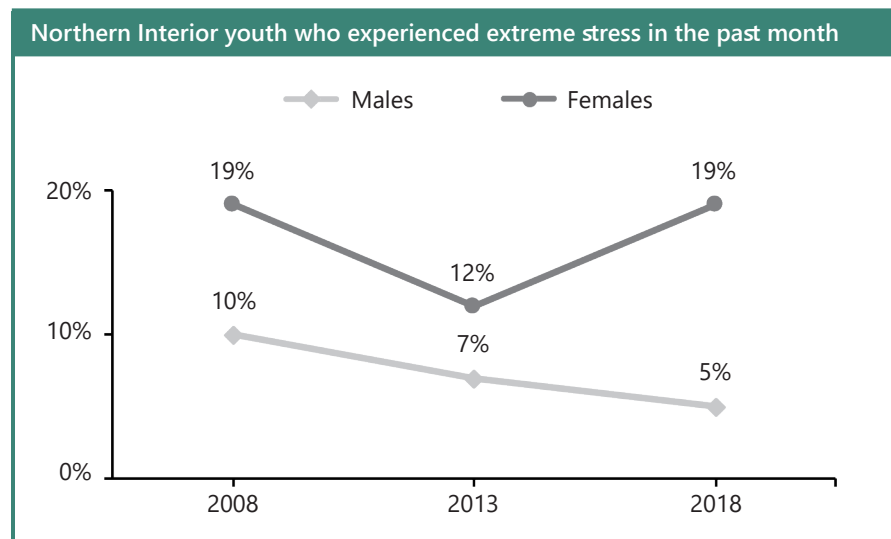
*"My parents won't take me to get diagnosed so I'm not sure if I have a mental illness."*

Grade 8 student

*"I think I have anxiety but don't know."*

Grade 9 student

Compared to five years earlier, there was an increase in the percentage of youth who reported having Anxiety Disorder/panic attacks (23% vs. 10% in 2013), Depression (20% vs. 11%), Post-Traumatic Stress Disorder (PTSD; 4% vs. 1%), and Asperger's or Autism Spectrum Disorder (2% vs. 1%). The percentage who had Attention Deficit/Hyperactivity Disorder (ADHD; 8%) was similar to five years earlier, as was the rate for Fetal Alcohol Spectrum Disorder (FASD; 1%).



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





## SELF-HARM & SUICIDALITY

Non-binary youth were the most likely to report having Depression (63%\* vs. 25% of females vs. 11% of males) and ADHD (e.g., 32%\* of non-binary youth vs. 7% of females). Females and non-binary youth were also more likely than males to report having Anxiety Disorder/panic attacks (e.g., 35% of females vs. 8% of males) and PTSD (e.g., 5% of females vs. 2% of males).

Local youth were more likely than those across BC to report they had Anxiety Disorder/panic attacks (23% vs. 19% provincially), Depression (20% vs. 15%), and FASD (1% vs. <1%).

*"I've thought about suicide but never considered actually attempting it."*

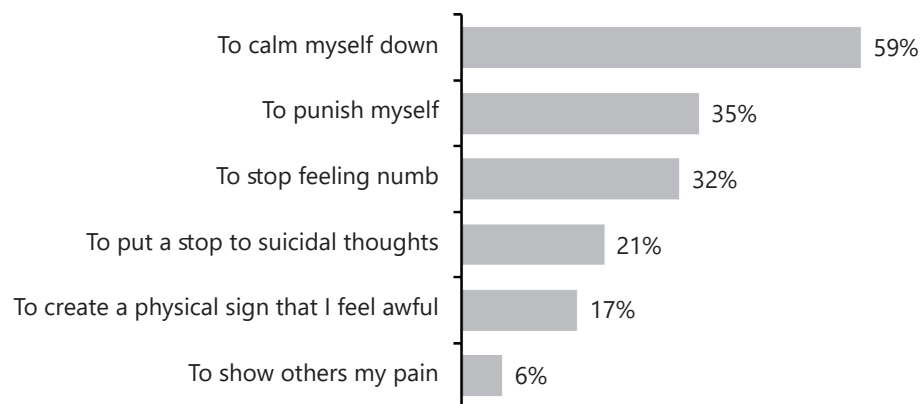
Grade 8 student

In the past year, 20% of local students had cut or injured themselves on purpose without the intent of killing themselves. Males were the least likely to have done so (12% vs. 25% of females vs. 67%\* of non-binary youth). The most common reason youth gave for self-harming the last time was to calm themselves down.

One in five (20%) local youth had seriously considered suicide in the past year. This represented an increase for females (27% vs. 20% in 2013), while the percentage for males was similar to five years earlier (11%).

Also, 6% of Northern Interior youth (3% of males vs. 9% of females) had attempted suicide in the past year, which was similar to local rates five years earlier and to results across BC.

Northern Interior 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, 20% of Northern Interior students had missed out on needed mental health services (8% of males vs. 29% of females vs. 50%\* of non-binary youth). This rate was comparable to the province as a whole, and represented a local increase from 11% in 2013.

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

Compared to five years earlier, local youth who felt they needed services were more likely to miss out because they thought or hoped the problem would go away (66% vs. 56% in 2013), were afraid someone they knew might see them (41% vs. 30%), did not think they could afford it (22% vs. 9%), and they could not go when it was open.

*"I was prescribed antidepressants, but my parents forced me to lie to my mental health counsellor and family doctor about being fine so they could cancel the services I needed."*

Grade 11 student

*"Public mental health services are a joke. The only real help I've gotten is private."*

Grade 12 student

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

Thought or hoped the problem would go away	66%
Didn't want parents to know	63%
Afraid of what I would be told	47%
Afraid someone I know might see me	41%
Didn't know where to go	38%
Too busy to go	30%
Didn't think I could afford it	22%
Had prior negative experience	16%
Had no transportation	12%
Parent/guardian would not take me	10%
Couldn't go when it was open	5%
On a waiting list	5%

Note: Youth could choose more than one response.



## SEXUAL HEALTH

*"Sex ed should be taught in Grade 8 by someone with a knowledgeable and positive opinion on the subject."*

Grade 10 student

Compared to the province, local students were more likely to have had oral sex and intercourse.

### ORAL SEX

Compared to five and ten years earlier, Northern Interior youth were less likely to have engaged in oral sex (e.g., 25% vs. 30% in 2013). Females were more likely than males to have engaged in oral sex (28% vs. 22%).

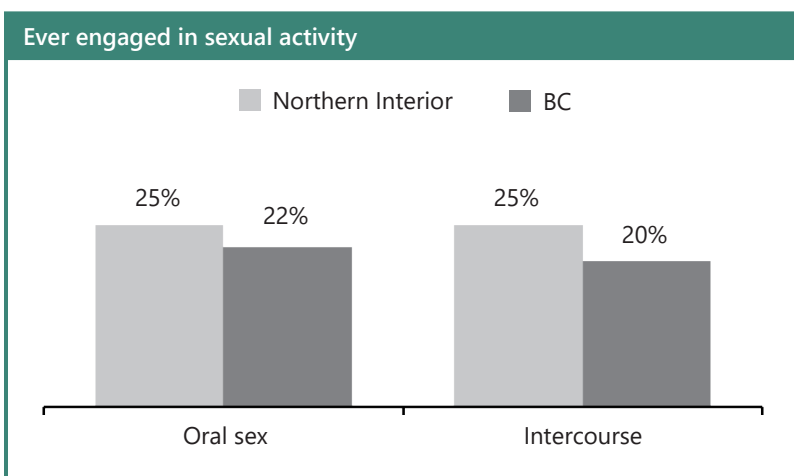
Among students who ever had oral sex, 16% used a condom or other barrier/protection the last time they had oral sex, which was similar to 2013.

### INTERCOURSE

Locally, 25% of youth had ever had sex other than oral sex or masturbation, which was comparable to the local rate in 2013 and lower than ten years earlier (30% in 2008).

Among those who ever had intercourse, the most common ages for first doing so were 14, 15, and 16 years old. The percentage who waited until they were at least 15 years old was similar to five and ten years earlier but lower than across BC (59% vs. 68% provincially).

Over half of youth (53%) who ever had intercourse had one sexual partner in the past year, 19% had two partners, 22% had three or more partners, and 6% did not have intercourse in the past year.



Comparable to previous local results, 67% of local youth who engaged in intercourse used a condom or other barrier/protection the last time they had sex. In 2018, males were more likely than females to use a condom (74% vs. 62%; among those who ever had intercourse), whereas there was no such gender difference in 2013.

Among those who ever had intercourse, Northern Interior youth were less likely than in 2008 to have used a condom to prevent pregnancy the last time they had sex (60% vs. 68%), and were more likely to have used withdrawal (48% vs. 22%). However, the percentage who used withdrawal as their only method remained constant (6%).

Local youth were more likely to report using a birth control method prescribed by a doctor or nurse (including an IUD) compared to five years earlier (58% vs. 47% in 2013).

One percent of youth had been involved in a pregnancy.

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

Similar to the provincial rate, 1% of youth reported ever being told by a doctor or nurse that they had an STI.

The HPV vaccines protect against infection from certain types of cancers, and have been available to girls in Grade 6 since 2008 and to boys in Grade 6 since September 2017. Locally, 30% of youth had been vaccinated (17% of youth who were assigned male on their birth certificate vs. 43% of females), and 56% (67% of males vs. 46% of females) did not know whether they had received the vaccine.

Most common methods Northern Interior youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	60%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	54%
Withdrawal	48%
Emergency contraception	5%
IUD	4%

Note: Youth could choose more than one response.

## 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.

## USED PHONE TO SEXT OR WATCH PORNOGRAPHY

Among youth with a phone, 7% used their device on their most recent school day to engage in sexting (a decrease from 15% in 2013), and 12% used it to watch pornography (asked for the first time on the 2018 survey).

Older youth were more likely than younger youth to have used their phone to sext or watch pornography on their last school day. For example, 15% of youth aged 16 to 18 watched pornography on their last school day compared to 6% of youth aged 13 or younger.

Northern Interior youth who felt they could say no if asked to ...			
	Could say no	Could not say no	Not sure
Have sex with a new partner when they did not want to	93%	2%	6%
Have sex with a long-term partner when they did not want to	88%	3%	9%
Send nudes/sext	93%	3%	5%

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



## SUBSTANCE USE

### SMOKING, VAPING, & TOBACCO USE

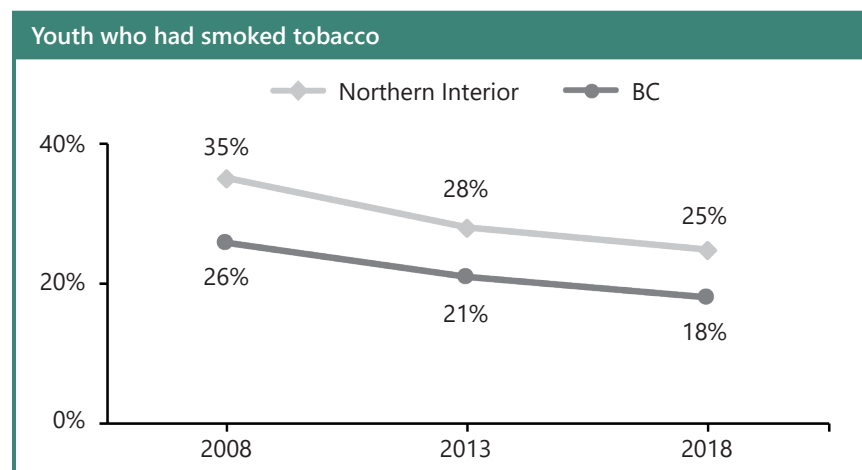
*"People said if I stopped vaping, I'd feel better/healthier."*

Grade 10 student

A quarter (25%) of Northern Interior students had smoked tobacco (e.g., cigarettes, cigars, or cigarillos), with non-binary youth the most likely to have smoked (53%\* vs. around a quarter of males and females). As in previous years, youth in the Northern Interior were more likely than their peers across BC to have smoked.

Just under 4 in 10 students (39%) who tried smoking waited until they were at least 15 years old to first smoke, which was similar to 2013.

Among those who had ever smoked tobacco, there was a decrease in those who smoked in the past month (42% vs. 52% in 2013), and who smoked daily (10% vs. 15% in 2008).



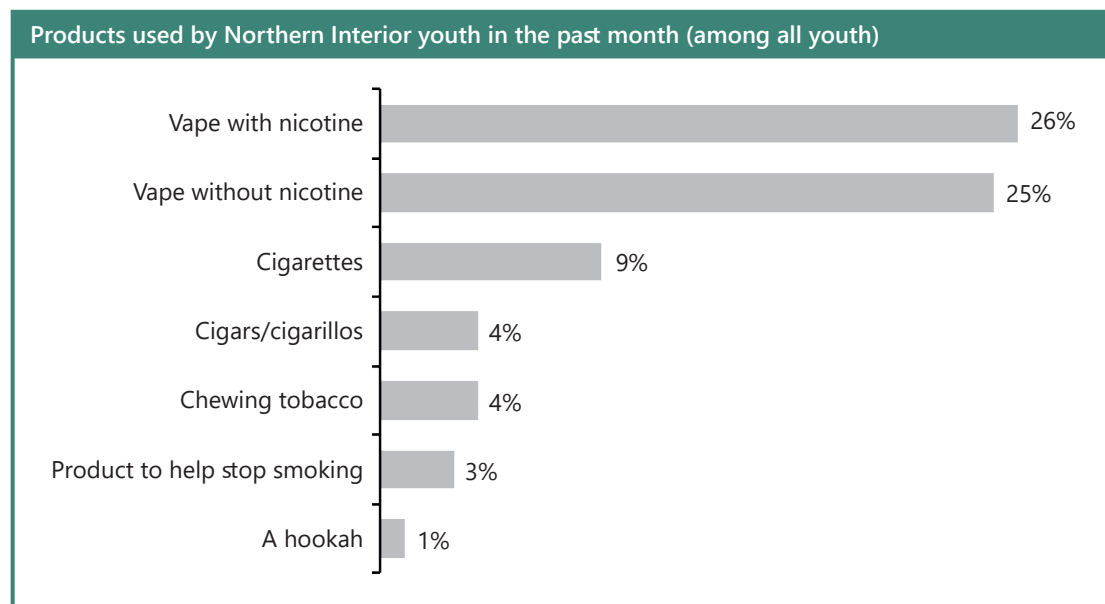
Note: In the Northern Interior the difference between 2013 and 2018 was not statistically significant.



Reflecting the provincial pattern, the most common smoking products used by students in the past month were a vape pen or stick with or without nicotine. Local youth were more likely than youth across BC to have vaped (35% vs. 27% provincially), and specifically to have vaped with nicotine (26% vs. 21%). They were also more likely than youth across the province to have used chewing tobacco (4% vs. 2%).

Local males were more likely than females to have used chewing tobacco (6% vs. 2%) and cigars/cigarillos (6% vs. 3%), and were less likely to have smoked cigarettes (7% vs. 11%).

Among youth who had smoked tobacco, 72% had vaped in the past month, including 61% who vaped with nicotine. Youth who had never smoked tobacco were also vaping, as 22% of those who had never smoked tobacco had vaped in the past month (vs. 17% provincially), including 13% who vaped with nicotine.



Note: Youth could choose more than one response.

ALCOHOL

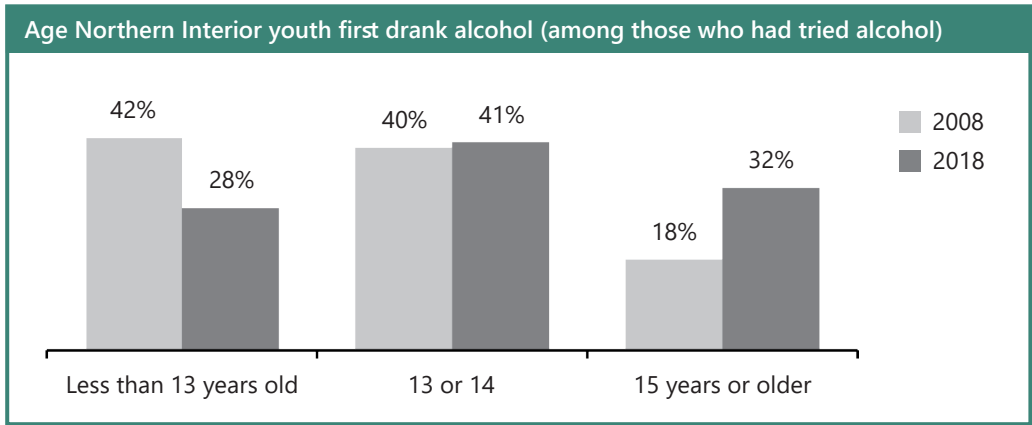
After a decline between 2008 and 2013, the percentage of Northern Interior youth who had ever tried alcohol remained similar to five years earlier (55%). Local youth were more likely to have tried alcohol than their peers across BC (55% vs. 44%). As in previous years, males and females in the Northern Interior were equally likely to have tried alcohol.

The most common ages for youth to have their first drink of alcohol were 13, 14, or 15 years old. Among those who had tried alcohol, 32% waited until they were 15 or older to have their first drink (vs. 37% provincially). This was similar to local results in 2013 and higher than in 2008.

Among youth who had tried alcohol, 65% drank in the past month, including 5% who did so on at least 10 days that month.

Canadian Low Risk Drinking Guidelines for adults suggest not exceeding two drinks on any one occasion. However, among those who had tried alcohol, 34% of students had more than two drinks at least once in the week before they took the survey, and 6% did so on at least three days that week (with no gender differences).

Also, 41% of those who had tried alcohol had consumed five or more drinks within a couple of hours at least once in the past month (with no gender differences), and 6% did so on six or more days. The percentage of youth who engaged in this type of heavy drinking was similar to five years earlier, but was a decrease from 48% in 2008.



Note: For first drinking at 13 or 14 years old, the difference between 2008 and 2018 was not statistically significant.

Note: The percentages for 2018 do not equal 100% due to rounding.





Forty-three percent of local students who had tried alcohol drank on the Saturday before completing the survey (vs. 35% provincially). Youth most commonly drank coolers (33% vs. 22% provincially; among those who had tried alcohol) and liquor (31%), followed by beer (19% vs. 28% in 2013) and wine (5%).

Males were more likely than females to drink beer (29% vs. 11%; among those who had tried alcohol), while females were more likely to drink coolers (40% vs. 23%) and wine (7% vs. 3%).

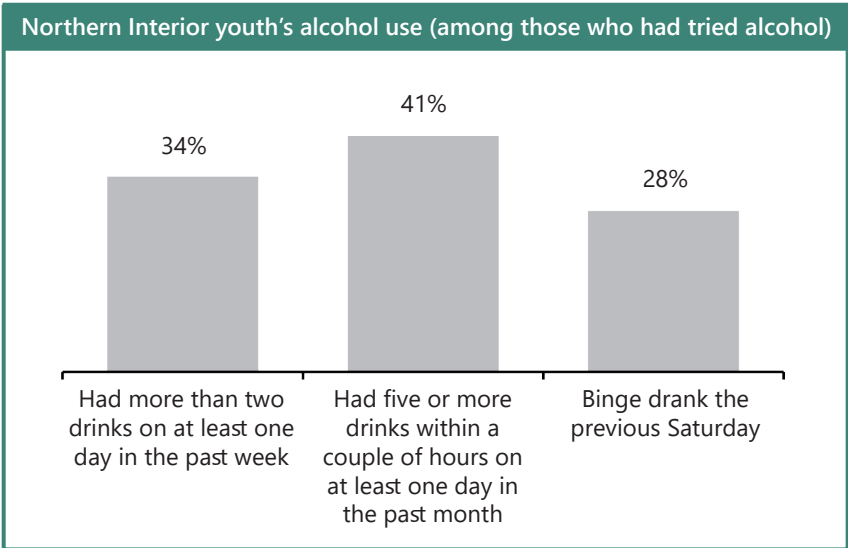
Among those who drank last Saturday, 56% drank at least two different types of alcohol (e.g., drank liquor and coolers), including 19% who mixed three or four different types (vs. 35% in 2013).

In this report, binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and females who consume three or more. Among students who drank on the Saturday before taking the survey, 65% engaged in binge drinking, which was a decrease from 76% in 2013.

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

Northern Interior youth's most common sources of alcohol the last time they drank (among those who had tried alcohol)	
Adult gave it to me	47%
Gave someone money to buy it for me	28%
At a party	28%
Took it without permission	12%
Youth gave it to me	12%
Bought it	5%

Note: Youth could choose more than one response.



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

## MARIJUANA

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. Locally, 30% of youth had ever used marijuana, which was above the provincial rate (25%). Local male rates of marijuana use decreased from five and ten years earlier (e.g., 25% vs. 38% in 2008), while female rates were comparable to previous years (34%).

Females and non-binary youth were more likely than males to have ever used marijuana.

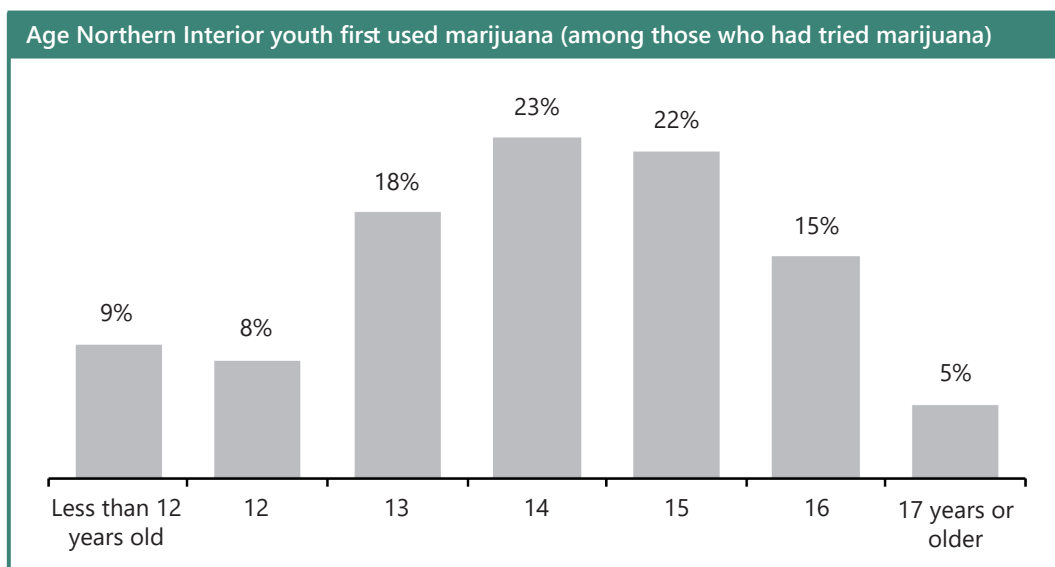
There has been a steady increase in youth waiting until they were at least 15 years old to first use marijuana (from 27% in 2008 to 34% in 2013 to 41%; among those who had used marijuana).

Among youth who had tried marijuana, 60% had used it in the month before completing the survey, including 25% who used it on six or more days, and 11% who used it on 20 or more days (vs. 17% in 2008).

Just over a third (34%) of those who had tried marijuana used it on the Saturday before taking the survey. Also, 7% of all local youth had used both alcohol and marijuana that day, which was similar to five years earlier and a decrease from 2008 (12%).

The last time they used marijuana, most students had smoked it, 18% ate it in a cooked recipe, and 7% took it another way such as gummies.

One percent of local youth had ever been prescribed medical marijuana.



## USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

Around one in five (19%) local youth had tried a substance other than alcohol or marijuana (similar to the provincial rate). The most commonly used substances were prescription pills without a doctor's consent.

The use of most substances decreased steadily from five and ten years earlier with the exception of mushrooms, inhalants, amphetamines, heroin, and crystal meth where the rates were similar to 2013.

One percent of Northern Interior youth had injected an illegal drug.

Northern Interior youth who had used substances other than alcohol or marijuana		
	2008	2018
Prescription pills without a doctor's consent	17%	9%
More of my own prescription than prescribed	NA	7%
Mushrooms	12%	6%
Inhalants	5%	3%
Ecstasy/MDMA	10%	2%
Hallucinogens (excluding mushrooms, ecstasy/MDMA, and ketamine)	7%	2%
Cocaine	6%	2%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	4%	1%
Crystal meth	3%	1%
Heroin	2%	NR
Ketamine, GHB	NA	NR

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

NA: This item was not included in the 2008 BC AHS.

## CONSEQUENCES OF USE

Among youth who used alcohol or other substances, 52% reported negative consequences of their use in the past year, which was unchanged from 2013 and lower than a decade earlier (59% in 2008). The most common consequence was being told they did something they could not remember.

Among youth who ever had sex, 22% used alcohol or other substances before having sex the last time, which was similar to 2013 and a decrease from 34% in 2008.

In total, 6% of students felt or had been told they needed help for their substance use in the past year. Specifically, 4% needed help for their alcohol use, 4% for their marijuana use, and 2% for their use of other substances.

Also, when asked about health conditions, 4% of youth indicated having an alcohol or drug addiction (which was similar to results across the province).

Consequences of substance use experienced by Northern Interior 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	37%
Passed out	27%
Got injured	14%
Argued with family members	13%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	9%
School work or grades changed	9%
Got into a physical fight	7%
Had sex when I didn't want to	6%
Damaged property	6%
Got into trouble with the police	5%
Had to get medical treatment	NR
Overdosed	NR
Used alcohol or other substances but none of these happened	48%

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

Note: Youth could choose more than one response.

## DRIVING AFTER SUBSTANCE USE

Among youth who had tried alcohol, 8% had ever driven a vehicle after they had been drinking (vs. 15% in 2008), and 3% had done so in the past month (vs. 10% in 2008).

Twenty-one percent of local youth who had tried marijuana had driven after using it, which was a return to the 2008 rate, after a decline to 15% in 2013. Also, 10% of youth who had tried marijuana had driven after using it in the past month, which was comparable to 2013.

Local youth were more likely to have driven after using marijuana than their peers across BC (21% vs. 14% provincially).

As in 2013, around a quarter (25%) of youth had ridden with a driver who had been using alcohol (vs. 20% provincially), including 8% who had done so in the past month. Also similar to five years earlier, 18% of local youth had ridden with a driver who had been using marijuana (vs. 13% provincially), including 9% who had done so in the past month.

## REPORTED REASONS FOR USING

As in 2013, the most common reason youth gave for using substances the last time was to have fun. Youth were more likely than five years earlier to report using substances because they wanted to have fun (69% vs. 63% in 2013; among those who had used substances) or wanted to experiment (30% vs. 24%).

### Reasons Northern Interior youth used substances the last time (among those who ever used alcohol or other substances)

I wanted to have fun	69%
I wanted to try it/experiment	30%
My friends were doing it	30%
Because of stress	22%
I felt down or sad	19%
I felt like there was nothing else to do	9%
To manage physical pain	5%
I thought it would help me focus	4%
Because of an addiction	3%
I was pressured into doing it	2%
I didn't mean to do it	2%
To change the effects of some other drug	NR
Other	10%

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

Note: Youth could choose more than one response.

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

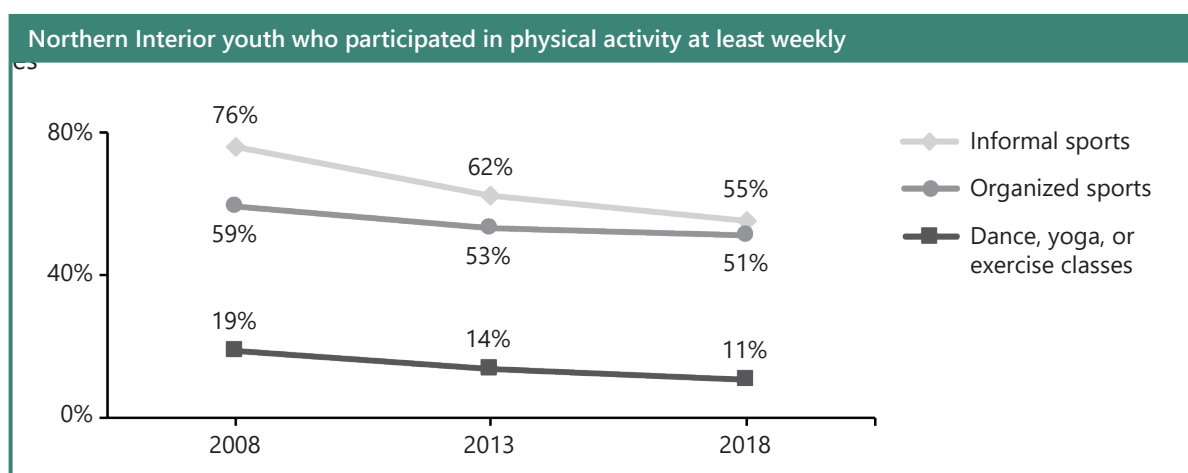
## EXTRACURRICULAR ACTIVITIES

BC AHS results show that participation in extracurricular activities 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, 91% of Northern Interior students participated in at least one extracurricular activity (such as sports, dance, clubs, art, or volunteering), including 82% who did so on at least a weekly basis. Among youth who engaged in weekly extracurricular activities, 69% took part in two or more different types of activities (e.g., volunteering and organized sports), including 13% who participated in four or more different types of activities.

The most common type of weekly extracurricular activity youth participated in was informal sports (55%). However, compared to 2008, there was a decrease in weekly participation in informal sports; organized sports; dance, yoga, or exercise classes (10% vs. 16% in 2008); clubs or groups (10% vs. 16% in 2008); and volunteering (17% vs. 29%). The participation rate in art, drama, singing or music groups or classes (22%) remained similar.

Weekly participation in extreme sports (16%) and cultural or traditional activities (4%) was similar to 2013 (when the activities were first asked about).



Note: For organized sports, the difference between 2013 and 2018 was not statistically significant.



In 2013, females were more likely than males to participate weekly in clubs or groups. No such gender difference existed in 2018. However, as in 2013, males were more likely than females to participate weekly in informal sports (60% vs. 52%) and extreme sports (25% vs. 9%). Females remained more likely to participate weekly in art, drama, music, and singing groups or classes (27% vs. 16% of males); dance, yoga, and exercise classes (16% vs. 4%); and volunteer activities (20% vs. 12%).

Local youth were more likely than their peers across BC to participate weekly in informal sports (55% vs. 52%) and extreme sports (16% vs. 9%); and were less likely to participate weekly in dance, yoga, and exercise classes (11% vs. 16%); and cultural or traditional activities (4% vs. 7%).

Students were asked about any barriers they may have experienced to taking part in extracurricular activities in the past year. Reflecting the provincial results and local results from 2013, the most common barrier was being too busy (47%).

Northern Interior youth were more likely than five years earlier to report missing out on activities because they were worried about being bullied (9% vs. 7% in 2013).

Compared to youth across the province, Northern Interior youth 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 (16% vs. 13%), they could not afford it (15% vs. 12%), and because they were worried about being bullied (9% vs. 7%). Also, 14% of local youth did not participate because they were unable to get to or from the activity.

Northern Interior 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	25%	19%	35%	21%
Organized sports	42%	7%	27%	23%
Volunteered without pay	58%	26%	14%	3%
Art/drama/singing/music (group or lessons)	69%	9%	13%	8%
Extreme sports	73%	12%	8%	8%
Cultural/traditional activities	81%	15%	3%	1%
Dance/yoga/exercise classes	82%	8%	6%	4%
Clubs/groups	85%	5%	9%	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 to 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, 67% of students had played at least one of these games in the past year (vs. 64% provincially) and 25% had played for money.

In comparison to females and non-binary youth, local males were the most likely to engage in these gambling activities (e.g., 80% vs. 57% of females).

## GAMBLING FOR MONEY

Students who gambled for money in the past year most commonly bought lottery tickets or scratch cards (49%). They also played cards or dice in person (34%) and online (7%); engaged in sports betting in person (33%) and online (5%); and engaged in online gaming (27%).

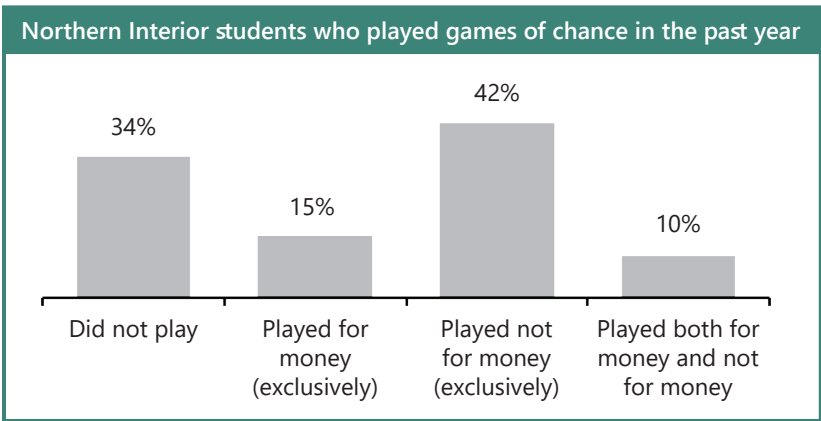
In comparison to youth across BC, youth in the Northern Interior were more likely to have bought lottery tickets or scratch cards (49% vs. 37% provincially), and were less likely to have engaged in online gaming (27% vs. 37%; among those who gambled for money).

In the past year, local males who gambled for money were more likely than females to engage in sports betting in person (40% vs. 23%) and online gaming (32% vs. 19%), and were less likely to have bought lottery tickets or scratch cards (37% vs. 66%).

Local youth were less likely than youth across the province to have gambled for money on at least a weekly basis over the past 12 months (15% vs. 20%; among those who gambled for money).

Local students who gambled for money on a weekly basis were twice as likely to have engaged in online gaming as any other gambling activity. For example, 10% participated in online gaming weekly, compared to 4% who played cards or dice in person.

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



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, 11% of youth in the Northern Interior went to bed hungry at least sometimes because there was not enough money for food at home, including 1% who often or always went to bed hungry. The percentage who went to bed hungry at least sometimes was similar to 2008 and higher than in 2013 (9%).

### 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.

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

Reflecting the provincial pattern, the most common item that youth reported wanting but not having was money to spend on themselves. However, local youth were more likely than their peers across BC to feel deprived of lunch for school or money to buy lunch (6% vs. 4% provincially), and were less likely to feel deprived of space of their own to hang out in (5% vs. 6%).

Northern Interior youth who felt deprived of...	
Money to spend on themselves	12%
Smartphone	8%
Lunch for school/money for lunch	6%
Money for school supplies, trips, and extracurricular activities	5%
Space of their own to hang out in	5%
Access to transportation	3%
Equipment/clothes for extracurricular activities	3%
A quiet place to sleep	2%
Clothes to fit in	2%
Access to the Internet	2%

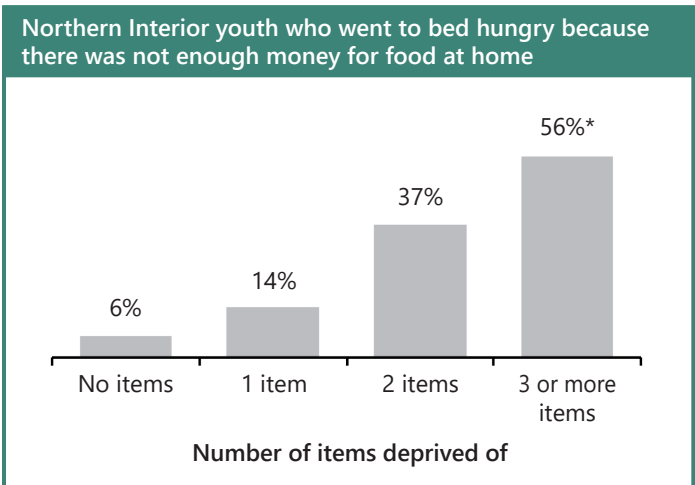
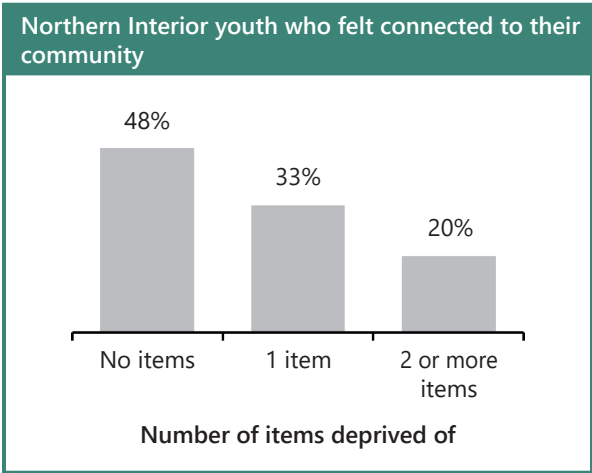
When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 73%\* of youth who did not have but wished for a quiet place to sleep had slept for less than eight hours on the night before completing the survey, compared to 52% of 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 join in extracurricular activities were less likely to think they would go on to post-secondary than those who had money for this (60%\* vs. 82%).

In the Northern Interior, 29% of youth reported they lacked but wished they had at least one of the items in the Index, including 6% who lacked two items, 3% who lacked three items, 2% who lacked four items, and 1% who lacked five or more.

The more items youth felt deprived of, 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 felt deprived of, the less likely they were to feel like a part of their school or community. For example, 40% of those who were deprived of two or more items reported feeling like a part of their school, compared to 62% of those who were not deprived of any items on the list.



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

## LOSS & BEREAVEMENT

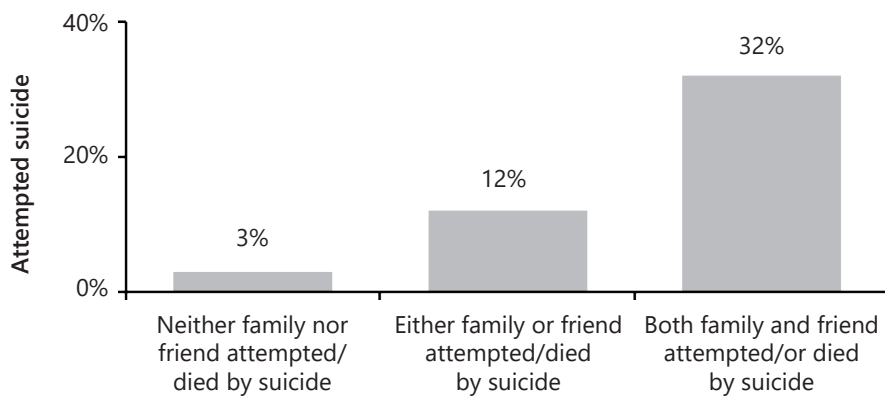
Most local students (77%) reported that at least one person close to them had died, most commonly due to illness (51%) and old age (50%). Other reasons included accident (19%), suicide (12%), violence (3%), a fentanyl overdose (2%), and an overdose other than fentanyl (5%).

The BC AHS also asked participants if they had a family member or close friend who had attempted or died by suicide, and if this had occurred within the past year. Locally, 23% had a family member who had attempted or died by suicide (vs. 16% provincially), including 8% who had done so within the past year (vs. 5%).

More than a third (36%) had a close friend who had attempted or died by suicide (vs. 29% provincially), and 22% had this experience within the past year (vs. 17% provincially).

In total, a quarter (25%) of local students had a family member or close friend who had attempted or died by suicide within the past year (vs. 20% provincially). Students who had a close friend and/or family member who had attempted or died by suicide were more likely to have attempted suicide themselves.

Northern Interior students who attempted suicide in the past year in relation to suicide attempts by family or close friends in the past year



## VIOLENCE & DISCRIMINATION

### DATING VIOLENCE

In the past year, 49% of Northern Interior students had been in a romantic relationship (vs. 43% across BC). Among these students, 9% had been the victim of physical violence within their dating relationship, with no gender differences. For both males and females, rates of dating violence were similar to those over the past decade.

### SEXUAL HARASSMENT

In the past year, 44% of local youth had been verbally sexually harassed and 27% had been physically sexually harassed. Males were less likely than females to have been verbally sexually harassed (30% vs. 55%) or physically sexually harassed (14% vs. 38%).

Local females were also more likely than females across BC to have been verbally (vs. 50% provincially) and physically (vs. 31%) sexually harassed.

For both males and females, rates of verbal sexual harassment were similar to 2013 and lower than a decade earlier. However, physical sexual harassment rates remained comparable to previous years for males and were higher than five years earlier for females (38% vs. 28%).

### PHYSICAL & SEXUAL ABUSE

Reflecting the provincial picture, 16% of local youth had ever been physically abused, with males the least likely to have had this experience (11% vs. 19% of females vs. 33%\* of non-binary youth).

Also, 14% of students had been sexually abused (vs. 11% provincially). Females and non-binary youth were more likely than males to have been sexually abused. Compared to five years earlier, there was a rise in the percentage of females who had been sexually abused (23% vs. 16% in 2013) and rates for males remained unchanged (4%).

### DISCRIMINATION

Similar to youth across BC, 41% of Northern Interior students had experienced at least one form of discrimination in the past year. The most commonly perceived reason for being discriminated against was physical appearance.

Local youth were more likely than those across BC to have been discriminated against because of their weight (19% vs. 16% provincially), and were less likely to have been discriminated against because of their race, ethnicity, or skin colour (8% vs. 14%).

Compared to 2013, there were increases in students who reported they had experienced discrimination because of their physical appearance (25% vs. 22%), gender/sex (10% vs. 6%), and their income or their family's income (9% vs. 7%).



Northern Interior youth's perceived reasons for being discriminated against in the past year	
Physical appearance	25%
Weight	19%
Gender/sex	10%
Income or family income	9%
Race, ethnicity, or skin colour	8%
Sexual orientation (e.g., being or thought to be gay or lesbian)	6%
A disability	4%

Note: Youth could choose more than one response.

## BULLYING

In the past year, 55% of youth had been the victim of bullying at school or on the way to or from school. This included being socially excluded on purpose (41%), teased to the point that they felt bad or extremely uncomfortable (39%), and physically attacked (9%).

Rates of being socially excluded were higher than five years earlier (41% vs. 33% in 2013), while rates of being teased and physically attacked remained comparable. Females were more likely than males to be teased (48% vs. 29%) and socially excluded (52% vs. 28%). There was no gender difference in being physically attacked.

Eleven percent of local students reported they had teased, purposefully excluded, or physically attacked someone else at school or on the way to or from school in the past year.

## WEAPON CARRYING

In the past 30 days, 6% of students carried a weapon to school, including 2% who always carried a weapon. Students who had been the victim of bullying were more likely to carry a weapon. For example, 19% of youth who had been physically attacked in the past year carried a weapon, compared to 4% who had not been attacked.

## INTERNET SAFETY

Compared to five years earlier, there was an increase in the percentage of students who had met someone through the Internet who made them feel unsafe (19% vs. 14% in 2013). Females remained more likely than males to have met someone unsafe online (26% vs. 10%).

In the past year, 15% of students had been cyberbullied (vs. 19% in 2008). Females remained more likely than males to have been cyberbullied (20% vs. 9%).

Similar to 2013, 7% of students reported they had cyberbullied someone else in the past year, with no gender differences.

# SUPPORTING HEALTHY DEVELOPMENT

## FAMILY

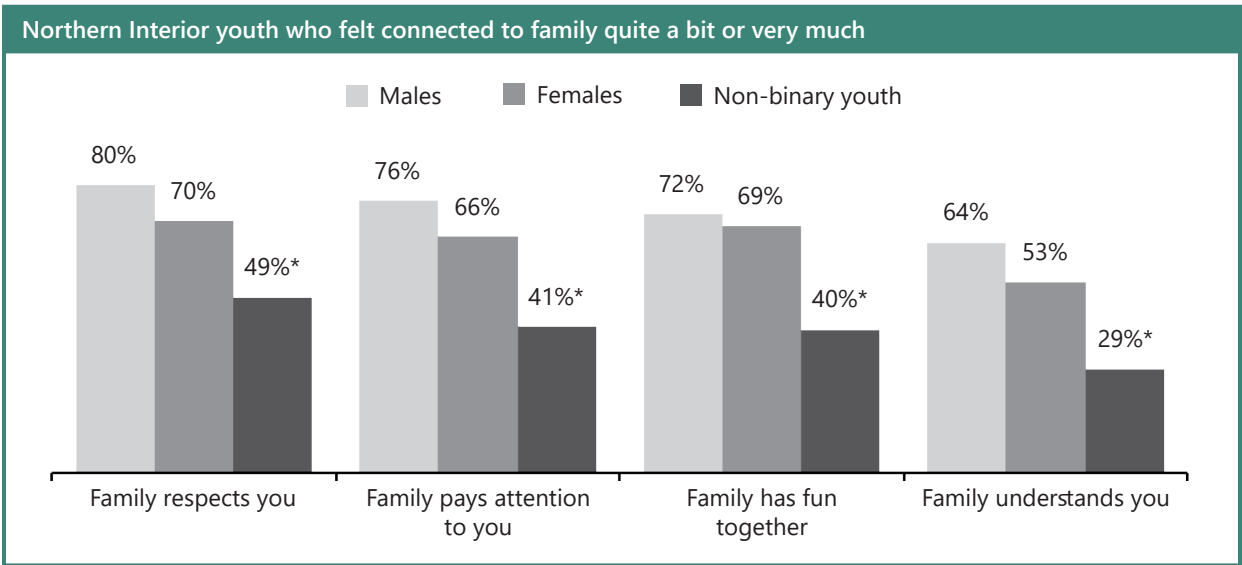
BC AHS results show that family relationships are one of the most important protective factors in the lives of youth. For example, youth who report feeling connected to family, have supportive adults they can turn to within their family, and have parents or caregivers who know what they are doing in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

Youth with positive family relationships are also less likely to engage in health risk behaviours and are more likely to have the skills to refuse negative peer pressure or unwanted sexual activity.

Youth in the Northern Interior generally felt connected to their families. Overall, 74% felt respected by their family, 70% felt their family paid attention to them, 70% felt their family had fun together, and 57% felt their family understood them.

### SUPPORTIVE FAMILY

As in 2013, 73% of Northern Interior 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 have such an adult in their family (48%\* vs. around 7 in 10 males and females).



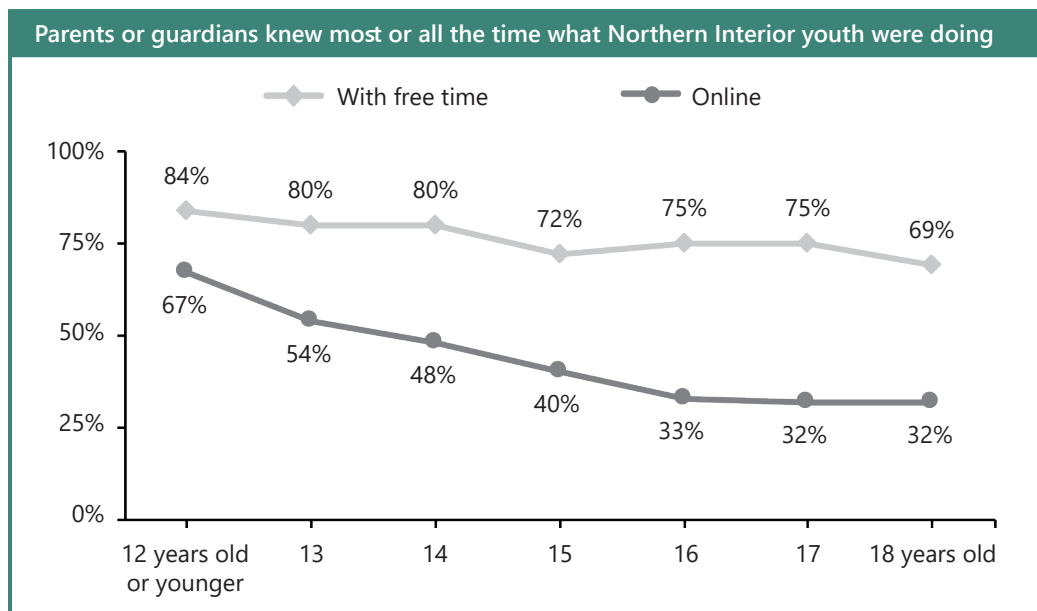
Note: The difference between males and females was not statistically significant for 'Family has fun together'.  
\* Percentage should be interpreted with caution as the standard error was higher than expected but still within the releasable range.

Most local students (73%) turned to a family member for help in the past year (vs. 67% in 2013), and the majority of these students (94%) found the support helpful. When considered by gender, there was an increase in local males who turned to a family member for help (73% vs. 64% in 2013) while the percentage among females remained consistent.

## MONITORING

Most students had parents who monitored their free time and their time online. However, 11% had parents who rarely or never knew what they were doing in their free time, and 36% 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, three quarters of local students (75%) felt they had the right amount of time, and 20% felt they did not have enough time.



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

## SCHOOL

*"Schools need better emotional support resources."*

Grade 12 student

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.

The majority of students in the Northern Interior felt that school staff expected them to do well (81%), they were treated fairly by school staff (72%), their teachers cared about them (65%), they were part of their school (57%), they were happy to be at school (56%), and school staff other than teachers cared about them (53%).

## SAFETY

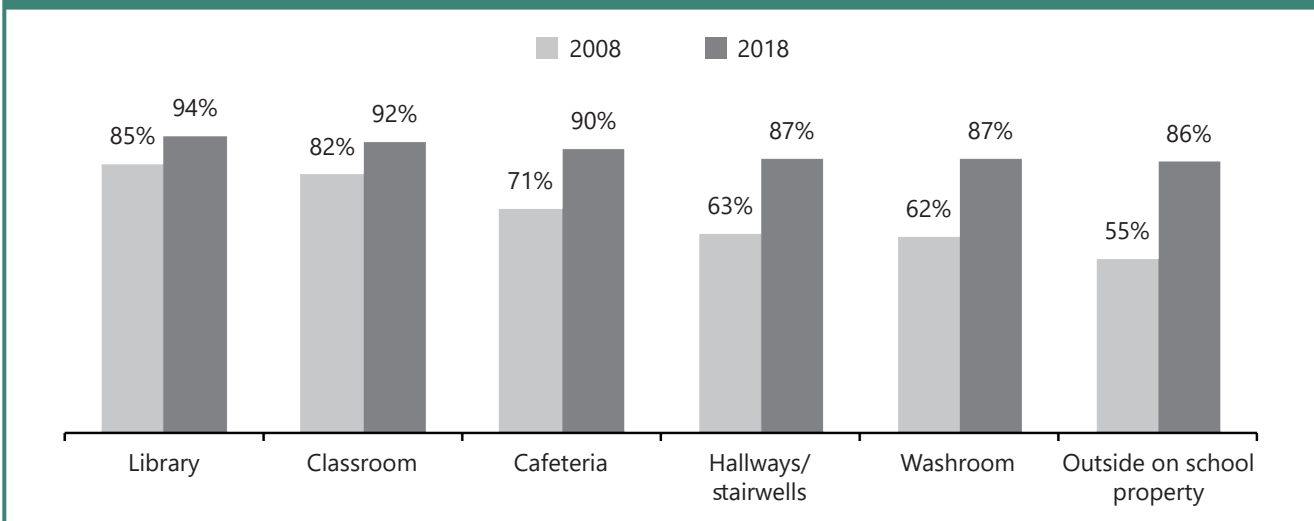
*Results in the Northern Interior were similar to provincial results for school safety.*

Overall, 70% of Northern Interior students felt safe at school. This represented a local decrease from 75% in 2013. Non-binary youth were the least likely to feel safe at school (35%\* vs. around 7 in 10 males and females), and in specific areas of their school.

Males were more likely than females to feel safe in the washrooms (90% vs. 86%), changing rooms (88% vs. 84%), hallways (91% vs. 85%), library (96% vs. 93%), cafeteria (93% vs. 88%), outside on school grounds (90% vs. 84%), and getting to/from school (93% vs. 88%).

Northern Interior students felt safer in every area of their school in 2018 compared to 2008, and at similar rates to 2013. In addition, 85% of students felt safe in the changing rooms and 90% felt safe getting to/from school. These rates were unchanged from 2013 when the question was first asked.

Locations where Northern Interior students usually or always felt safe at school





## EDUCATION PLANS

Similar to youth across BC and to local results in 2013, most Northern Interior students planned to finish Grade 12 (86%). However, fewer students intended to go on to post-secondary than was seen provincially (80% vs. 83%).

Most students who did not report planning to finish high school had not yet thought about it or were unsure if they would complete high school.

Females were more likely than males to plan to finish high school (89% vs. 83% of males) and go on to post-secondary (84% vs. 75%).

## SCHOOL ATTENDANCE

In the past month, local youth most commonly missed school due to illness and to attend appointments. A quarter of local students had skipped class, with 7% doing so on three or more days.

There was an increase in local students who missed school due to work in the past month (6% vs. 3% in 2013). Local youth were more likely than their peers across BC to have missed school to attend appointments (41% vs. 36% provincially), because of their mental health (19% vs. 15%), family responsibilities (18% vs. 14%), lack of transportation (7% vs. 5%), and work (6% vs. 4%).

Females were more likely than males to have missed school because of an appointment (49% vs. 31%), illness (46% vs. 39%), their mental health (26% vs. 8%), skipping class (28% vs. 21%), other school responsibilities (23% vs. 13%), family responsibilities (21% vs. 15%), and bullying. Non-binary youth were the most likely to have missed class because of their mental health (48%\*).

*"I can't come to school all the time because I work so late with no time to study for my test the next day, so I sleep and catch up on work."*

Grade 11 student

### Reasons Northern Interior students missed classes in the past month

Illness	43%
Appointments	41%
Skipping class	25%
Slept in	22%
Mental health (e.g., anxiety, depression)	19%
Family responsibilities	18%
Other school responsibilities	18%
No transportation	7%
Work	6%
Bullying	4%

Note: Youth could choose more than one response.

## COMMUTE TO SCHOOL

Northern Interior youth most commonly got to school by car. Local students were more likely than their peers across BC to commute to school by car (53% vs. 47% provincially) and by school bus or public transit (29% vs. 23%), and were less likely to commute by active means (walk/bike/skateboard; 18% vs. 29%).

Most Northern Interior students had a commute to school that was less than 30 minutes (87% vs. 90% provincially), and 4% commuted for at least an hour (vs. 2% provincially).

## 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 are less likely to engage in binge drinking and other health risk behaviours. They are also less likely to miss out on mental health services when they need them.

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

Similar to youth across the province and to local youth in 2013, 42% of Northern Interior youth felt quite a bit or very much connected to their community, and 21% felt only a little or not at all connected.

Most Northern Interior youth (69%) felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them. This was similar to the rate in 2013, and above the provincial rate of 65%.

## SAFETY

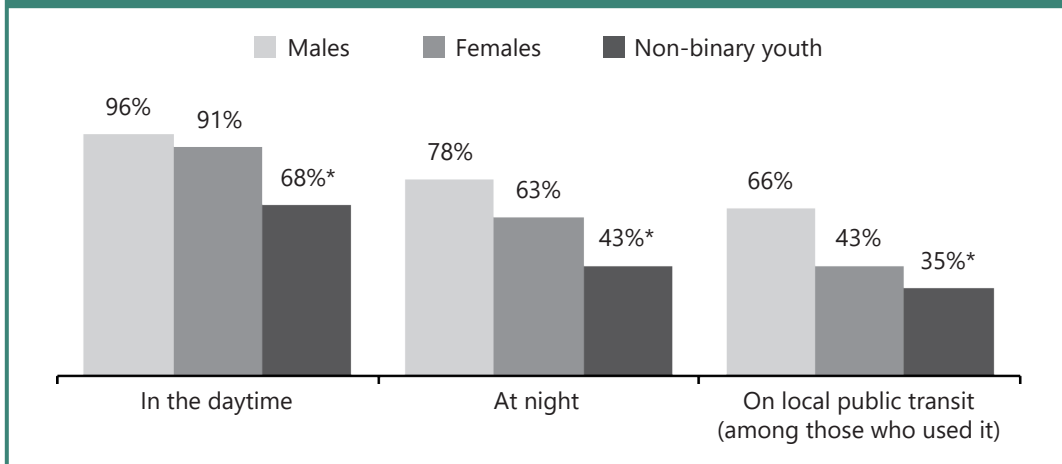
The majority of local youth often or always felt safe in their neighbourhood in the daytime (92%) and at night (69%). Males were the most likely to feel safe during the day and at night.

Compared to five years earlier, males were more likely to report feeling safe in their neighbourhood during the day (96% vs. 91% in 2013), and females were less likely to report feeling safe in their neighbourhood at night (63% vs. 67% in 2013).

The majority of local youth used public transit (54%). Among those who used transit, 53% often or always felt safe on transit, and 18% rarely or never did.



#### Northern Interior students who often or always felt safe...



Note: For 'On local public transit' the difference between females and non-binary youth was not statistically significant.

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

Local males were more likely than males across BC to feel safe in their neighbourhood during the day (96% vs. 93% provincially) and at night (78% vs. 73%). Also, local females were more likely than females across the province to feel safe in their neighbourhood at night (63% vs. 58% across BC), but were less likely to feel safe on public transit (43% vs. 52% of females across BC who used transit).

## RELATIONSHIP TO THE LAND/NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Students in Northern Interior were more likely than those across BC to report often or always feeling connected (49% vs. 44% provincially). Also, 35% sometimes felt connected, and 16% hardly ever or never felt connected.

# SUPPORTIVE RELATIONSHIPS

## SUPPORTIVE ADULTS

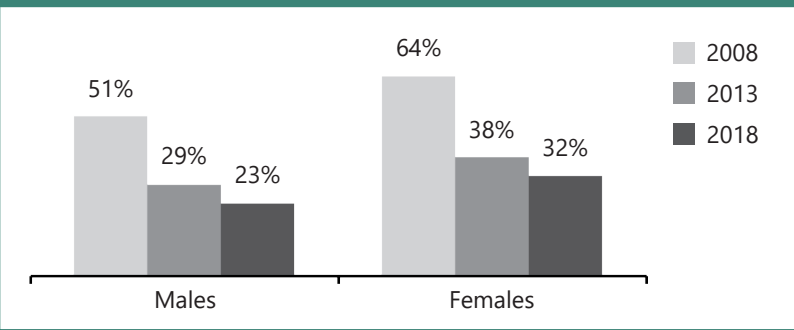
Youth who have a supportive adult in their life are more likely to feel comfortable refusing to do something they do not want to do, such as engaging in unwanted sexual activity or sexting, and are less likely to miss out on needed mental health care. They are also more likely to feel happy if they have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

Locally, 28% of students had an adult outside their family who they could talk to if they had a serious problem. This was similar to the provincial rate, but below the local rate five (33%) and ten (57%) years earlier. Females were more likely than males to have such an adult in their life.

Most Northern Interior students had an adult who helped them to make and get to appointments, prepare for post-secondary, get a job, and with homework. Local students were more likely than youth across BC to have an adult who helped them get to appointments (92% vs. 89% provincially), make appointments (92% vs. 89%), and find employment (77% vs. 69%).

Northern Interior students who had an adult outside their family they could talk to when faced with a serious problem



Northern Interior students who had an adult who helped them with...

	Yes	No	Do not need this
Getting to appointments	92%	3%	5%
Making appointments	92%	4%	5%
Preparing for post-secondary	78%	13%	9%
Getting a job	77%	12%	12%
Homework	65%	18%	17%

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

## ASKING ADULTS FOR HELP

Outside of family members and friends, local students most commonly approached a teacher when they needed help. In comparison to youth across BC, local youth were less likely to ask for help from a school counsellor (27% vs. 31% provincially). The majority of youth found the people they approached helpful.

Adults outside their family whom Northern Interior students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	53%	94%
Doctor	34%	90%
Sports coach	27%	95%
School counsellor	27%	80%
Friend's parent	24%	90%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	23%	87%
Nurse	18%	91%
Mental health counsellor	12%	72%
Youth worker	8%	82%
Aboriginal Education Worker <sup>†</sup>	8%	78%
Spiritual leader	6%	81%
Social worker	6%	76%
Indigenous Elder <sup>†</sup>	6%	84%
Telephone helpline	5%	60%*
Online community/online support group	5%	67%*

<sup>†</sup> Among Indigenous students, 19% had approached an Aboriginal Education Worker for help and most of them found this experience helpful (90%). Among Indigenous students, 18% had approached an Indigenous Elder for help and most found this experience helpful (96%).

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

## FRIENDS

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

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

*"The only person I show my true self to is my best friend."*

Grade 10 student

Most students in the Northern Interior (96%) had at least one close friend in their school or neighbourhood, and 79% had three or more close friends.

Over a third (37%) of local students had at least one close friend online whom they had never met in person, and 18% had three or more such friends (22% of males vs. 15% of females).

In the past year, 10% of youth had dated someone they had met online and had never met in person, including 2% who had two or more such romantic partners.

### Connecting with friends

When asked how much time they had to do the things they wanted with friends, 67% felt like they had the right amount of time, 29% did not have enough time (34% of females vs. 24% of males), and 4% had too much time.

Older youth were generally more likely than younger ones to report not having enough time to spend with friends (e.g., 39% of 17-year-olds vs. 21% of 13-year-olds).

### Asking for help

In the past year, 74% of students asked a friend they knew in person for help, and 94% of these students found their friend helpful. Also, 19% asked a friend they knew exclusively online for help, and 85% of them found this helpful. Females were more likely than males to have sought help from a friend they knew in person (78% vs. 69%).

Males and females were equally likely to find their friends helpful and non-binary youth were the least likely (71%\* vs. over 9 in 10 males and females; among those who asked for help).

Non-binary youth were more likely than males and females to ask a friend they only knew online for help (39%\* vs. about a fifth of males and females). There were no gender differences in who found their online friends helpful.

In the past year, 78% of students had a friend who had asked them for help (83% of females vs. 72% of males). Most youth (96%) who were asked felt able to help.

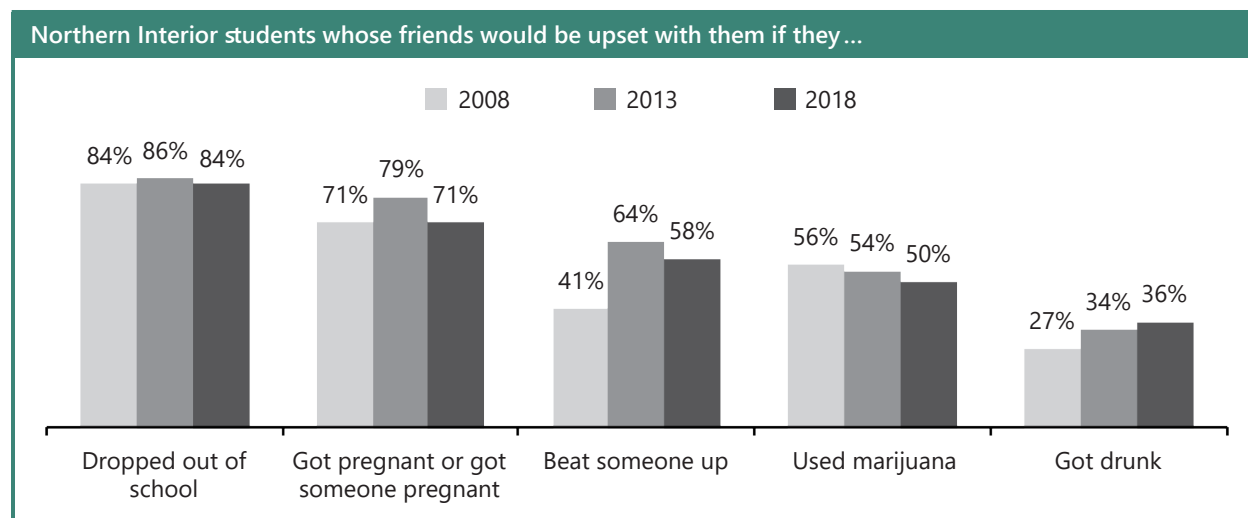
## Friends with prosocial attitudes

Students in the Northern Interior generally had friends who would be upset with them for engaging in health risk behaviours. However, they were less likely than their peers across BC to have friends who would be upset with them if they beat someone up (58% vs. 65% provincially), got drunk (36% vs. 45%), or used marijuana (50% vs. 55%).

Females were the most likely to have friends who would be upset with them if they beat

someone up (68% vs. just under half of males and non-binary students), were involved in a pregnancy (75% vs. 69% of males vs. 46%\* of non-binary students), or dropped out of school (e.g., 89% vs. 79% of males).

In 2013 females were more likely than males to have friends who would be upset if they got drunk or used marijuana. These gender differences were no longer present in 2018.



Note: The differences between 2008, 2013, and 2018 were not statistically significant for 'dropped out of school.'

Note: The difference between 2008 and 2013 was not significant for 'used marijuana.'

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

# YOUNG PEOPLE'S STRENGTHS & RESILIENCY

## QUALITY OF LIFE & WELL-BEING

Northern Interior 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.

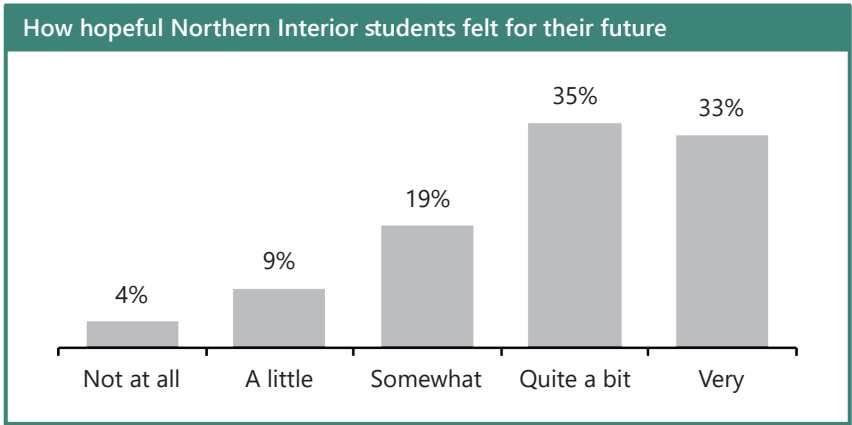
## HOPEFULNESS

Just over two thirds of Northern Interior students (68%) felt quite a bit or very hopeful for their future, with males the most likely to feel this way (e.g., 74% of males vs. 65% of females).

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

Quality of life and well-being among Northern Interior youth			
	Agree/ Strongly agree	Neither agree nor disagree	Disagree/ Strongly disagree
I have a good life	81%	15%	5%
My life is going well	74%	18%	9%
I have what I want in life	60%	25%	15%
My life is going just right	57%	27%	16%
I wish I had a different life	16%	19%	65%

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





## PERSEVERANCE

For the first time, the BC AHS included a question about how often students pushed themselves to achieve their goals when things went wrong. Five percent of local students indicated that things had never gone wrong for them.

Among those who had experienced challenges or setbacks, 41% 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 53% sometimes pushed themselves.

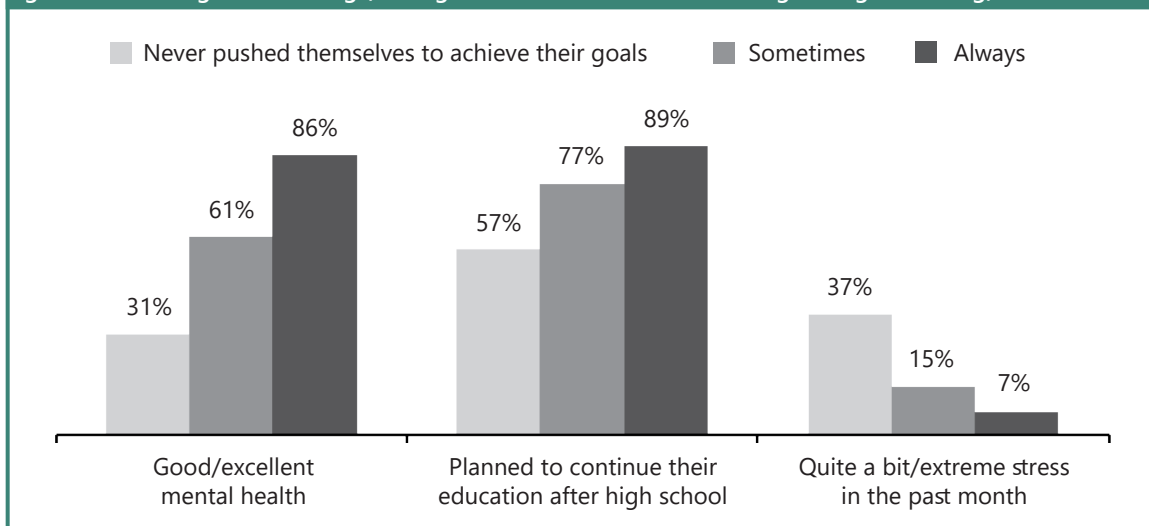
The more often Northern Interior students persevered when faced with obstacles, the more likely they were to experience positive mental health and to have plans to pursue post-secondary education, and the less likely they were to experience relatively high levels of stress.

## FEELING SKILLED & CONFIDENT

Unchanged from 2013, 77% of Northern Interior youth were able to name something they were really good at (such as sports, school work, art, or music). Males were more likely than females to be able to identify something they were really good at (81% vs. 74%).

The majority (59%) of local students usually felt good about themselves, with males the most likely to feel this way (e.g., 71% of males vs. 49% of females). Students who felt good about themselves were more likely than those who did not feel this way to feel hopeful for their future (85% vs. 30%).

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



## UNSTRUCTURED TIME

Two thirds (67%) of local youth felt they had the right amount of time to do what they wanted on their own, whereas 23% felt they did not have enough time, and the remainder felt they had too much time.

Students who felt they had the right amount of time 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 (72% vs. 44% of those who felt they did not have enough time) and to feel their life was going well (81% vs. 56%), and they were less likely to experience extreme stress in the past month (9% vs. 24%).

Locally, 59% of youth felt they had the right amount of time to do what they wanted in nature, while 38% felt they did not have enough time. Those who felt they had the right amount of time to spend in nature were more likely to feel connected to the land/nature (53% vs. 42% of those who felt they did not have enough time to spend in nature).

## SPIRITUALITY

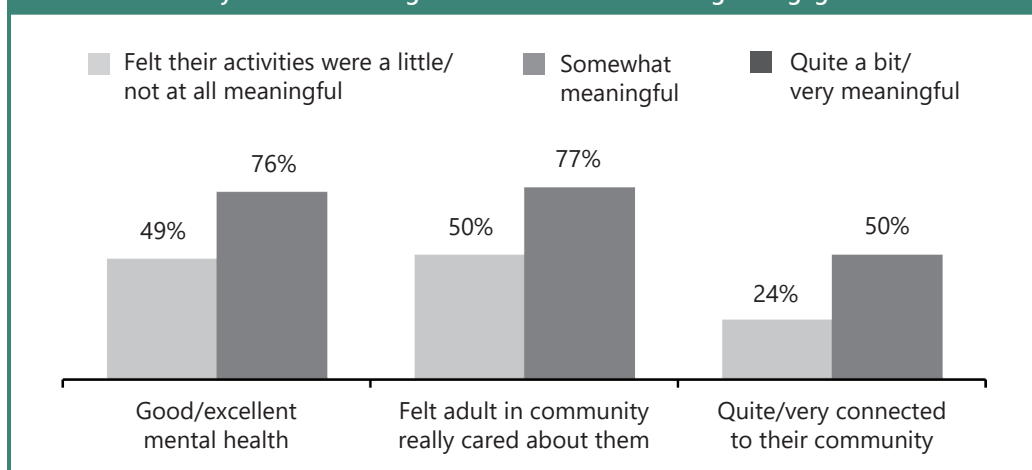
Twelve percent of Northern Interior students reported that spirituality was very important in their life (vs. 16% provincially), while 21% felt it was somewhat important, 16% a little important, and 37% felt it was not important to them. Also, 15% indicated not knowing how important spirituality was in their life.

## MEANINGFUL ENGAGEMENT

As in 2013, 66% of youth felt that the activities they were involved in were meaningful, and 41% felt their ideas were listened to and acted upon in these activities.

Northern Interior 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.

Northern Interior youth's well-being in relation to their meaningful engagement in activities



# TOPICS NORTHERN INTERIOR YOUTH WOULD LIKE TO LEARN MORE ABOUT

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

In the Northern Interior, 3% of students identified at least one health-related topic they would like to receive training about or see included in their school's curriculum.

The most common topic youth wanted to learn more about was mental health, including information about specific conditions and how they can be managed.

*"[I want to learn about] anxiety and how to deal with it, or even how to know if it's a serious problem and if you have it—because I don't know if it's a disorder I have or if I'm simply feeling anxious, but I don't want to go to a doctor to find out."*

Grade 12 student

*"I want information on depression, anxiety disorders and self-harm."*

Grade 9 student

*"We should be taught how to tell if your anxiety or/and depression is severe enough to seek professional help."*

Grade 11 student

Students also commonly identified sexual health, gender identity, and sexual orientation as areas they wanted more information on including LGBTQ2S+ sex education.

*"Where is same-sex sexual health information?"*

Grade 11 student

*"More in-depth information about sexting and sex."*

Grade 8 student

*"We need better sex ed classes!! I learned everything I know online."*

Grade 12 student

*"I want to learn about pregnancy."*

Grade 12 student

*"Sex education taught for people who aren't straight."*

Grade 11 student

*"I would like schools to talk more about gender and sexuality. The stress I went through discovering my gender is something I want other kids to be able to avoid."*

Grade 12 student

*"Teach kids about sexuality and gender at a young age!"*

Grade 12 student

Other topics students wanted more information on included healthy relationships, use of technology, recognizing and reporting abuse, and physical health.

*"I would like to learn about mental/emotional abuse."*

Grade 12 student

*"I want info on how our family's (parent/guardian) health affects our own."*

Grade 10 student

*"More teachings about technology and its effects on us."*

Grade 9 student

# McCREARY RESOURCES

## BC AHS PROVINCIAL & REGIONAL RESULTS



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

## ADDITIONAL PUBLICATIONS



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

## PRESENTATIONS & WORKSHOPS



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

## ENGAGING YOUTH IN THE BC AHS RESULTS



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

## YOUTH ACTION GRANTS



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

## BC AHS NEXT STEPS



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





