



BALANCE AND CONNECTION IN OKANAGAN



THE HEALTH AND WELL-BEING
OF OUR YOUTH



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BALANCE AND CONNECTION IN OKANAGAN:

THE HEALTH AND WELL-BEING OF OUR YOUTH

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



KEY FINDINGS

■ Okanagan students remain more likely than their peers across the province to identify as European (65% vs. 46%). However, compared to a decade earlier, the percentage who identified as European decreased and there was an increase in youth who identified as Indigenous (15% vs. 12% in 2008), East Asian (5% vs. 4%), and Southeast Asian (2% vs. 1%).

■ Okanagan students were more likely than those across BC to have worked at a paid job during the school year (41% vs. 33%). Locally, 8% of students worked in excess of 20 hours a week during this time.

■ Consistent with youth across the province, most Okanagan students rated their overall health and their mental health as good or excellent. However, the percentages who rated their overall health this way decreased (81% vs. 87% in 2013), as did the percentage who rated their mental health positively (70% vs. 80%).

■ There was an increase in students who reported having a mental health condition, including Anxiety Disorder/panic attacks (24% vs. 11% in 2013), Depression (19% vs. 12%), and Post-Traumatic Stress Disorder (PTSD; 3% vs. 1%).

■ In the past year, 11% of males, 25% of females, and 48%* of non-binary youth had cut or injured themselves on purpose without the intention of killing themselves. Also, 19% had seriously considered suicide (vs. 14% five years earlier), and 6% had attempted suicide.

■ Comparable to the province as a whole, 20% of Okanagan youth had needed mental health services in the past year but had not accessed them (11% of males vs. 27% of females vs. 50%* of non-binary youth). This represented a local increase from 12% in 2013.

■ As was the case in 2013, local students were more likely to have engaged in oral sex and intercourse than their peers across the province. However, the percentage who ever had oral sex declined from 30% five and ten years earlier to 27% in 2018.

■ Okanagan youth remained more likely than their peers across BC to have ever smoked tobacco (24% vs. 18%) and were also more likely to have vaped in the past month. For example, 29% had vaped with nicotine in the past month compared to 21% provincially.

■ Rates of trying alcohol and marijuana were similar to five years earlier and higher than across BC. However, local youth were more likely than in previous years to wait until they were at least 15 years old to first try marijuana (e.g., 45% vs. 35% in 2013).

■ The Canadian Physical Activity and Sedentary Behaviour Guidelines state that children and youth aged 5–17 should complete at least 60 minutes of moderate to vigorous exercise every day. Locally, 21% of youth aged 12–17 met these recommendations in the week before taking the survey. This reflected a local increase from 17% in 2013. Compared to youth across BC, local youth were more likely to participate weekly in informal sports (57% vs. 52%) and extreme sports (15% vs. 9%).

■ Around two thirds (67%) of Okanagan students had experienced bereavement, including as a result of an accident (16% vs. 13% across BC), suicide (13% vs. 9%), an overdose other than fentanyl (5% vs. 4%), violence (3%), and a fentanyl overdose (3%).

■ As in 2013, local females were more likely than females across the province to have experienced physical sexual harassment in the past year (35% vs. 31%). In 2018, they were also more likely to have experienced verbal sexual harassment (54% vs. 50% of females across BC).

■ The percentage of local students who had met someone through the Internet who made them feel unsafe increased over the past decade (19% vs. 16% in 2013 vs. 13% in 2008). As in previous years, females were more likely than males to have had this experience (25% vs. 13%).

■ The majority of local students felt connected to their family, and most (75%) had turned to a family member for help in the past year (an increase from 69% in 2013). The vast majority (92%) of students who sought help from their family found the experience helpful.

■ Most students in the Okanagan felt school staff expected them to do well (80%), they were treated fairly by school staff (69%), their teachers cared about them (65%), they were part of their school (56%), they were happy to be at school (56%), and felt that school staff other than teachers cared about them (54%).

■ Overall, 71% of Okanagan youth felt safe at school, which was similar to the provincial rate and a decrease from previous years (e.g., 77% in 2013). Males were the most likely to feel safe at school and non-binary youth were the least likely (74% of males vs. 69% of females vs. 47%* of non-binary youth).

■ The majority of Okanagan youth often or always felt safe in their neighbourhood in the day-time (93%) and at night (70%). As in 2013, local youth were more likely than their peers across the province to feel safe in their neighbourhood at night (70% vs. 65% provincially).

■ Most Okanagan youth (70%) felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them. This reflected a local increase from 63% in 2013 and was above the provincial rate of 65%.

■ Locally, 30% of youth had an adult outside their family whom they could talk to if they had a serious problem, which was above the provincial rate of 27%. Local females were more likely than males to have such an adult in their life (34% vs. 26%).

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

■ The most common topic Okanagan youth identified wanting to learn more about was mental health.

INTRODUCTION

2018 BC ADOLESCENT HEALTH SURVEY

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

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

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

REGIONAL REPORTS

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

Okanagan HSDA is comprised of six school districts: Vernon (SD 22), Central Okanagan (SD 23), Okanagan Similkameen (SD 53), Nicola-Similkameen (SD 58), Okanagan Skaha (SD 67), and North Okanagan-Shuswap (SD 83). All school districts in this region have participated in the survey since 1998, and five of the six have participated in all six waves of the survey.

In 2018, Conseil scolaire francophone (SD 93) schools in this HSDA participated in the survey for the first time. They accounted for 1% of the Okanagan HSDA sample.

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



A GUIDE TO THIS REPORT

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

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

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

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

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

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

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

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



LIMITATIONS

When reading this report, it is important to remember that although it is considered representative of Okanagan youth aged 12–19 who were attending mainstream schools, 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 this region who identified as non-binary was small (2%). Therefore, although non-binary youth were considered in all gendered analyses, it was often not possible to report the findings due to the risk of deductive disclosure or the possibility that the percentage estimate was unreliable.

GLOSSARY

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

- **Extreme sports** include activities such as 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, and those who were not yet sure of their gender identity.
- **Organized sports** are sports with a coach, such as school teams and swimming lessons.
- **Phone** refers to a cell phone, smartphone, or other portable electronic communication device.
- **Sexting** refers to sending sexually explicit photographs or messages via a cell phone. It was also referred to on the survey as ‘sending nudes.’
- **Student** and **youth** are used interchangeably to refer to survey participants aged 12–19.

YOUNG PEOPLE IN OKANAGAN

BACKGROUND

In 2018, Okanagan students were more likely than those across the province to identify as European. However, the percentage who identified as European decreased locally (e.g., 65% vs. 73% in 2013).

Compared to a decade earlier, there was an increase in the percentage of youth who identified as Indigenous (15% vs. 12% in 2008), East Asian (5% vs. 4%), and Southeast Asian (2% vs. 1%).

Family background		
	Okanagan	BC
European	65%	46%
Indigenous	15%	10%
East Asian	5%	18%
Latin/South/Central American	5%	5%
South Asian	4%	11%
Southeast Asian	2%	8%
African	2%	3%
Australian/Pacific Islander	2%	2%
West Asian	1%	3%
Don't know	15%	10%
Other	3%	4%

Note: Youth could choose more than one response.

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

Note: For 'other' the difference between Okanagan and BC was not statistically significant.

BIRTHPLACE & LANGUAGE

Most (88%) local students were born in Canada (vs. 79% across BC). Among students who were born abroad, 16% had been in Canada between two and five years, and 31% had been here less than two years.

Students born abroad included 4% who were here as international students (vs. 6% provincially), and less than 1% who had arrived as refugees.

Around a third (32%) of local students spoke a language other than English at home, including 8% who did so most of the time. These rates were lower than across BC, where over half (53%) spoke another language at home and 23% did so most of the time.



INDIGENOUS YOUTH

Among the 15% of Okanagan students who identified as Indigenous, the majority were First Nations (56%), 43% were Métis, and the remainder identified as another Indigenous background (including Inuit).

Almost a quarter (24%) of local Indigenous students had ever lived on a First Nations reserve, including 15% who currently lived on a reserve.

Indigenous students were more than twice as likely as five years earlier to speak an Indigenous language (22% vs. 10% in 2013), including 3% who could hold a conversation or were fluent.

Over a third of Indigenous students (34%) reported that at least one member of their family had been in residential school, including 18% whose grandparents attended.

Seven percent of Indigenous youth identified as Two Spirit.

GENDER IDENTITY & SEXUAL ORIENTATION

For the first time, the BC AHS asked youth about what sex was on their birth certificate and also about their current gender identity. Half of participants had been assigned male on their birth certificate and the same percentage had been assigned female. For nearly all youth (97%) their current gender identity corresponded with their sex at birth, while 1% were transgender, and 2% were non-binary (including 1% who were not yet sure how they identified).

Males were more likely than females and non-binary youth to identify as straight (91% vs. 79% of females vs. 17% of non-binary youth). Females were more likely than males to identify as mostly straight (7% vs. 2%), and to be unsure of their sexual orientation (4% vs. 2%). Non-binary youth were the most likely to identify as lesbian, gay, or bisexual (36%* vs. 9% of females vs. 4% of males).

Sexual orientation of Okanagan youth

Straight	84%
Mostly straight	5%
Bisexual	6%
Gay or lesbian	1%
Not sure yet	3%
Something other than those listed above	2%

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

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

GOVERNMENT CARE

Students were asked if they had experienced different types of government care (through the BC Ministry of Children and Family Development or a delegated agency) or alternatives to care. Three percent had been in foster care, 2% on a Kith and Kin agreement, 1% had stayed in a group home, and 1% in a custody centre. Also, 1% of age eligible students had been on a Youth Agreement.

LIVING SITUATION

Students most commonly reported living with at least one parent (96%). Compared to five years earlier, they were more likely to be living with parents, siblings, and grandparents.

Youth were asked if they had caretaking responsibilities on a typical school day. Locally, 18% took care of a relative (e.g., a relative with a disability or a younger sibling), and 67% looked after a pet. Females were more likely than males to take care of a relative (21% vs. 16%) or a pet (71% vs. 62%), and non-binary youth were the most likely to take care of a pet (86%).

Around a quarter (26%) of local youth had moved from one home to another in the past year, including 6% who moved three or more times. Also, 9% ran away from home, and 6% had been kicked out in the past year.

Unchanged from 2013, most students (93%) often or always felt safe inside their homes, while 3% never or rarely felt safe there.

Who Okanagan youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	84%	88%	↑
Father/Stepfather	69%	78%	↑
Two mothers or two fathers	1%	1%	—
Grandparent(s)	7%	9%	↑
Foster parent(s)	1%	1%	—
Sibling(s)/Step-sibling(s)	54%	69%	↑
Own child or own children	NR	NR	—
Other children or youth	2%	3%	—
Other related adult(s)	2%	2%	—
Other unrelated adult(s)	3%	3%	—
Live alone	1%	<1%	—
Live with both parents at different times	10%	10%	—

Note: Youth could choose more than one response.
↑ Indicates there was a statistically significant increase from 2013 to 2018.

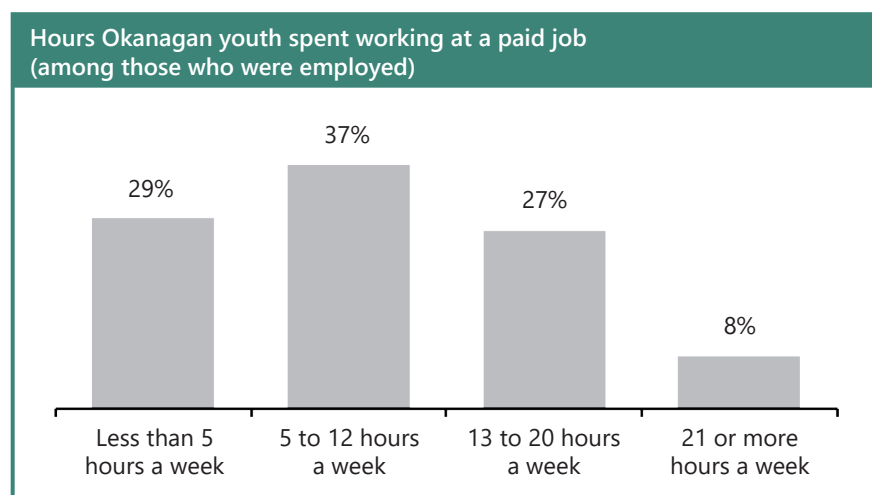


EMPLOYMENT

Okanagan students were more likely than those across BC to have worked at a paid job during the school year (41% vs. 33%).

PHONE USE

Most Okanagan students (95%) had a cell phone, smartphone, or other portable device; and nearly all of these youth used their device on the day before taking the survey. Students most commonly used their phone to listen to music and communicate with friends.



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

Okanagan students' phone use on their last school day (among those with a phone)	
Listening to music	88%
Communicating with friends they know in person	86%
Using social media	84%
Communicating with parent(s)/guardian(s)	81%
Watching shows, movies, YouTube, etc.	74%
Finding information (other than health information)	64%
Playing games	56%
Doing homework	53%
Communicating with someone they know only online	24%
Finding health information	19%
Watching porn	12%
Sexting	5%
Gambling	1%

Note: Youth could choose more than one response.

HEALTH PROFILE OF OKANAGAN 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 Okanagan students rated their health as good or excellent (as opposed to fair or poor). However, the percentages who rated their health this way decreased (81% vs. 87% in 2013).

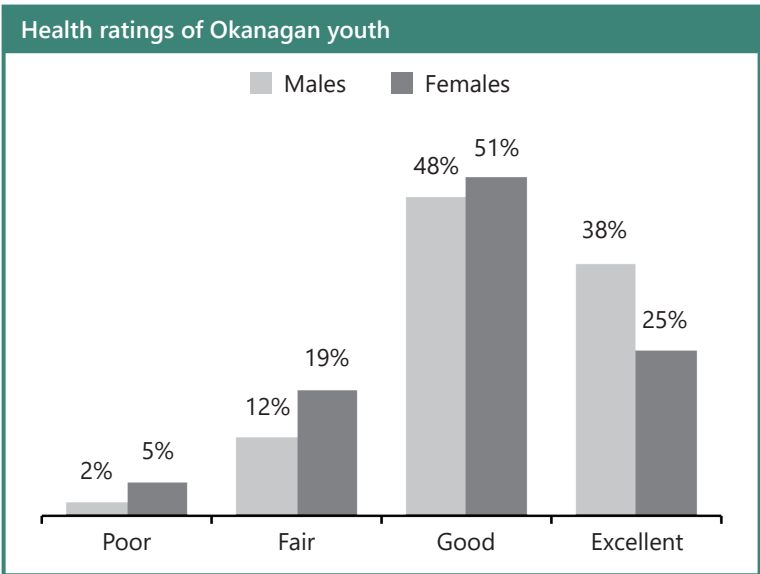
As in previous years, males were more likely than females to rate their health positively.

HEALTH CONDITIONS & DISABILITIES

Overall, 35% of youth indicated having at least one health condition or disability, which was an increase from 30% in 2013.

Compared to five years earlier, there was a decrease in the percentage of local students who had a long-term or chronic medical condition (10% vs. 13% in 2013) and an increase in the percentage reporting a mental health condition (20% vs. 13%), physical disability (2% vs. 1%), or severe allergy (3% vs. 2%).

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



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

Health conditions and disabilities reported by Okanagan youth	
Mental health condition	20%
Long-term/chronic medical condition	10%
Learning disability	4%
Sensory disability	4%
Severe allergy requiring EpiPen	3%
Physical disability	2%
Other	2%

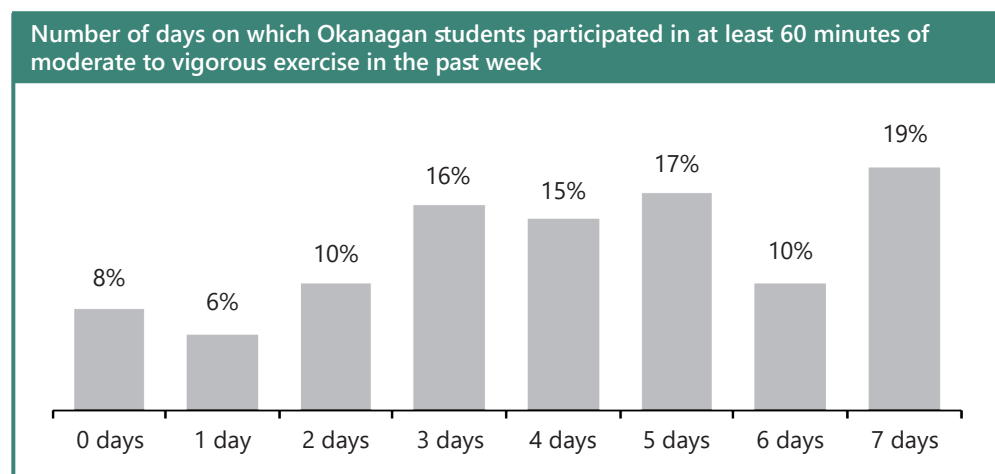
Note: Youth could choose more than one response.

PHYSICAL ACTIVITY

The Canadian Physical Activity and Sedentary Behaviour Guidelines state that children and youth aged 5–17 should complete at least 60 minutes of moderate to vigorous exercise every day.

Reflecting the provincial picture, 21% of Okanagan youth aged 12–17 met these recommendations in the week before taking the survey, with males more likely than females to have done so (27% vs. 14%). This was a local increase from 17% in 2013.

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Similar to the provincial picture and to local results five years earlier, 68% 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 (with comparable rates for males and females).



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

SLEEP

Just over half (53%) of Okanagan students slept eight or more hours on the night before completing the survey (including 23% who slept nine or more hours), and 6% slept four hours or less. The percentage of students who slept for at least eight hours decreased from five years earlier (56%), but was higher than the provincial rate (48%).

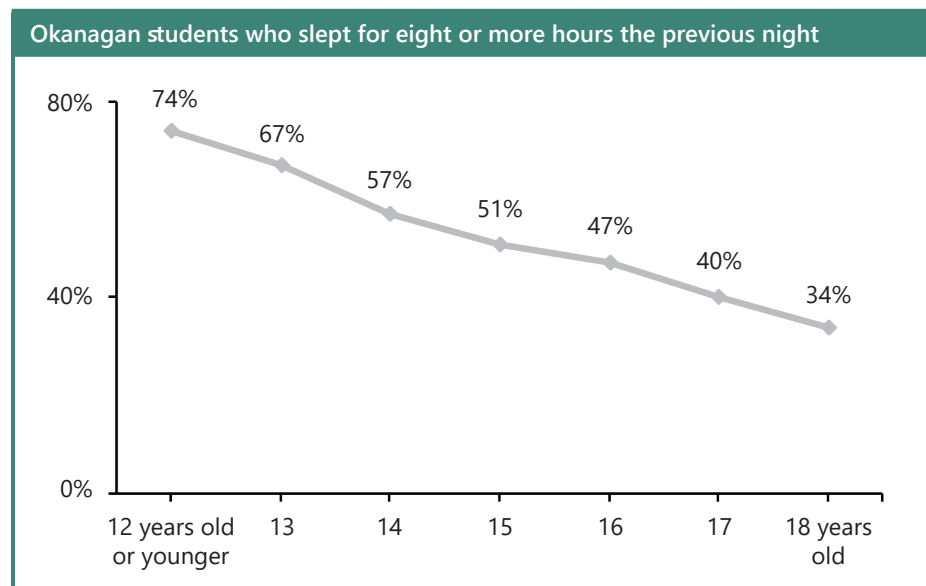
Non-binary youth were the least likely to have slept for eight or more hours (33%* vs. 51% of females vs. 55% of males). Also, older students were less likely than younger ones to have slept for at least eight hours.

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (58%), homework (41%), gaming (27%), and online activities other than gaming (e.g., watching videos, checking social media; 71%).

After they were expected to be asleep, females were more likely to chat or text (64% vs. about half of males and non-binary students) or do their homework (49% vs. a third of males and non-binary students), and were less likely to be gaming (13% vs. about a third of males and non-binary students).

Around 4 in 10 local students (41%) reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). Females were more likely than males to go offline (46% vs. 36%).

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 (54% vs. 48% of those who did not go offline). Youth who went offline and did not engage in any other activities (e.g., homework) after their expected bedtime were the most likely to wake up feeling rested (65%).



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

ACCESS TO HEALTH CARE

In 2018, 24% of youth reported they had not needed health care in the past year, and 4% had needed health care but had not accessed it (which was comparable to youth across the province).

Most youth who had accessed health care had visited a family doctor, although they were less likely to have accessed health care from a family doctor than youth across BC (58% vs. 61%). Okanagan youth were also less likely to have accessed a youth clinic (2% vs. 4% provincially), but were more likely to have accessed a walk-in-clinic (39% vs. 35%) and a counsellor/psychologist (15% vs. 11%).

When asked specifically about accessing medical care when they were physically sick or hurt in the past year, 57% reported they did not need this type of medical help, 34% got the help they needed, and 9% did not get the care they needed. The percentage who did not get the medical care

they needed was similar to the picture across BC and unchanged locally from 2013, but was lower than a decade earlier (14%).

Male students were the least likely to have missed out on needed medical help (6% vs. 11% of females vs. 27%* of non-binary youth).

DENTAL VISITS

Similar to five years earlier, 85% of local youth had been to the dentist in the past 12 months, while 8% had visited between a year and two years ago, 6% had last been more than two years ago, and 1% had never been to the dentist.

Almost 1 in 10 students (9%) who had been to the dentist reported that their last visit had been for pain.

Where Okanagan youth got health care in the past year	
Family doctor	58%
Walk-in clinic	39%
Emergency room (ER)	18%
Counsellor/psychologist	15%
Nurse	10%
Youth clinic	2%
School wellness centre	2%
Traditional healer	1%

Note: Youth could choose more than one response.



NUTRITION

Provincially, there was a rise between 2008 and 2013 followed by a slight decrease in 2018 in the percentage of youth who ate fruit or vegetables on the day before taking the BC AHS. However, locally the rate remained similar to 2013 after increasing from 2008 (95% in 2018 vs. 92% in 2008).

There was an increase from five years earlier in the percentage of youth who ate fast food (43% vs. 36% in 2013) and drank water (99% vs. 96%).

The percentage who ate sweets (75%), foods traditional to their background (22%), and foods grown or caught by them or their family (16%); and who drank pop (36%) and energy drinks (6%) were similar to 2013.

Compared to youth across BC and to local youth in 2013, Okanagan youth were less likely to have eaten fast food (43% vs. 47%) and foods traditional to their background (22% vs. 41%).

What Okanagan students ate or drank yesterday		
	Once or twice	Three or more times
Water	21%	78%
Fruit	59%	27%
Vegetables or green salad	62%	21%
Sweets (cookies, cake, candy, chocolate, etc.)	63%	12%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	39%	4%
Pop	33%	3%
Traditional food from their background	16%	6%
Food grown/caught by them or their family	12%	4%
Energy drinks	6%	1%

MEALS

Reflecting the picture across the province, there was a decline from 2013 in the percentage of local students who always ate breakfast on school days (51% vs. 55%) and a rise in the percentage who never ate breakfast (15% vs. 13%). Among local students who ate breakfast, most ate at home, while 12% got their breakfast at school, and 10% got it on the way to school. Okanagan youth were more likely than youth across BC to get their breakfast at school (10% vs. 8%).

Locally, 59% of students always ate lunch (vs. 64% provincially) and 88% always ate dinner, whereas 6% never ate lunch and 1% never ate dinner. Overall, 37% always ate three meals a day on school days, with males the most likely to do so.

EATING BEHAVIOURS

Reflecting the provincial trend, there was an increase in the percentage of local youth who had vomited on purpose after eating (purged) in the past year. Overall, 13% of local youth had purged in the past year, including 3% who did so two or three times a month, and 1% who did so at least once a week.

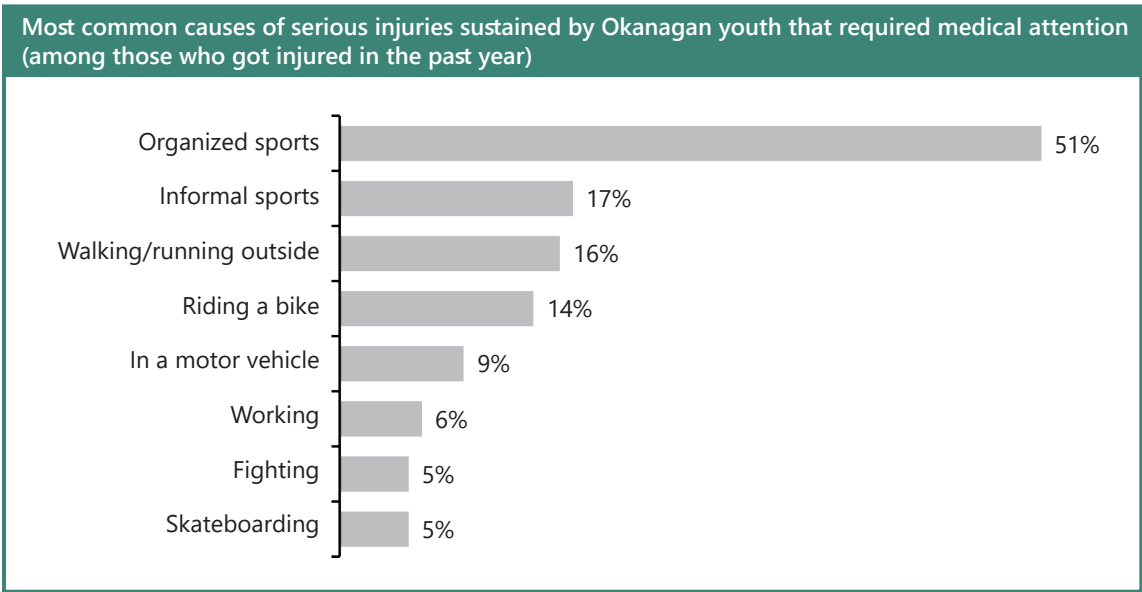


INJURIES & INJURY PREVENTION

INJURIES

Similar to youth across the province, 28% of Okanagan youth were injured seriously enough to require medical attention in the past year, including 7% who experienced two serious injuries and 4% who had three or more.

Provincially, males continued to be more likely than females to sustain a serious injury, whereas, as in 2013, there was no gender difference locally. Youth were most likely to have been seriously injured when playing or training for organized sports.



Note: Youth could choose more than one response.



CONCUSSIONS

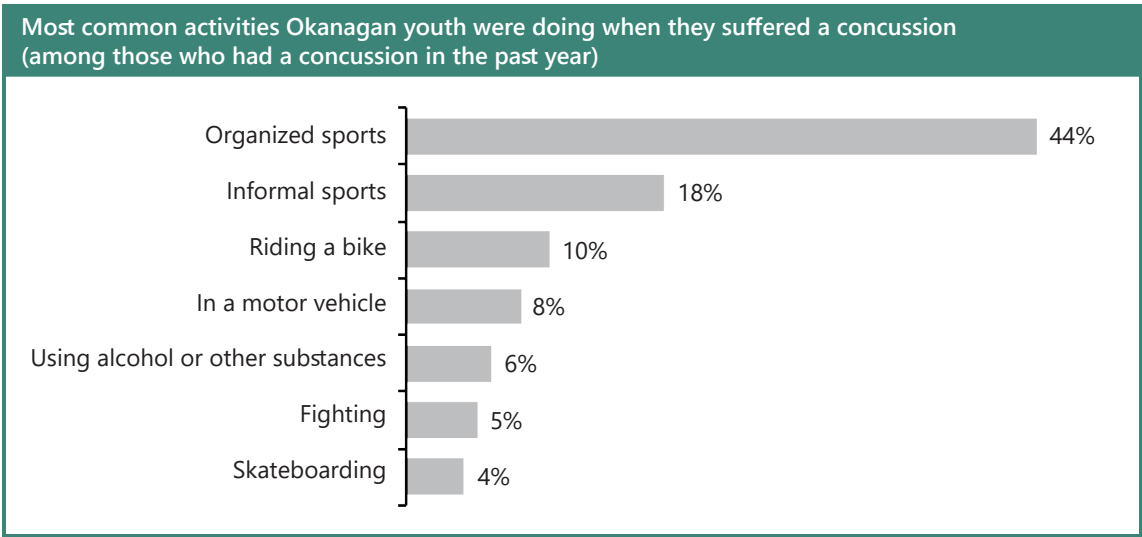
Reflecting the provincial picture, there was a decrease in the percentage of local youth who experienced a serious concussion in the past year (17% vs. 20% in 2013). However, Okanagan youth remained more likely to experience a concussion than their peers across BC (17% vs. 13%). Also, 5% of local youth experienced two or more concussions.

Youth who experienced a concussion typically reported multiple symptoms including headaches (76%); dizziness or balance problems (68%); blurred vision (48%); ringing in their ears (48%);

feeling dazed, confused, or suffering a gap in memory (48%); and loss of consciousness (27%).

As was the case with serious injuries and consistent with provincial results, the most common activity local youth were doing when they suffered a concussion was playing or training for organized sports.

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



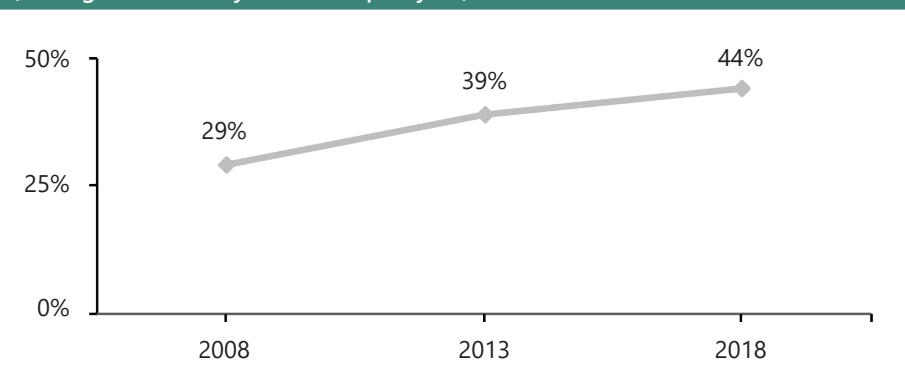
Note: Youth could choose more than one response.

INJURY PREVENTION

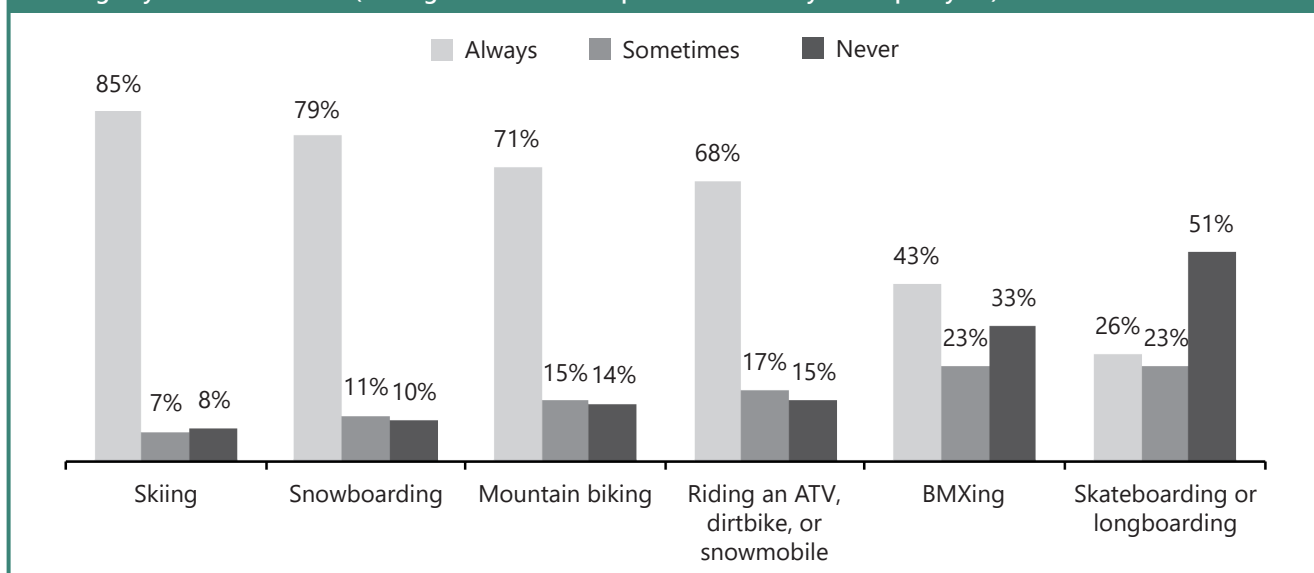
The percentage of local youth who always wore a seatbelt when riding in a motor vehicle decreased from 76% in 2013 to 73%, and returned to a rate comparable to 2008, with no gender differences.

Reflecting the provincial picture, there was an increase in the percentage of local youth who always wore a helmet when cycling. Rates of helmet use in other activities which might put youth at risk of a head injury (such as skiing, snowboarding, and mountain biking) were also comparable to the province.

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



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



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

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

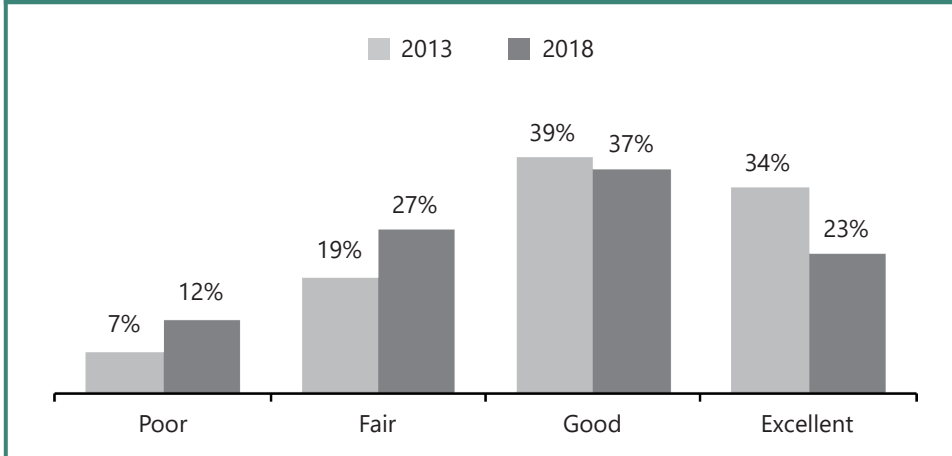
MENTAL HEALTH

Overall, 70% of Okanagan students rated their mental health as good or excellent (vs. 73% provincially). This represented an overall decrease from 80% in 2013, with non-binary students the least likely to rate their mental health positively (e.g., 37%* of non-binary youth rated their mental health as good or excellent, compared to 80% of males).

"We learn about physical health and every other subject but mental health and mental illness. We need more youth to be aware of mental health, because it could reduce a lot of peer problems."

Grade 9 student

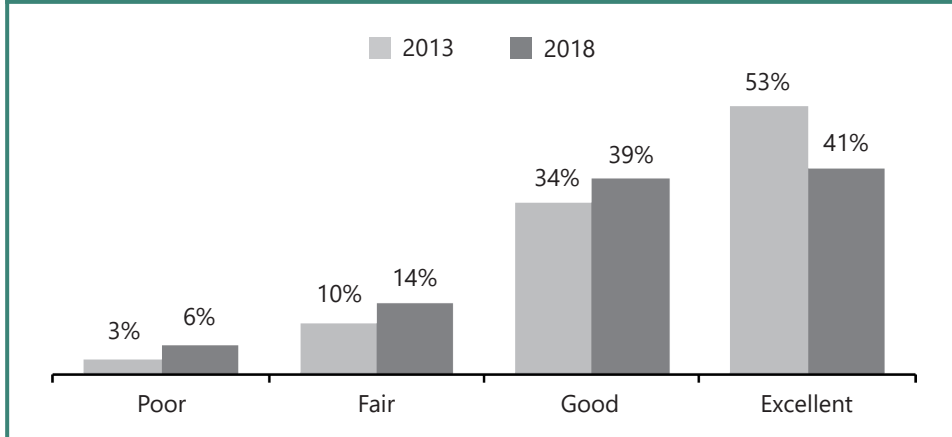
Mental health ratings—Okanagan females



Note: For 'good' the difference between 2013 and 2018 was not statistically significant.

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

Mental health ratings—Okanagan males



HAPPINESS

Overall, 64% of Okanagan students felt happy most or all of the time in the past month (vs. 68% in 2013), and 13% rarely or never felt happy. Local males were the most likely to feel happy most or all of the time (72% vs. 57% of females vs. 25%* of non-binary youth).

STRESS & DESPAIR

Most students (86%) experienced some level of stress in the month prior to taking the survey, including 13% who felt so stressed that they could not function properly. Local females remained more likely than males to experience this level of extreme stress (19% vs. 7%).

Among youth who experienced stress, 34% felt they managed it well and 19% managed it very well. However, 28% managed their stress only fairly well and 18% managed it poorly.

Most local students (56%) felt some level of despair in the past month (vs. 49% in 2013 and 44% in 2008), including 8% who experienced so much despair that they could not function properly.

The percentage of local males reporting extreme despair was comparable over the past decade, while the percentage among females increased from 8% in 2008 to 11%.

MENTAL HEALTH CONDITIONS

"I've never been diagnosed with any mental health conditions, but anxiety is common in my mom's side of the family."

Grade 12 student

"Most kids in Grade 8 don't understand what being depressed is like."

Grade 8 student

"Sometimes there is no reason for anxiety/depression. It just happens."

Grade 12 student

There was an increase in students who reported having a mental health condition. Specifically, 24% had Anxiety Disorder/panic attacks (vs. 11% in 2013), 19% had Depression (vs. 12%), 10% had Attention Deficit/Hyperactivity Disorder (ADHD; vs. 8%), and 3% had Post-Traumatic Stress Disorder (PTSD; vs. 1%). Also, 2% had Asperger's or Autism Spectrum Disorder and fewer than 1% had Fetal Alcohol Spectrum Disorder (FASD).

Similar to local results in 2013, Okanagan students were more likely to report having a mental health condition than youth across BC, including being more likely to have Anxiety Disorder/panic attacks (24% vs. 19% across BC), Depression (19% vs. 15%), and ADHD (10% vs. 7%).

Local females were more likely than males to report having Anxiety Disorder/panic attacks (34% vs. 12%), Depression (24% vs. 12%), and PTSD (4% vs. 2%); while males were more likely to have ADHD (12% vs. 8%) and FASD. Non-binary students were the most likely to report having Anxiety Disorder/panic attacks (52%*) and Depression (53%*).

SELF-HARM & SUICIDALITY

"I considered suicide, but found the help I needed."

Grade 9 student

"My sister was depressed and suicidal, which affected me deeply, but she's OK now."

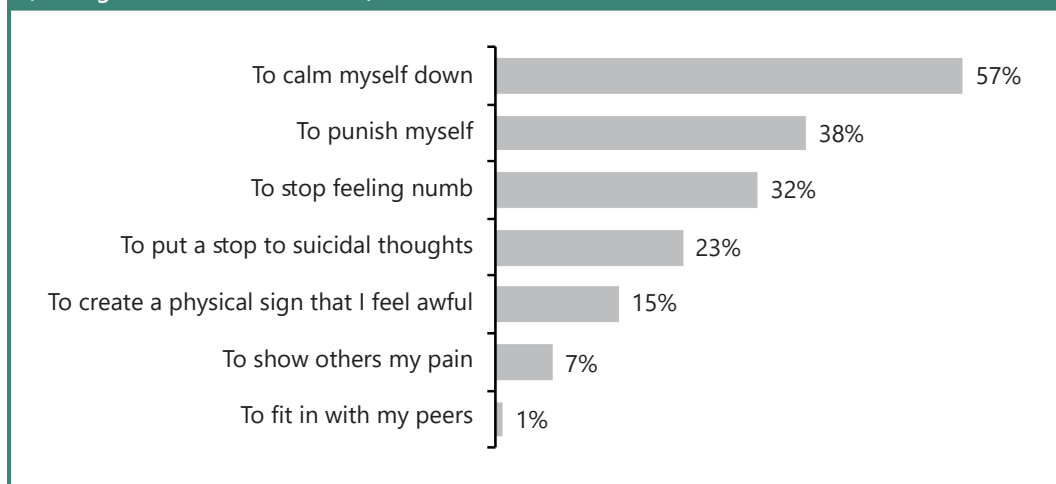
Grade 9 student

In the past year, 11% of males, 25% of females, and 48%* of non-binary youth had cut or injured themselves on purpose without the intention of killing themselves. The most common reason youth gave for self-harming the last time was to calm themselves down.

In the past year, 19% of local youth had seriously considered suicide (vs. 14% five years earlier). The percentage of females who seriously thought about killing themselves was comparable to 2013 and higher than in 2008 (24% vs. 15% in 2008), while the percentage among males almost doubled from five and ten years earlier (15% vs. 8% in 2013).

Similar to youth across BC, 6% of Okanagan students had attempted suicide in the past year. The percentage of males who had attempted suicide remained constant (4%); whereas the percentage of females who attempted suicide returned to the 2008 rate after an increase in 2013 (7% vs. 12% in 2013).

Okanagan 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

One in five (20%) Okanagan youth indicated they had needed mental health services in the past year, but had not accessed them (11% of males vs. 27% of females vs. 50%* of non-binary youth). This rate was comparable to the province as a whole, but was a local increase from 12% 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.

Compared to five years earlier, local youth were more likely to miss out on needed mental health care because they did not know where to go (42% vs. 35% in 2013) and they were too busy to go (34% vs. 24%).

"I've never been taken somewhere where I could see if I do have mental health issues. I work things out on my own, always."

Grade 10 student

"I think mental health care needs to improve a great deal. So many youth struggle but never get the help they need which can really ruin their life."

Grade 12 student

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

Thought or hoped the problem would go away	63%
Didn't want parents to know	62%
Afraid of what I would be told	43%
Didn't know where to go	42%
Afraid someone I know might see me	37%
Too busy to go	34%
Didn't think I could afford it	23%
Had prior negative experience	15%
Had no transportation	14%
Parent/guardian would not take me	14%
Couldn't go when it was open	4%
On a waiting list	4%
The service was unavailable in my community	2%

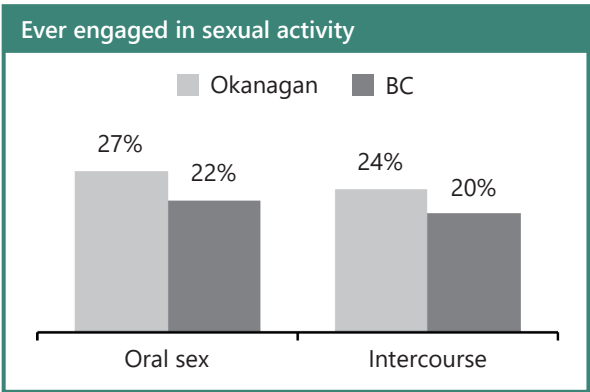
Note: Youth could choose more than one response.



SEXUAL HEALTH

ORAL SEX

As in 2013, local students were more likely to have engaged in oral sex than their peers across the province. However, the percentage who had done so declined from 30% five and ten years earlier to 27% in 2018.



Among Okanagan students who had engaged in oral sex, 14% used a condom or other barrier/protection the last time they had oral sex, which was similar to the rate in 2013.

INTERCOURSE

Around a quarter (24%) of youth had ever had sex other than oral sex or masturbation, which was comparable to the local rate over the past decade and higher than the provincial rate.

Among youth who ever had intercourse, the most common age for first doing so was 16. The percentage who waited until they were at least 15 years old was similar to five years earlier and higher than in 2008 (68% vs. 62% in 2008).

Over half (53%) of local youth who ever had intercourse had one sexual partner in the past year,

20% had two partners, 21% had three or more partners, and 6% did not have intercourse in the past year.

Comparable to students across the province and to local students five years earlier, 64% of Okanagan youth who ever had intercourse used a condom or other protection the last time they had sex. As in 2013, males were more likely than females to use a condom (68% vs. 60%, among those who ever had intercourse).

Youth were also asked specifically about any efforts they had made to prevent pregnancy the last time they had sex. Reflecting the provincial trend, there was an increase in youth using withdrawal as their only method to prevent pregnancy (9% vs. 4% in 2008). However, the percentage who reported they made no effort decreased (2% vs. 6% in 2008). Also, 54% used a method of birth control prescribed by a doctor or nurse (including birth control pills and birth control patch), compared to 46% provincially.

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

Most common methods Okanagan youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	59%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	50%
Withdrawal	43%
Emergency contraception	5%
IUD	5%
Not sure	2%
No method	2%

Note: Youth could choose more than one response.

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

Reflecting the provincial picture, 1% of Okanagan youth had been told by a doctor or nurse that they had an STI.

The HPV vaccines protect against infection from certain types of cancers, and have been available to girls in Grade 6 since 2008 and to boys in Grade 6 since September 2017. Reflecting the picture across BC, 29% of local youth reported they had been vaccinated (19% of youth who were assigned male on their birth certificates vs. 40% of females). Also, 57% of youth (66% of males vs. 48% of females) did not know whether they had received the vaccine.

"We don't learn much about sexual health in practical and real ways. We learn mostly about the scientific processes and maturation processes but not the real-life part. I think if we learned more about sexual health, we would have a safer more educated generation."

Grade 11 student

"I enjoy sending 'nudes' anonymously to others online. It gives me self-confidence but I know it's illegal and I shouldn't be doing it."

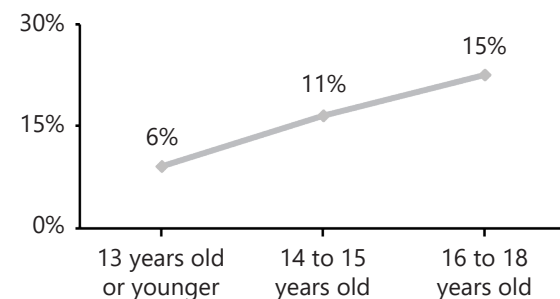
Grade 10 student

USED PHONE TO TEXT OR WATCH PORNOGRAPHY

On their most recent school day, 5% of Okanagan youth with a phone used it to engage in sexting (a decrease from 13% in 2013), and 12% used their device to watch pornography (asked for the first time on the 2018 survey).

Older youth were more likely than younger ones to have used their phone to watch pornography or engage in sexting on their last school day. For example, 2% of youth age 13 or younger had sexed, compared to 7% of those aged 16 to 18.

Okanagan students who used their phone to watch pornography (among those with device)



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.

Okanagan youth who felt they could say no if asked to ...

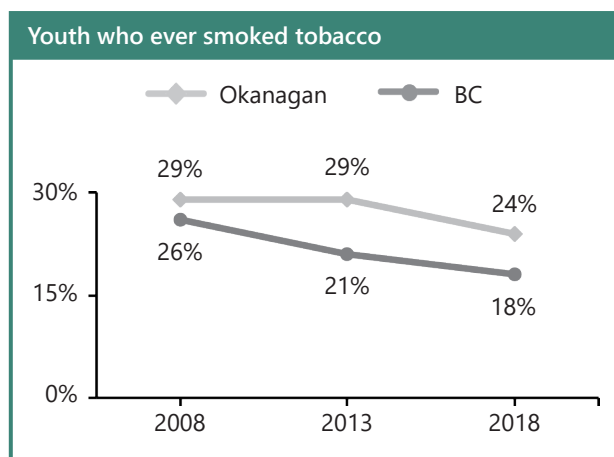
	Could say no	Couldn't say no	Not sure
Have sex with a new partner when didn't want to	93%	1%	6%
Have sex with a long-term partner when didn't want to	87%	4%	10%
Send nudes/sext	92%	2%	6%

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

SUBSTANCE USE

SMOKING, VAPING, & TOBACCO USE

Overall, there was a decrease in the percentage of local youth who had smoked tobacco (e.g., cigarettes, cigars, or cigarillos). However, the decrease was only seen among females (24% vs. 29% in 2013), whereas the percentage among males was similar to 2008 and 2013 (24% in 2018). Okanagan youth remained more likely than their peers across BC to have smoked.

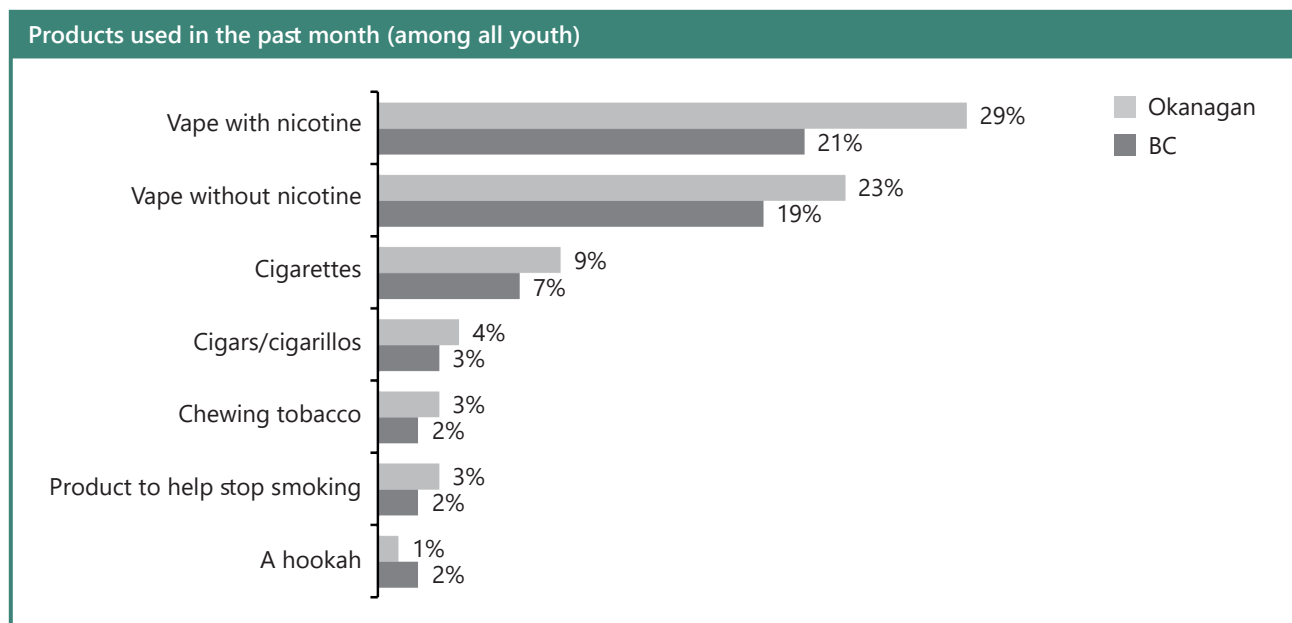


The most common age for local youth to first smoke tobacco was 15 years old.

Among those who had smoked, 42% smoked in the past month (vs. 50% in 2013) and 5% smoked daily (vs. 10% in 2013).

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 with and/or without nicotine (36% vs. 27%). Non-binary students were less likely than males and females to have vaped.

Among youth who had smoked tobacco, 72% had vaped with nicotine, and 44% had vaped without nicotine in the past month. Youth who had never smoked tobacco were also vaping, as 16% of those who had never smoked tobacco had vaped with nicotine in the past month, and 15% had vaped without nicotine.



Note: The differences for cigarettes, cigars/cigarillos, chewing tobacco, and a product to help stop smoking were not statistically significant.

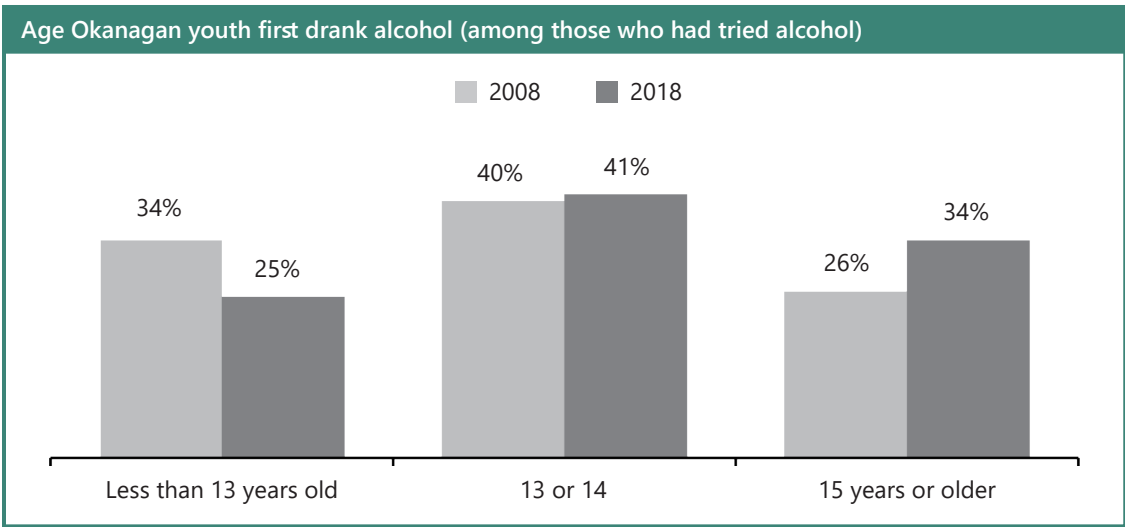
ALCOHOL

After a decline between 2008 and 2013, the percentage of Okanagan youth who had tried alcohol remained stable (53%). Local youth were more likely to have tried alcohol than their peers across BC (53% vs. 44%).

The most common age for youth to have their first drink of alcohol was 14. Reflecting results across BC, 34% of those who had tried alcohol waited until they were 15 or older to have their first drink. This was an increase from 2008 and similar to 2013.

Among youth who had tried alcohol, 69% had at least one drink in the past month, including 6% who drank on at least 10 days that month.

Okanagan students who had tried alcohol most commonly drank liquor (30%), coolers (27% vs. 22% provincially), and beer (20%), and fewer consumed wine (6%). Males were more likely than females to drink beer, while females were more likely than males to drink wine and coolers.



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



Forty percent of local students who had tried alcohol drank on the Saturday before completing the survey (vs. 35% provincially). Among these youth, 54% drank at least two different types of alcohol (e.g., drank liquor and coolers), including 18% who mixed three or four types.

Canadian Low Risk Drinking Guidelines suggest not exceeding two drinks on any one occasion. However, among youth who had tried alcohol, 33% had more than two drinks at least once in the week before completing the survey, and 6% did so on at least three days that week (with no gender differences).

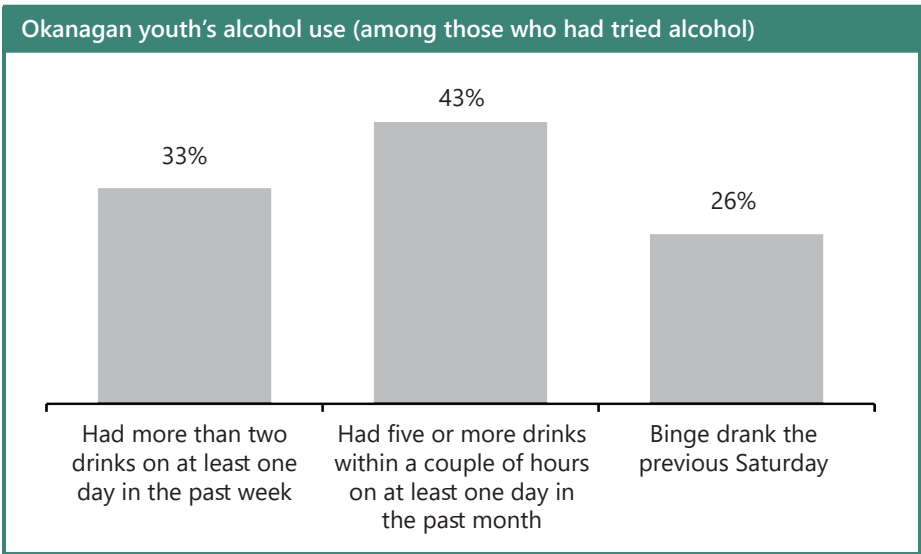
Similar to five and ten years earlier, 43% of those who had tried alcohol consumed five or more drinks within a couple of hours at least once in the past month, and 7% did so on six or more days.

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 78% in 2013.

For the first time, the BC AHS asked youth where they got their alcohol the last time they drank. Local youth most commonly got their alcohol from an adult.

Where Okanagan youth got alcohol from the last time (among those who had tried alcohol)	
Adult gave it to me	45%
Gave someone money to buy it for me	29%
At a party	28%
Youth gave it to me	14%
Took it without permission	10%
Bought it	7%
Exchanged something for it	1%
Made it	1%

Note: Youth could choose more than one response.



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

MARIJUANA

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. Locally, 32% of youth had used marijuana (with no gender differences), which was similar to the rate five and ten years earlier, and above the provincial rate (25%).

The most common ages to first try marijuana were 14 or 15 years old, and local youth were more likely than in previous years to wait until they were at least 15 to try it (e.g., 45% vs. 35% in 2013).

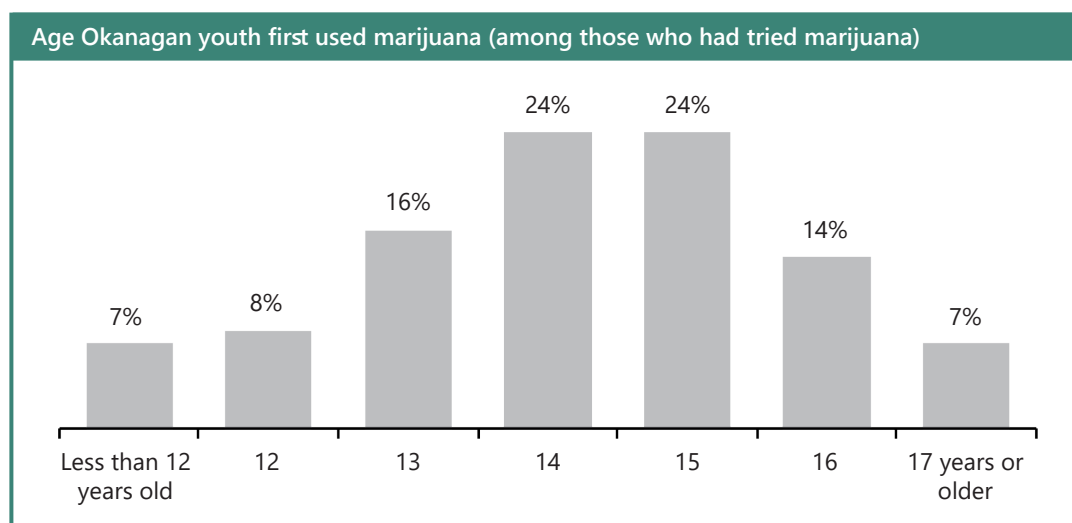
Among youth who had tried marijuana, 59% had used it in the month preceding the survey. This was a return to the rate in 2008, after a rise in 2013 (64% in 2013). Comparable to results over the past decade, a quarter of youth (25%) who had tried marijuana used it on six or more days in the past month, including 11% who used it on 20 or more days.

Among youth who had tried marijuana, 31% had used it on the Saturday before completing the BC AHS.

Among all Okanagan youth, 6% used both alcohol and marijuana last Saturday, which was similar to the percentage in 2013, and a decrease from 11% in 2008.

The last time they used marijuana, most students smoked it, 16% ate it in a cooked recipe, and 7% took it another way such as eating gummies.

One percent of local youth reported they had been prescribed medical marijuana.



USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

Reflecting results across BC, 16% of local youth had tried at least one substance other than alcohol or marijuana. Youth most commonly reported misusing prescription medications.

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

"There isn't enough information on drugs. I've seen many people close to me die because of a lack of information and resources regarding drugs."

Grade 12 student

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

Okanagan youth who had used substances other than alcohol and marijuana		
	2008	2018
Prescription pills without a doctor's consent	16%	8%
Mushrooms	10%	6%
More of own prescription than prescribed	NA	5%
Hallucinogens (excluding mushrooms, ecstasy/MDMA and Ketamine)	8%	4%
Ecstasy/MDMA	8%	3%
Cocaine	4%	3%
Inhalants	5%	2%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	2%	1%
Ketamine, GHB	NA	1%
Crystal meth	1%	<1%
Heroin	1%	NR
Other substances	NA	1%

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

NR: Not releasable due to risk of deductive disclosure.

CONSEQUENCES OF USE

Over half (52%) of youth who had used alcohol or other substances reported negative consequences of their use in the past year, which was similar to the rate five years earlier and a decrease from a decade earlier (60% in 2008). The most common consequences students reported were being told they did something they could not remember and passing out.

Among youth who ever had sex, 26% used alcohol or other substances before having sex the last time, which was similar to the rate in 2013 and a decrease from 36% in 2008.

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

Consequences of substance use experienced by Okanagan 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	40%
Passed out	28%
Got injured	17%
Argued with family members	16%
School work or grades changed	11%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	10%
Had sex when I didn't want to	9%
Got into a physical fight	9%
Damaged property	8%
Got into trouble with the police	6%
Overdosed	3%
Had to get medical treatment	2%
Used alcohol or drugs but none of these happened	48%

Note: Youth could choose more than one response.



DRIVING AFTER SUBSTANCE USE

Among youth who had tried alcohol, 9% had driven a car or other vehicle after they had been drinking, which was comparable to the rate five years earlier and lower than a decade earlier (13%). The percentage who had driven recently after drinking alcohol was also unchanged from 2013 and lower than 2008 (3% had done so in the past month vs. 8% in 2008).

Youth were more likely to have driven after using marijuana than alcohol, as 16% of those who had tried marijuana had ever driven after using it, and 8% had done so in the past month. However, these percentages were lower than five and ten years earlier (e.g., 21% ever drove after marijuana use in 2013 and 2% did so in the past month).

Four percent of youth had ever driven a vehicle after using substances other than alcohol or marijuana.

Local rates for driving while intoxicated were similar to the province, except local youth were more likely to have driven after alcohol use (9% vs. 6% provincially).

Although youth were more likely to drive after using marijuana than after drinking alcohol, they were more likely to be a passenger of a driver who had been using alcohol. A quarter (25%) of Okanagan youth had ever ridden with a driver who had been using alcohol (vs. 22% in 2013), and 19% had been a passenger of a driver who had been using marijuana.

REPORTED REASONS FOR USING

As in 2013, the most common reason youth gave for using substances the last time they did so was to have fun. Youth were more likely than five years earlier to report using substances because they were stressed (26% vs. 21% in 2013), felt down or sad (22% vs. 15%), wanted to have fun (72% vs. 65%), and because they felt that there was nothing else to do (10% vs. 8%).

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

I wanted to have fun	72%
My friends were doing it	33%
I wanted to try it/experiment	29%
Because of stress	26%
I felt down or sad	22%
I felt like there was nothing else to do	10%
To manage physical pain	7%
I thought it would help me focus	4%
Because of an addiction	3%
I was pressured into doing it	2%
To change the effects of some other drug	1%
I didn't mean to do it	NR
Other	10%

Note: Youth could choose more than one response.

Note: Among youth who wrote 'other' they commonly cited a special occasion or being with family/adults as the reason they had used substances.

NR: Not releasable due to risk of deductive disclosure.

EXTRACURRICULAR ACTIVITIES

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

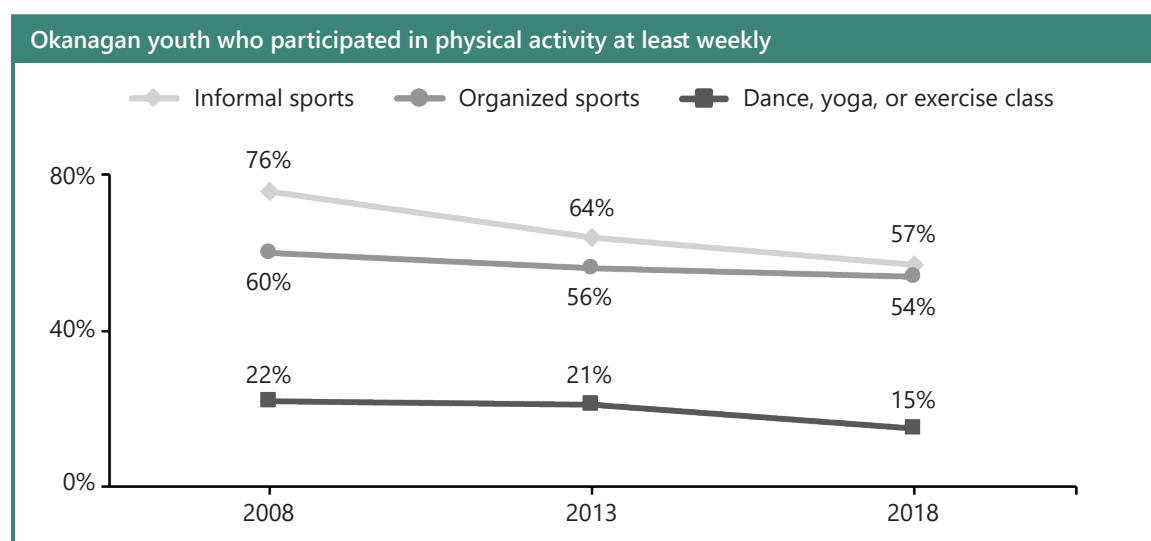
In the past year, 92% of Okanagan youth participated in at least one extracurricular activity (such as music, sports, or art), including 85% who did so on at least a weekly basis.

Among youth who engaged in weekly extracurricular activities, 69% took part in two or more activities, including 12% who participated in four or more weekly activities.

The most common weekly extracurricular activities were informal sports (sports without a coach such as biking or hiking) and organized sports.

Participation in organized sports remained comparable to five years earlier but lower than in 2008, whereas participation in informal sports continued to decline.

Compared to five years earlier, there were also decreases in weekly participation in art, drama, singing, or music (21% vs. 26%); dance, yoga, and exercise classes (15% vs. 21%); extreme sports (15% vs. 18%); and clubs and groups (e.g., Guides or Scouts; 8% vs. 11%). Participation rates were similar to five years earlier for volunteering (14%) and engaging in cultural or traditional activities (4%).



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

Note: The difference between 2008 and 2013 was not statistically significant for dance, yoga, or exercise classes.

As in 2013, males were more likely than females to participate in informal sports (64% vs. 51%), organized sports (56% vs. 52%), and extreme sports (22% vs. 9%). Females were more likely to participate in dance, yoga, or exercise classes (24% vs. 6% of males); art, drama, singing, or music (27% vs. 14%); volunteer activities (19% vs. 9%); and cultural or traditional activities (5% vs. 3%).

Compared to youth across BC, local youth were more likely to participate weekly in informal sports (57% vs. 52%) and extreme sports (15% vs. 9%); and were less likely to participate weekly in volunteer activities (14% vs. 18%), clubs or groups (8% vs. 11%), and cultural or traditional activities (4% vs. 7%).

BARRIERS TO PARTICIPATION

Students were asked about any barriers they had experienced to taking part in extracurricular activities in the past year. Consistent with local results in 2013, the most common barrier reported by Okanagan youth was being too busy (45% vs. 48% provincially).

Compared to five years earlier, local students were less likely to report missing out on activities because they could not afford to participate (13% vs. 17% in 2013), and because they could not get there or get home (15% vs. 18%). Other barriers youth experienced included being too anxious or depressed (16%), activities not being available in their community (11%), and being worried about being bullied (8%).

Okanagan 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	23%	20%	35%	22%
Organized sports	41%	6%	29%	25%
Volunteered without pay	64%	23%	12%	2%
Art/drama/singing/music (group or lessons)	72%	7%	14%	7%
Extreme sports	74%	11%	9%	6%
Dance/yoga/exercise classes	76%	9%	10%	5%
Cultural/traditional activities	81%	15%	3%	1%
Clubs/groups	88%	5%	7%	1%

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

GAMBLING

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

The BC AHS asked students if they had played a number of games of chance in the past year (e.g., online gaming, cards/dice, sports betting, lottery tickets/scratch cards), and, if so, whether they had played these games for money. Comparable to youth across the province, 65% of Okanagan students had played at least one of these games in the past year, including 24% who had played for money. Females were the least likely to have engaged in any games of chance in the past year (e.g., 51% vs. 78% of males).

GAMBLING FOR MONEY

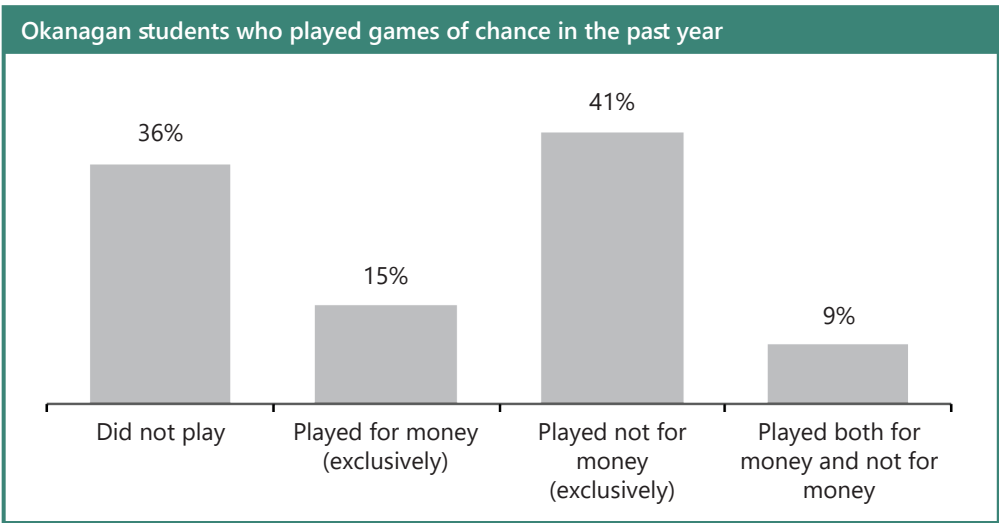
Students who gambled for money in the past year most commonly bought lottery tickets/scratch cards (43%). They also played cards or dice in person (35%) and online (8%), engaged in gaming online (32%), and sports betting in person (31%) and online (7%).

Males were more likely than females to engage in online gaming (40% vs. 15%) and in-person sports betting (39% vs. 13%), while females were more likely to buy lottery tickets/scratch cards (66% vs. 32% of males).

Reflecting the provincial pattern, 19% of local youth who had gambled for money did so on at least a weekly basis over the past 12 months. The most common weekly gambling activity was online gaming (14%). Also, 4% played cards/dice in person on at least a weekly basis, 3% engaged in sports betting in person, 2% participated in sports betting online, and 2% purchased lottery tickets/scratch cards.

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

In the past year, 1% of all Okanagan students felt or had been told they needed help for a gambling addiction.



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

RISKS TO HEALTHY DEVELOPMENT

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

POVERTY & DEPRIVATION

GOING TO BED HUNGRY

Reflecting the provincial picture, 11% of local youth went to bed hungry at least sometimes because there was not enough money for food at home, including 2% who often or always went to bed hungry. This was a return to the 2008 rate after a slight improvement in 2013 (9%).

DEPRIVATION

Going to bed hungry because there is not enough money for food 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, a Youth Deprivation Index 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 in the Index. For example, 97% of Okanagan youth had a quiet place to sleep, while 2% did not have this but wished they had it, and 1% did not have it and did not want it or did not know if they wanted it.

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

Okanagan youth who felt deprived of...	
Money to spend on themselves	12%
Smartphone	6%
Space of their own to hang out in	5%
Lunch for school/money for lunch	5%
Money for school supplies, trips, and extracurricular activities	5%
Access to transportation	3%
Equipment/clothes for extracurricular activities	3%
Clothes to fit in	3%
A quiet place to sleep	2%
Access to Internet	1%

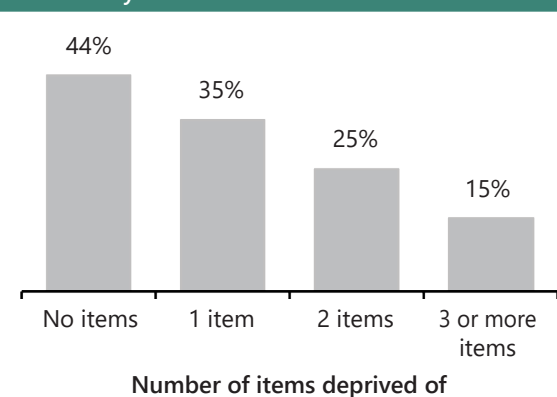
When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 79% of youth who did not have but wished for a quiet place to sleep had slept for less than eight hours on the night before completing the survey, compared to 46% of those who had somewhere quiet to sleep.

Over a quarter (27%) of youth reported they lacked but wished they had at least one of the items in the Index, including 16% who lacked one item, 6% who lacked two items, 2% who lacked three items, 1% who lacked four items, and 1% who lacked five or more items.

The more items youth reported not having but wishing they had, the more likely they were to go to bed hungry because there was not enough money for food at home. For example, 5% of those who had all the items in the Index went to bed hungry at least sometimes because there was not enough money for food at home, compared to 16% of those who lacked one item, 32% who lacked two items, and 61% who lacked three or more items.

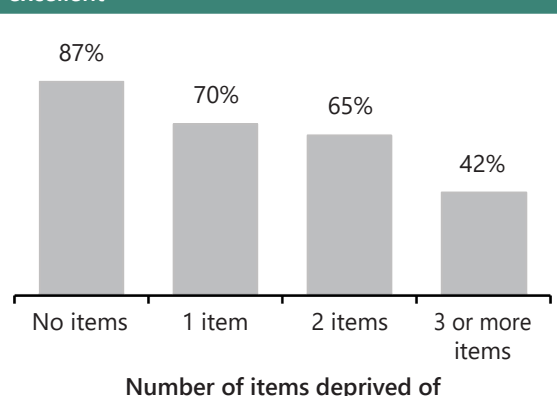
The more items youth were deprived of, the less likely they were to feel like a part of their school or community. For example, 28% of those who were deprived of three or more items reported feeling part of their school, compared to 48% of those who were deprived of one item and 61% who were not deprived of any of the items in the Index.

Okanagan youth who felt connected to their community



Deprivation was also associated with poorer overall health and poorer mental health. For example, 76% of youth who had all the items in the Index reported good or excellent mental health, compared to 53% who lacked two items and 30% who lacked three or more of the items.

Okanagan youth who rated their health as good/excellent



Note: The difference between being deprived of 1 item and 2 items was not statistically significant.

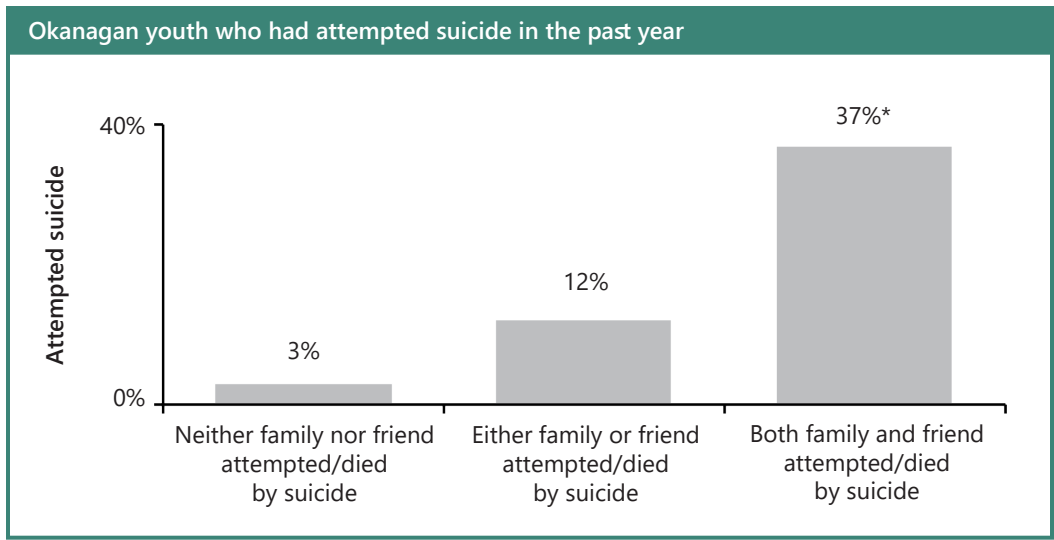
LOSS & BEREAVEMENT

Around two thirds (67%) of Okanagan students had experienced bereavement, most commonly through illness (51%). Local students were more likely to have experienced bereavement than their peers across BC including as a result of an accident (16% vs. 13%), suicide (13% vs. 9%), and an overdose other than fentanyl (5% vs. 4%). Youth had also lost someone close to them as a result of violence (3%) and a fentanyl overdose (3%).

Youth were also asked if a family member or close friend had attempted or died by suicide, and if

this experience had happened within the past year. One in five (20%) local youth had a family member who had attempted or died by suicide (including 6% in the past year), and 34% had a close friend who had done so (21% in the past year). Overall, 24% had a family member or friend who had attempted or died by suicide within the past year (vs. 20% provincially).

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



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

VIOLENCE & DISCRIMINATION

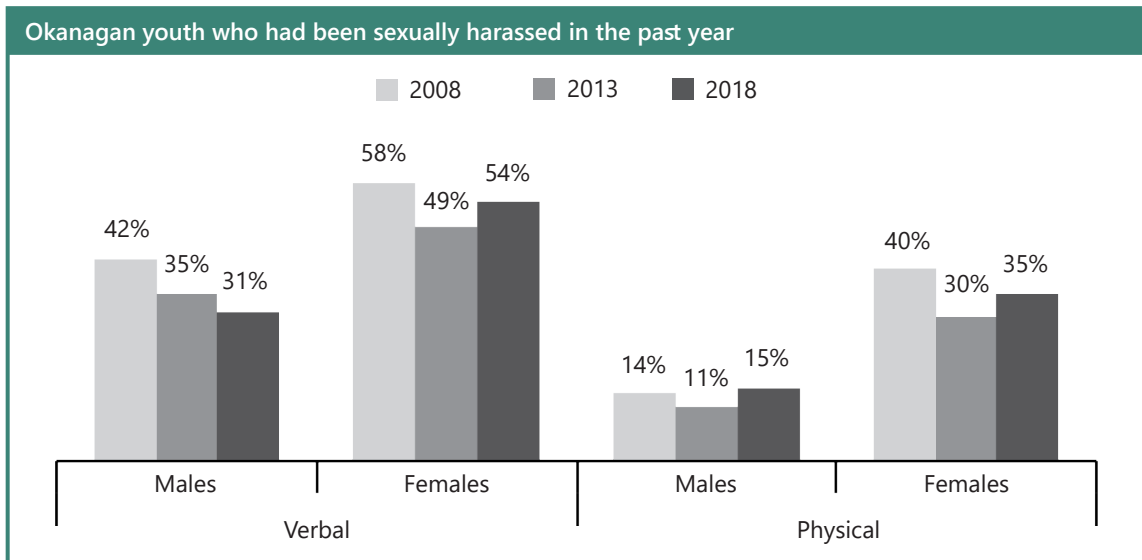
DATING VIOLENCE

In the past year, 49% of Okanagan students had been in a romantic relationship (vs. 43% provincially). Among these students, 7% had been the victim of physical violence within their relationship. Rates of dating violence were similar for males and females and to rates over the past decade.

SEXUAL HARASSMENT

Reflecting the provincial pattern, there was a decrease from 2013 in males who reported they had been verbally sexually harassed in the past year, and an increase in those who had experienced physical sexual harassment. For females, rates of verbal and physical sexual harassment increased from five years earlier.

As in 2013, local females were more likely than females across the province to have experienced physical sexual harassment in the past year (35% vs. 31%). In 2018, they were also more likely to have experienced verbal sexual harassment (54% vs. 50% provincially).



PHYSICAL & SEXUAL ABUSE

"Emotional abuse has had a big impact on me."

Grade 9 student

Locally, 15% of youth had been physically abused or mistreated, with non-binary students the most likely to have had this experience, and males the least likely (37%* of non-binary youth vs. 17% of females vs. 11% of males).

Also, 13% of students had been sexually abused, with non-binary and female youth around four times more likely than males to have been sexual abused. Rates of sexual abuse increased for females (from 17% in 2013 to 21%) and were unchanged for males (5%).

DISCRIMINATION

Consistent with the province as a whole, 39% of local students experienced at least one form of discrimination in the past year. The most commonly perceived reason youth had been discriminated against was because of their physical appearance.

Okanagan youth were more likely than their peers across BC to have been discriminated against because of their physical appearance (25% vs. 23%); and were less likely to have been discriminated against because of their race, ethnicity, or skin colour (8% vs. 14%).

Compared to five years earlier, there was an increase in youth who reported experiencing discrimination because of their physical appearance (25% vs. 21% in 2013), gender/sex (9% vs. 6% in 2013), and their or their family's income (8% vs. 6%).

Okanagan youth's perceived reasons for being discriminated against in the past year	
Physical appearance	25%
Weight	17%
Gender/sex	9%
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

"I have been bullied for my whole life really bad except for the past two years when it's gotten better."

Grade 12 student

"Teachers and coaches need to be more aware of bullying physically and verbally."

Grade 10 student

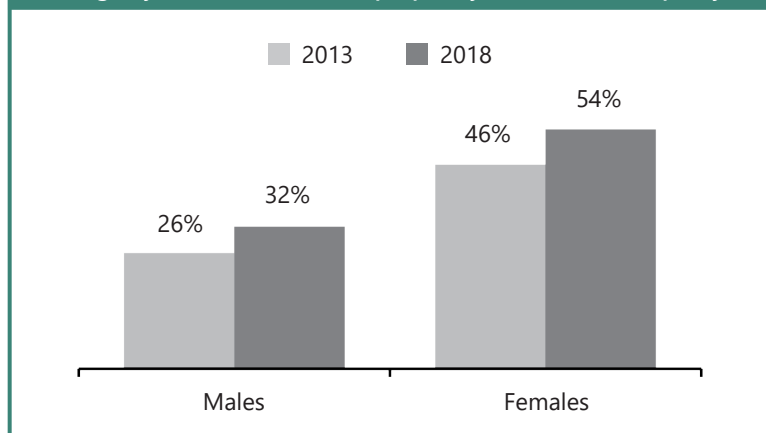
The 2018 BC AHS asked students about their experiences of bullying at school or on the way to or from school in the past year. Overall, 57% of local youth had been a victim of bullying in the past year (vs. 53% provincially). Non-binary youth were the most likely to have been bullied (79%* vs. 65% of females vs. 47% of males).

Okanagan youth were more likely than their peers across the province and local youth in 2013 to have been deliberately socially excluded (e.g., 43% vs. 36% locally in 2013). Local youth also reported being teased to the point where they felt extremely uncomfortable (39%), and physically attacked (9%).

As in previous years, females were more likely than males to have been socially excluded (54% vs. 32%) and teased (46% vs. 33%), and males were more likely to have been physically assaulted (11% vs. 7%).

In the past year, 10% of Okanagan students reported they had teased, excluded, or physically attacked someone else at school or on the way to or from school.

Okanagan youth who had been purposely excluded in the past year



WEAPON CARRYING

"I don't feel safe at school because I got a death threat and the teachers didn't really do anything about it."

Grade 8 student

Reflecting results across BC, 6% of local students carried a weapon to school in the past 30 days, including 2% who always carried one.

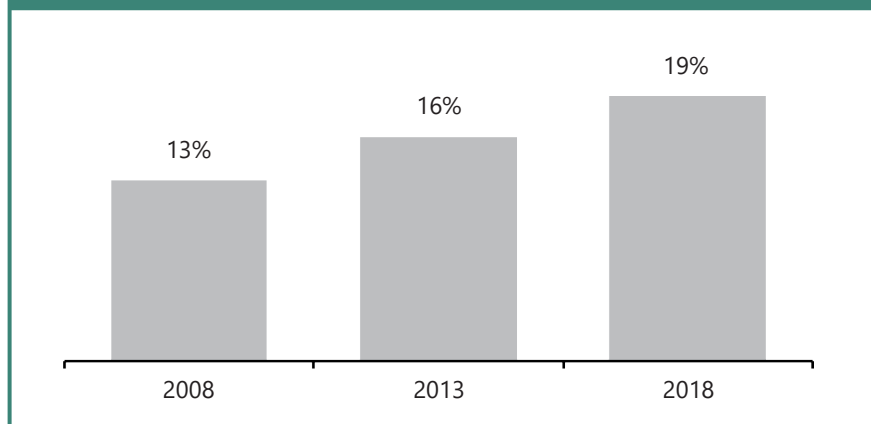
Students who had been the victim of bullying were more likely to carry a weapon. For example, 20% of youth who had been physically attacked in the past year carried a weapon, compared to 4% who had not been attacked.

INTERNET SAFETY

The percentage of local students who had met someone through the Internet who made them feel unsafe has grown steadily over the past decade. As in previous years, females were more likely than males to have met someone online who made them feel unsafe (25% vs. 13%).

Similar to five years earlier, 16% of Okanagan students had been cyberbullied in the past year, and 6% had cyberbullied someone else. However, unlike in 2013 when there were no gender differences, local males were more likely than females to have been a perpetrator of cyberbullying (8% vs. 5%).

Okanagan youth who had met someone through the Internet who made them feel unsafe



SUPPORTING HEALTHY DEVELOPMENT

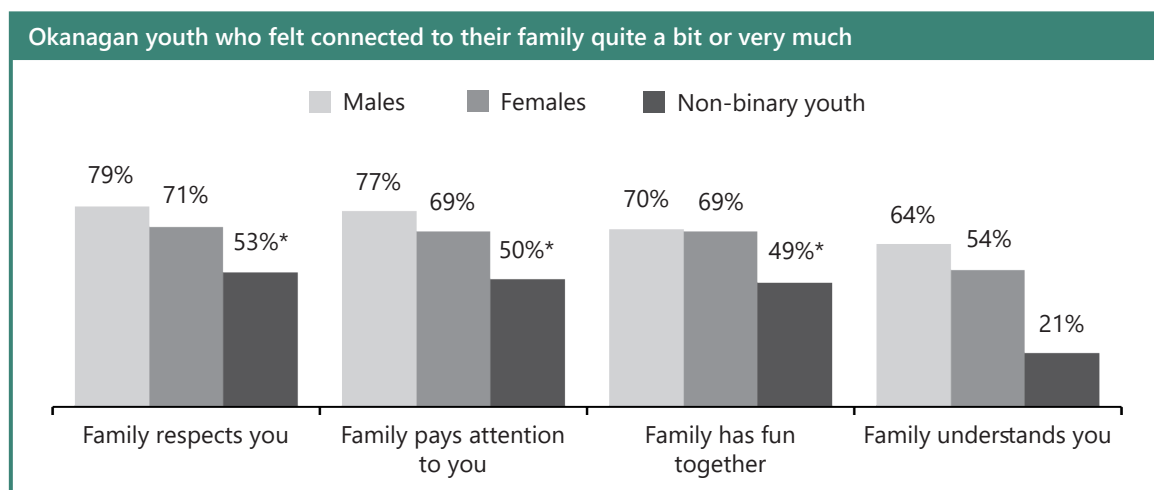
FAMILY

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

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

Okanagan youth generally felt connected to their families. Overall, 74% felt respected by their family, 72% felt that their family paid attention to them, 69% felt that their family had fun together, and 58% felt their family understood them. Males were generally the most likely to feel connected to their family and non-binary students were the least likely.

Also, 71% of Okanagan students felt they had an adult inside their family they could talk to if they had a serious problem. This was similar to the local rate five years earlier and lower than in 2008 (78%). Males were the most likely to have such an adult inside their family (75% of males vs. 69% of females vs. 50%* of non-binary youth).



Note: For 'Family has fun together' the difference between males and females was not statistically significant.

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

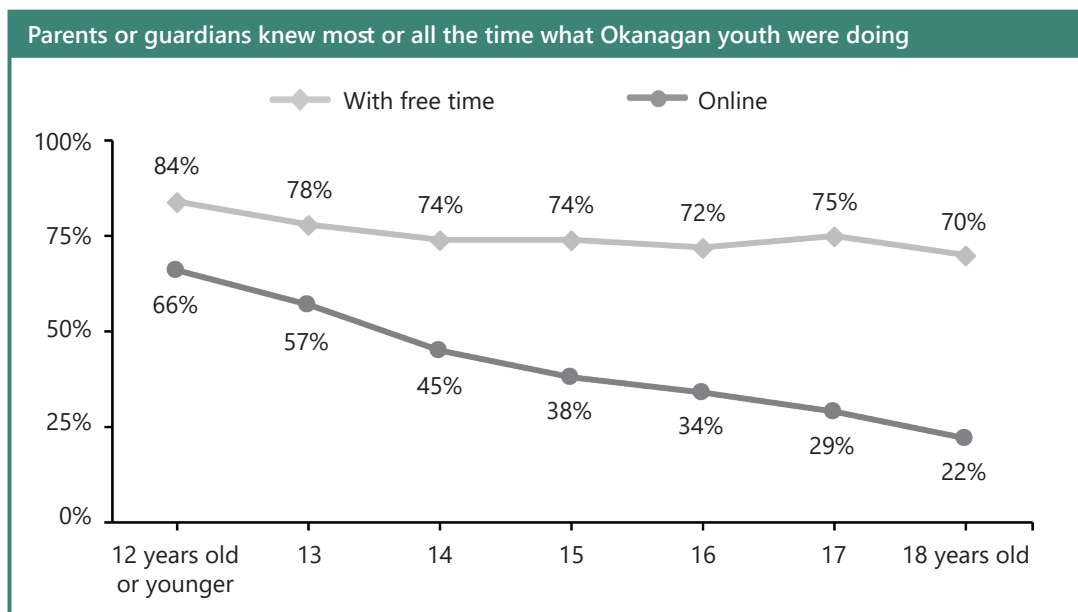
SUPPORTIVE FAMILY

Most Okanagan students (75%) turned to a family member for help in the past year (an increase from 69% in 2013), and the majority of these students (92%) found the support helpful. This increase was seen mainly among males (73% vs. 65% in 2013).

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 39% reported their parents rarely or never monitored their time online.

When asked how much time they had to do the things they wanted with their family, most local students (75%) felt they had the right amount of time, and 19% felt they did not have enough time.



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

SCHOOL

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

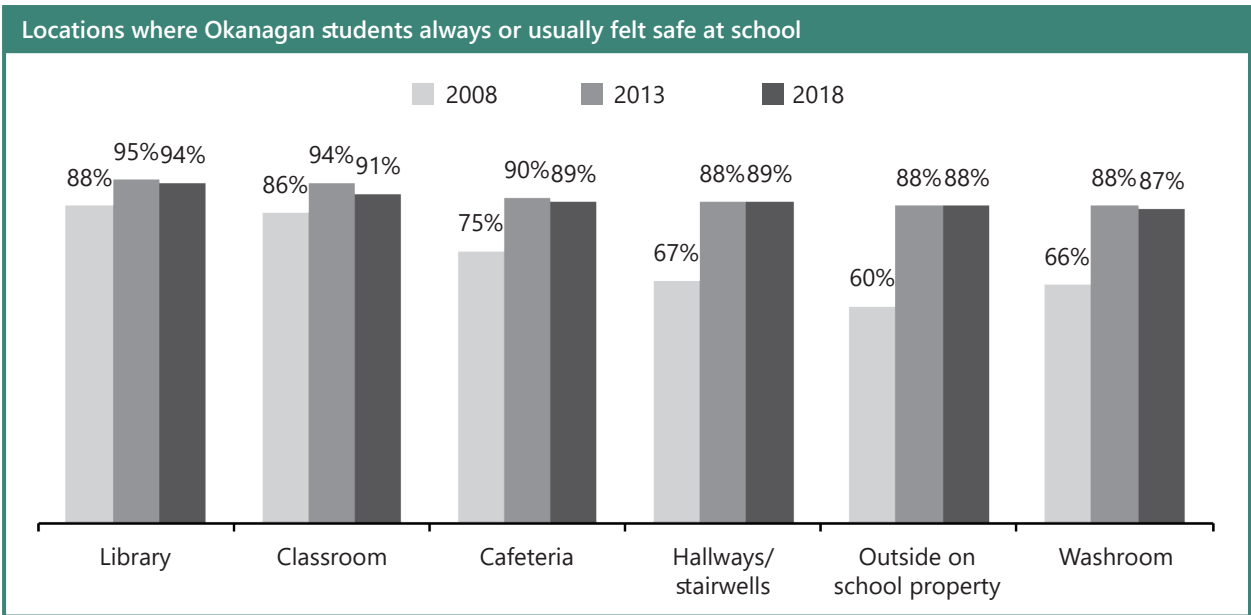
Most students in the Okanagan felt school staff expected them to do well (80%), they were treated fairly by school staff (69%), their teachers cared about them (65%), they were part of their school (56%), they were happy to be at school (56%), and school staff other than teachers cared about them (54%).

When asked about specific areas of the school they felt safe in, local students felt safer in every area of their school compared to a decade earlier, and at similar rates to five years earlier, except they felt less safe in classrooms. Compared to five years earlier when the question was first asked, they also felt less safe in changing rooms (84% vs. 87%).

SAFETY

Overall, 71% of Okanagan youth felt safe at school, which was similar to the provincial rate and a local decrease from 77% in 2013. Males were the most likely to feel safe at school and non-binary youth were the least likely to feel safe (74% of males vs. 69% of females vs. 47%* of non-binary youth).

Reflecting the overall sense of safety at school, males generally felt safest in different areas of the school. For example, 87% of males felt safe in the changing rooms compared to 83% of females and 53%* of non-binary youth. They were also more likely to feel safe getting to and from school (93% vs. 89% of females vs. 73%* of non-binary youth).



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

EDUCATION PLANS

Most Okanagan students planned to continue their education beyond high school. However, they were less likely than students across the province to plan to finish high school (85% vs. 87%) or go on to post-secondary (79% vs. 83%).

There was a local decrease in students who planned to continue their education after high school (79% vs. 83% in 2013) and a corresponding increase in the percentage who had not yet thought about their school plans (8% vs. 6%). Consistent with results over the past decade, only 1% of local students explicitly indicated they did not intend to finish high school.

Reflecting the provincial picture, local females were more likely than males to expect to complete high school (89% vs. 82%) and go on to post-secondary (85% vs. 75%).

SCHOOL ATTENDANCE

In the past month, local students most commonly missed school to attend appointments and due to illness. Local youth were more likely than their peers across BC to have missed school due to appointments (42% vs. 36%), mental health (18% vs. 15%), family responsibilities (17% vs. 14%), work (5% vs. 4%), and bullying (5% vs. 4%); but were less likely to miss school because they slept in (18% vs. 21%).

Compared to five years earlier, there was an increase in the percentage of local youth who skipped school in the past month (27% vs. 21% in 2013), and who missed school because they were working (5% vs. 3%).

Females were more likely than males to miss school due to illness (44% vs. 38%), appointments (43% vs. 36%), school responsibilities (21% vs. 17%), skipping classes (30% vs. 25%), and because of bullying (7% vs. 3%). Non-binary students were the most likely to miss school because of their mental health (42%* vs. 26% of females vs. 10% of males).

Reasons Okanagan students missed classes in the past month	
Appointments	42%
Illness	41%
Skipping class	27%
Other school responsibilities	19%
Mental health (e.g., anxiety, depression)	18%
Slept in	18%
Family responsibilities	17%
Bullying	5%
No transportation	5%
Work	5%

Note: Youth could choose more than one response.

COMMUTE TO SCHOOL

Okanagan students most commonly got to school by car (49%), followed by taking the school bus or public transit (32%). Local youth were more likely to take the school bus or public transit than their peers across the province (32% vs. 23%), and were less likely to use active means such as walking or biking (19% vs. 29%).

Most Okanagan students (89%) had a commute to school that was less than 30 minutes, and 2% commuted for at least an hour.

COMMUNITY

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

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

Similar to youth across the province, 40% of local students felt quite or very much connected to their community, reflecting an increase from 36% in 2013. This increase was seen primarily among males (40% vs. 34% in 2013).

Most Okanagan youth (70%) felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them. This reflected a local increase from 63% in 2013 and was above the provincial rate of 65%. Non-binary youth were less likely than males and females to report having a supportive adult in their neighbourhood or community.

SAFETY

The majority of Okanagan youth often or always felt safe in their neighbourhood in the daytime (93%) and at night (70%). As in 2013, local youth were more likely than their peers across the province to feel safe in their neighbourhood at night (70% vs. 65% provincially).

Among local youth who used public transit, 20% always felt safe and 6% never did.

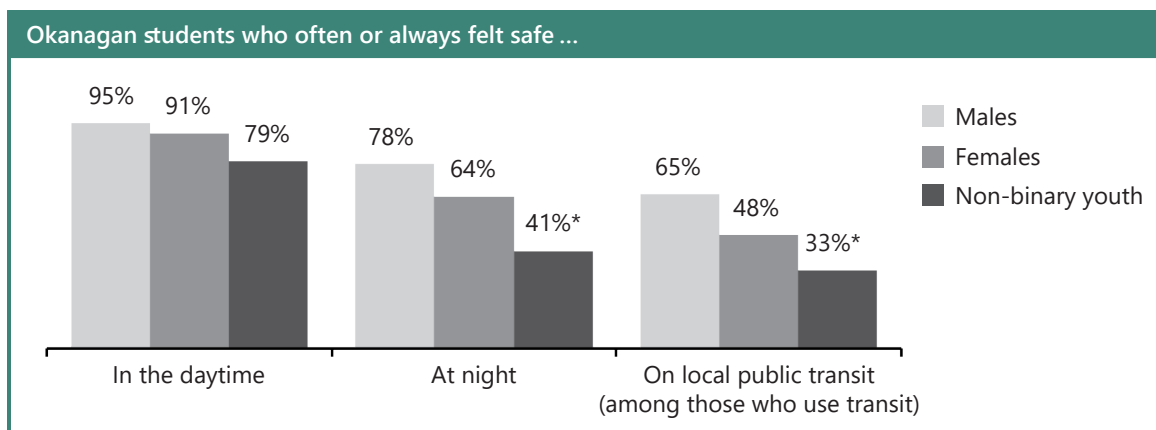
Males were the most likely to feel safe in their neighbourhood and on public transit.

RELATIONSHIP TO THE LAND/NATURE

"The forest is my quiet place to go because nothing is judgmental there, only peaceful."

Grade 7 student

For the first time, the BC AHS asked about feeling connected to the land or nature. Forty-seven percent of local students reported often or always feeling connected, whereas 36% sometimes felt this way, and 18% hardly ever or never felt connected.



Note: The difference between females and non-binary youth was not statistically significant for 'on local public transit'.

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

SUPPORTIVE RELATIONSHIPS

SUPPORTIVE ADULTS

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

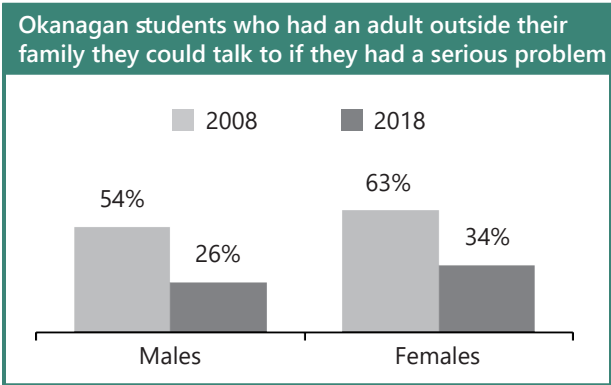
Youth who have an adult who helps them with tasks report better outcomes. For example, if they have an adult to help them with post-secondary applications, they are more likely to plan to go to college, university, or trade school.

Locally, 30% of youth reported having an adult outside their family whom they could talk to if they had a serious problem, which was above the provincial rate of 27%.

There was a decrease between 2008 and 2013 in the percentage of youth who had an adult outside their family they could talk to if they had a serious problem. However, rates in 2018 were similar to those in 2013.

Local females were more likely than males to have a supportive adult outside their family (34% vs. 26%). They were also more likely than females across BC to have such an adult in their life (34% vs. 30%).

Most Okanagan students had an adult in their life to help with them with tasks such as making and getting to appointments, getting a job, and with homework. Local students were more likely than their peers across BC to have an adult who helped them find employment (73% vs. 69%).



Okanagan students who had an adult who helped them with ...			
	Yes	No	Don't need this
Making appointments	89%	5%	6%
Getting to appointments	88%	5%	7%
Preparing for post-secondary	75%	16%	9%
Getting a job	73%	15%	12%
Homework	63%	19%	19%

Note: Percentages for each task may not total 100% due to rounding.



Asking adults for help

Outside of family members and friends, Okanagan students most commonly approached a teacher for help. The majority found this experience helpful.

Local youth were less likely than youth across BC to ask a school counsellor for help (27% vs. 31%) or a doctor (31% vs. 34%), and were more likely to seek help from a mental health counsellor (13% vs. 11%).

Adults outside their family whom Okanagan students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	54%	93%
Doctor	31%	90%
Sports coach	30%	95%
School counsellor	27%	77%
Friend's parent	23%	91%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	21%	88%
Nurse	15%	89%
Mental health counsellor	13%	76%
Aboriginal Education Worker [†]	8%	80%
Youth worker	7%	81%
Spiritual leader	6%	84%
Online community/online support group	6%	70%
Social worker	6%	65%
Telephone helpline	4%	52%
Indigenous Elder [†]	3%	74%

[†] Among Indigenous students, 28% had approached an Aboriginal Education Worker for help and 92% found this experience helpful, while 12% had approached an Elder and 93% found this experience helpful.



FRIENDS

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

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

"I have some friends but none are really that close."
Grade 9 student

The majority of local students (96%) had at least one close friend in their school or neighbourhood, and 80% had three or more close friends. As in 2013, males were more likely than females to have three or more close friends (83% vs. 78%).

Just over a third (35%) of students had at least one close friend online whom they had never met in person, and 17% had three or more such friends. Non-binary students were the most likely to have three or more online friends (38%* vs. 21% of males vs. 11% of females).

Also, 8% had at least one romantic partner they had met online and had never met in person, including 2% who had two or more partners they had never met in person. Non-binary students were more likely than male and female students to have dated someone they only knew online (21% vs. 8% of males and females).

Connecting with friends

When asked how much time they had to do the things they wanted with friends, 69% felt like they had the right amount of time, 27% did not have enough time, and 4% had too much time. Females were more likely than males to feel they had insufficient time with their friends (31% vs. 23%), as were older youth in comparison to younger ones (e.g., 36% of 18-year-olds did not have enough time with their friends vs. 24% of 13-year-olds).

Asking for help

In the past year, 74% of students in the Okanagan asked a friend they knew in person for help, and 93% of these students found their friend helpful. Also, 19% asked a friend they only knew online for help, and 81% of them found it helpful.

Females were the most likely to have sought help from a friend they knew in person (e.g., 81% vs. 69% of males). However, among those who asked for help, males were the most likely to have found their friends helpful (e.g., 95% vs. 92% of females).

Females were the least likely to have sought help from a friend they only knew online (16% vs. 20% of males vs. 41%* of non-binary youth) and were also the least likely to have found their online friends helpful (e.g., 75% vs. 86% of males).

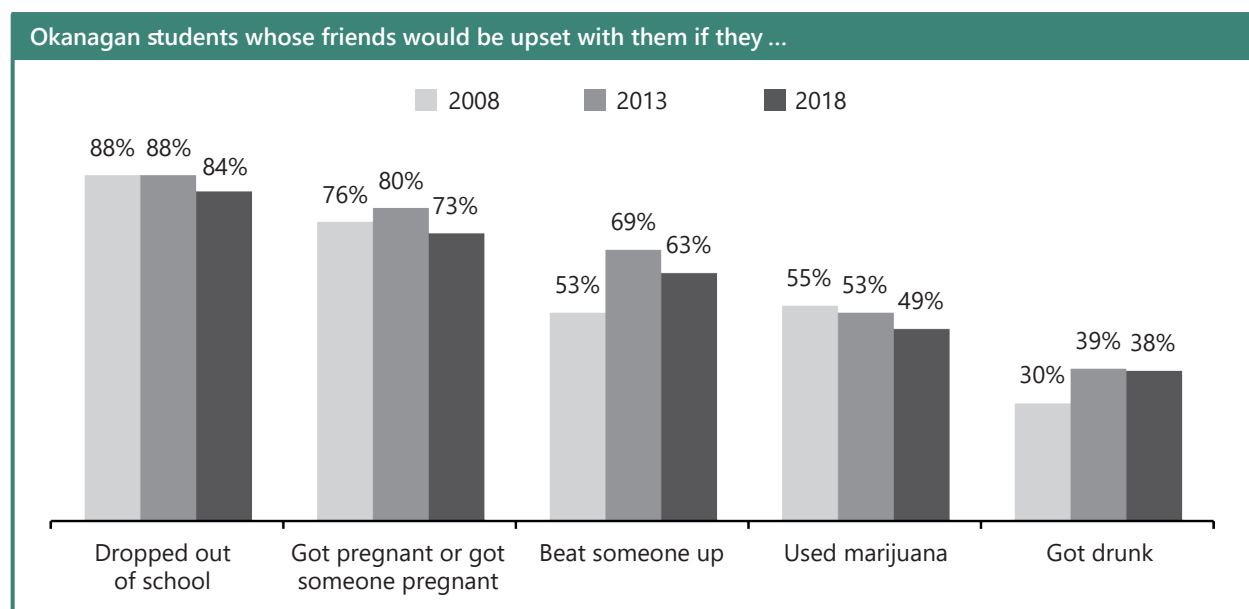
In the past year, 81% of students had a friend who had asked them for help, and most of these youth (96%) had felt able to help their friend (with no gender differences).

Friends with prosocial attitudes

Okanagan students generally had friends who would be upset with them for engaging in health risk behaviours. However, they were less likely than five years earlier to have friends who would be upset with them if they beat someone up, were involved in a pregnancy, dropped out of school, or used marijuana.

Females were more likely than males to indicate that their friends would be upset with them if they beat someone up (77% vs. 50%), dropped out of school (89% vs. 79%), were involved in a pregnancy (76% vs. 70%), used marijuana (53% vs. 44%), and got drunk (40% vs. 34%).

As in 2013, local youth were less likely than their peers across the province to have friends who would disapprove if they used marijuana (49% vs. 55%) or got drunk (38% vs. 45%).



Note: For 'got drunk' the difference between 2013 and 2018 was not statistically significant.

Note: For 'dropped out of school' and 'used marijuana' the differences between 2008 and 2013 were not statistically significant.



YOUNG PEOPLE'S STRENGTHS & RESILIENCY

QUALITY OF LIFE & WELL-BEING

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

HOPEFULNESS

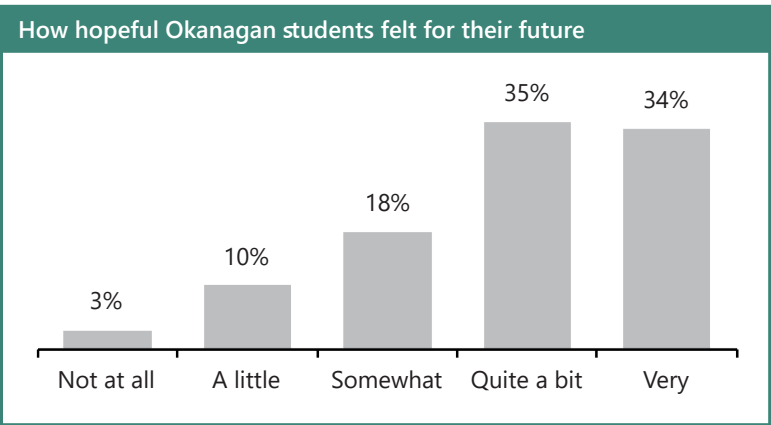
"I think my future is going to be great."
Grade 7 student

Most Okanagan students (69%) felt quite a bit or very hopeful for their future, with males the most likely to have felt this way (72% vs. 68% of females vs. 24%* of non-binary youth).

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

Quality of life and well-being among Okanagan youth			
	Agree/ strongly agree	Neither agree nor disagree	Disagree/ strongly disagree
I have a good life	80%	15%	6%
My life is going well	74%	17%	10%
I have what I want in life	59%	24%	18%
My life is going just right	56%	26%	18%
I wish I had a different life	17%	20%	63%

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. Three percent of local students indicated that things had never gone wrong for them. Among those who had experienced challenges or setbacks, 44% always pushed themselves to achieve their goals in these situations (with males the most likely to report doing so), while 51% sometimes pushed themselves, and 6% never pushed themselves.

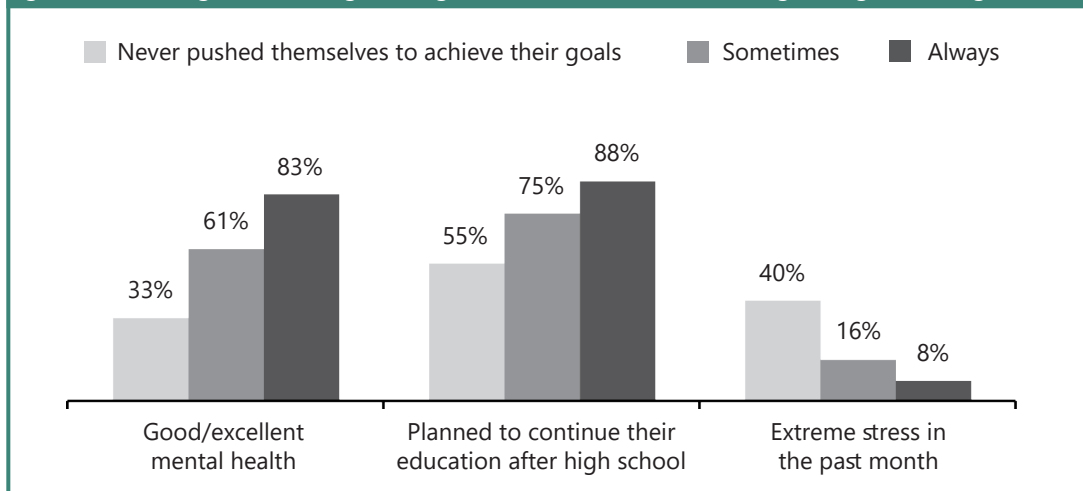
The more often Okanagan students persevered when faced with obstacles, the more likely they were to experience positive mental health and to have plans to pursue post-secondary education, and the less likely they were to experience extreme stress.

FEELING SKILLED & CONFIDENT

Most Okanagan youth (81%) were able to name something they were really good at (such as sports, school work, or art). This was an increase from five years earlier (77%), but remained below the rate a decade earlier (87%). As in 2013, males were more likely than females to name something they were really good at.

The majority of local students (59%) usually felt good about themselves, with males the most likely to feel this way. Students who felt good about themselves were more likely to feel hopeful for their future (87% vs. 31% of those who did not feel good about themselves).

Okanagan 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

Around two thirds (68%) of local youth felt they had the right amount of time to do what they want on their own, whereas 21% did not feel they had 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 than those who felt they had insufficient time to report positive mental health and well-being. For example, they were more likely to feel happy and to feel their life was going well, and were less likely to experience extreme stress in the past month.

Fifty-eight percent of Okanagan youth felt they had the right amount of time to do what they want in nature, whereas 39% felt they did not have enough time. Those who felt they had the right amount of time in nature were more likely to feel connected to the land/nature (50% vs. 42% of those who felt they did not have enough time to spend in nature).

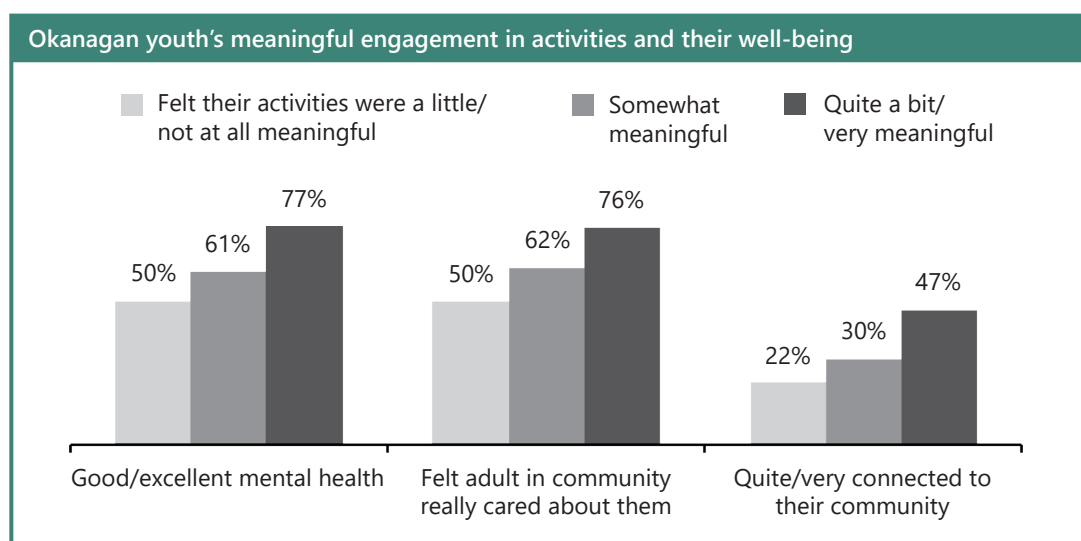
SPIRITUALITY

Fourteen percent of Okanagan students reported that spirituality was very important in their life, while 19% indicated that it was somewhat important, 16% a little important, 39% felt it was not important to them, and 12% were unsure.

MEANINGFUL ENGAGEMENT

Around two thirds (68%) of local youth felt that the activities they were involved in were meaningful (which was a decrease from 72% in 2013), and 44% felt their ideas were listened to and acted upon in these activities.

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



TOPICS OKANAGAN 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.

Locally, 4% of students who completed the survey provided a comment and 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 Okanagan youth wanted to learn more about was mental health, including information about stress management, and about specific conditions and how to manage symptoms of those conditions.

"[I want to learn] how to deal with my depression and anxiety."

Grade 7 student

"I'd really like there to be a lot more information about trauma. It's something a lot of kids deal with without knowing about it."

Grade 7 student

"Teach students how to effectively relieve stress."

Grade 12 student

"I think mental health issues, their common symptoms, and how they can affect everyday life should be taught more in schools."

Grade 12 student



Physical and sexual health were also common topics youth wanted to learn more about, including information about various health conditions, how to adopt a healthy lifestyle, general sex education, and sex education aimed at LGBTQ2S youth.

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

"I would like to learn more about concussions/head injuries and other sport injuries."

Grade 11 student

"I feel we should be learning more about the LGBTQAA+ community. We don't learn about this stuff at all and I would like it if we learned about it more."

Grade 7 student

"We should cover rules and age limits involving consent."

Grade 9 student

"[I want to learn about] drugs and how they affect kids and what different kinds do to our brains."

Grade 12 student

"I would like to know more about the effects of not getting enough exercise, physically and mentally."

Grade 9 student

"Information on abuse and what it is/looks/sounds like and what to do about it."

Grade 12 student

"[I want to learn about] STDs, how to know if you have an STD (symptoms, etc.) and where to go/call."

Grade 11 student

"We should get information on LGBTQ+ health (especially sexual health)."

Grade 11 student

McCREARY RESOURCES

BC AHS PROVINCIAL & REGIONAL RESULTS



This report provides an overview of the BC Adolescent Health Survey results for youth in the Okanagan Health Service Delivery Area.

Provincial results and results for BC's other Health Service Delivery Areas are available at www.mcs.bc.ca.

ADDITIONAL PUBLICATIONS



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

PRESENTATIONS AND WORKSHOPS



McCreary staff are available to present Okanagan BC AHS findings, and to conduct workshops which explore how

local stakeholders can utilize the results. For more information contact mccreary@mcs.bc.ca.

ENGAGING YOUTH IN THE BC AHS RESULTS



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

YOUTH ACTION GRANTS



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

BC AHS NEXT STEPS



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



