



BALANCE AND CONNECTION IN RICHMOND



THE HEALTH AND WELL-BEING
OF OUR YOUTH



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BALANCE & CONNECTION IN RICHMOND:

THE HEALTH & WELL-BEING OF OUR YOUTH

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



KEY FINDINGS

■ Although the percentage of students who had recently arrived in Canada was lower than across the province (13% had been here less than two years vs. 25% provincially), Richmond remains one of BC's most culturally diverse regions with 44% of local students speaking a language other than English at home most of the time (vs. 22% across BC).

■ After increasing locally between 2008 and 2013 (from 83% to 86%), the percentage of students who rated their health as good or excellent decreased below the 2008 rate (to 80%).

■ As in previous years, Richmond youth were less likely than those across the province to have met Canadian physical activity guidelines. However, the percentage of females aged 12–17 who exercised for 60 minutes daily increased (from 7% in 2013 to 10%). Also, the decline in weekly organized sports participation seen provincially did not occur locally (52% played organized sports this regularly, which was similar to the local percentages in 2008 and 2013).

■ There was a decrease in the percentage of Richmond students who experienced a serious concussion in the past year (11% in 2013 vs. 8%). A little over half (54%) of those who experienced a concussion received medical treatment for their head injury.

■ There was an increase in the percentage of Richmond students who reported having a mental health condition, and specifically Depression (12% vs. 7% in 2013) and Anxiety Disorder/panic attacks (12% vs. 6% in 2013). There was also an increase in the percentage who had seriously considered suicide in the past year (from 10% in 2013 to 15%).

■ There was a decrease in the percentage of females who attempted suicide, and Richmond youth were less likely than their peers provincially to have attempted suicide (3% vs. 5%). However, having a friend or family member attempt suicide is a risk factor for youth to attempt suicide, and the percentage of local youth who had one or both of these experiences rose from 23% in 2013 to 29%.

■ The percentage of Richmond students who had not accessed needed mental health services in the past year almost doubled (from 10% in 2013 to 19%). The most common reasons for missing out on care included not wanting their parents to know and thinking or hoping the problem would go away.

■ Students in Richmond were generally less likely to have used substances than their peers across BC. Local students who did use substances waited longer to first try tobacco or marijuana than their peers in previous years, and were less likely to engage in binge drinking. However, compared to 2013 there were no improvements in the percentage who drove after using marijuana, and the percentage who had driven after drinking alcohol doubled.

■ The local decrease in smoking tobacco (e.g., cigarettes, cigars, or cigarillos) seen in previous years continued (from 14% in 2013 to 9% in 2018). However, 9% of youth who had never smoked tobacco had vaped with nicotine and 10% had vaped without nicotine in the past month.

● Youth in Richmond were more likely than those across BC to have been discriminated against because of their race, ethnicity, or skin colour (17% vs. 14%). Additionally, there were local increases in this type of discrimination as well as discrimination based on sexual orientation, physical appearance, and gender/sex.

● Consistent with provincial findings, there was an increase from 2013 in females who experienced sexual harassment in the past year. However, Richmond females were less likely than those across the province to have experienced verbal (42% vs. 50%) or physical sexual harassment (24% vs. 31%) in the past year.

● 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 37% reported their parents rarely or never monitored their time online.

● Overall, 78% of Richmond students felt safe at school, which was higher than the 73% across BC. Males were the most likely to feel safe at school and non-binary youth were the least likely to feel safe (81% of males vs. 75% of females vs. 47%* of non-binary students).

● Similar to youth across the province, 45% of students in Richmond felt quite a bit or very much connected to their community. Female rates of community connectedness remained stable, and there was an increase for males (from 36% in 2013 to 46% in 2018).

● Over half (59%) of Richmond male and female youth 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 51% in 2013, but was below the provincial rate of 65%.

● Most students (96%) had at least one close friend in their school or neighbourhood. Also, just under a third of youth (31%) had at least one close friend online whom they had never met in person. In addition, 6% had dated someone online whom they had never met in person.

● Just under two thirds of Richmond youth (64%) reported their activities were meaningful to them, and 45% felt their ideas were listened to and acted upon in their activities. Those 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.

● Around 1 in 5 (21%) youth did not feel they spent enough time with their family, and the same percentage did not feel they had enough time to do what they wanted on their own. Also, 46% felt they did not spend enough time in nature.

● Students who felt they had the right amount of time to spend on their own were more likely to report positive mental health and well-being, including feeling happy in the past month. They were also less likely to experience extreme stress.

● Most youth could identify something they were really good at, and felt good about themselves. Also, Richmond youth generally reported satisfaction with their life (e.g., felt they have a good life) and were hopeful for their future. Youth who felt hopeful were more likely than their peers to report positive mental health, including feeling happy, as well as lower rates of extreme stress and despair.

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 among BC youth*) 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 Richmond Health Service Delivery Area (HSDA).

Richmond HSDA is comprised exclusively of the Richmond School District (SD 38). Richmond School District has participated in five of the six waves of the BC AHS to date (1992, 2003, 2008, 2013, and 2018). This regional report focuses on the 2018 local results with relevant comparisons to the 2018 provincial results, as well as to local results over the past decade (2008 and 2013).

"Good survey! I could relate to a lot of questions."

Grade 11 student

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 Richmond 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 Richmond 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 Richmond and the province are statistically significant at $p < .01$, which means there is up to a 1% likelihood that the results occurred by chance. Differences in tables or charts that are not statistically significant are noted.

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



LIMITATIONS

When reading this report, it is important to remember that although it is considered representative of youth aged 12–19 who were attending mainstream schools in Richmond, 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 Richmond students 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:

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

YOUNG PEOPLE IN RICHMOND

BACKGROUND

Unchanged from 2013, students in Richmond most commonly identified as East Asian (53%). Richmond students were more likely than those across the province to identify as East Asian and were less likely to identify as European.

The percentages of students reporting various family backgrounds was comparable to 2013, although compared to a decade ago students were more likely to identify as South Asian (11% vs. 8% in 2008) and Southeast Asian (16% vs. 10%), and were less likely to identify as Indigenous (2% vs. 4%) or to not know their heritage (2% vs. 4% in 2008).

Family background		
	Richmond	BC
East Asian	53%	18%
European	20%	46%
Southeast Asian	16%	8%
South Asian	11%	11%
Latin/South/Central American	3%	5%
West Asian	3%	3%
African	2%	3%
Indigenous	2%	10%
Australian/Pacific Islander	1%	2%
Don't know	2%	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: The differences between Richmond and BC were not statistically significant for African, Australian/Pacific Islander, or Other.

BIRTHPLACE & LANGUAGE

Thirty-eight percent of students were born outside of Canada, which was a decrease from 46% in 2008, but was similar to the percentage five years ago and higher than the provincial rate (21%).

Almost half of Richmond students born abroad had arrived in Canada within the past five years, including 34% who had lived here between two and five years. The percentage of students who had been here less than two years was lower than across the province (13% vs. 25%).

Similar to the provincial picture, local students included 8% who were here as international students and 1% who arrived as refugees.

In Richmond, 78% of students spoke a language other than English at home at least some of the time (compared to 53% across BC), with 44% doing so most of the time (vs. 23% across the province).

INDIGENOUS YOUTH

Among the 2% of students who identified as Indigenous, the majority were First Nations.

Around 4 in 10 Indigenous students (39%*) reported that at least one member of their family had been in residential school, while another 35%* did not know.

GENDER IDENTITY & SEXUAL ORIENTATION

"I would really benefit from learning about finding your sexuality or just about LGBTQ because I am bisexual and I feel like it would help to learn more about who I am."

Grade 7 student

For the first time, the BC AHS asked youth about the sex on their birth certificate and also about their current gender identity. Fifty-one percent of Richmond students were male on their birth certificate and 49% were female. For nearly all youth (98%), their current gender identity corresponded with their sex at birth, whereas 2% were non-binary (including 1% who were not yet sure of how they identified).

Most students in Richmond identified as straight. Males were more likely than females to identify this way (89% vs. 77%), whereas females were more likely to identify as mostly straight (8% vs. 5%), bisexual (6% vs. 1%), or to indicate they were unsure of their sexual orientation (6% vs. 4%).

Sexual orientation of Richmond youth	
Straight	82%
Mostly straight	6%
Bisexual	4%
Gay or lesbian	1%
Not sure yet	5%
Something other than those listed above	2%

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

GOVERNMENT CARE

Students were asked if they had experienced different types of government care (through MCFD or a delegated agency) or alternatives to care. One percent had ever been in a group home, 1% on a Kith and Kin agreement, 1% in foster care, and 1% on a Youth Agreement.

LIVING SITUATION

"I ran away once because of how depressed I felt."

Grade 7 student

Compared to five years earlier, youth were slightly more likely to be living with at least one parent (96% vs. 94% in 2013) and to be living with grandparents or siblings. These increases were also seen provincially.

Youth were asked if they had caretaking responsibilities on a typical school day. One percent of youth took care of their own child or children, while 24% looked after another relative (e.g., a relative with a disability or younger sibling) and 29% took care of a pet. There were some gender differences in caretaking responsibilities, with females more likely than males to be caring for a pet (33% vs. 26%) or a relative (28% vs. 20%).

Rates of moving from one home to another were similar to those across the province, with 25% of local youth reporting they had moved in the past year (including 6% who had moved three or more times).

In the past year, 7% of Richmond youth had run away from home and 4% had been kicked out (vs. 6% provincially).

Unchanged from 2013, most students (95%) often or always felt safe inside their home, while 1% never or rarely felt safe there.

Who Richmond youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	87%	91%	↑
Father/Stepfather	70%	79%	↑
Two mothers or two fathers	NR	1%	–
Grandparent(s)	12%	17%	↑
Foster parent(s)	1%	NR	↓
Siblings/Step-siblings	62%	69%	↑
Own child or own children	NR	NR	–
Other children or youth	2%	2%	–
Other related adults	5%	6%	–
Other unrelated adults	2%	3%	–
Live alone	NR	1%	–
Live with both parents at different times	6%	6%	–

Note: Youth could choose more than one response.

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

EMPLOYMENT

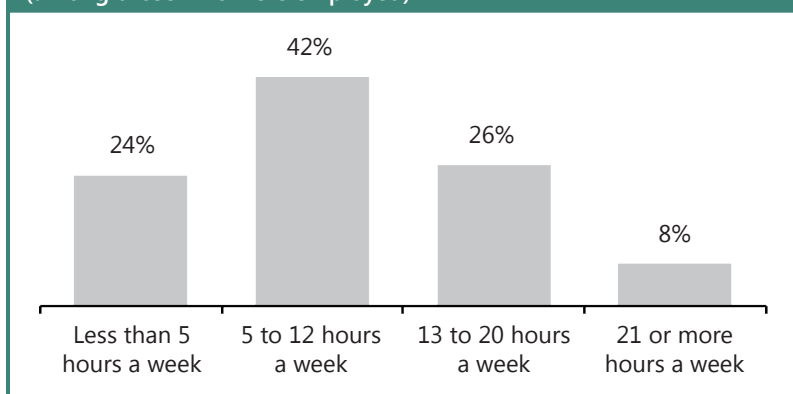
The percentage of students who were employed during the school year decreased from 36% in 2008 to 22% in 2013, but increased to 31% in 2018 (a rate similar to that seen across the province).

Reflecting the local picture five years ago, there were no gender differences in youth who had a job during the school year.

PHONE USE

The 2018 BC AHS asked students about their technology use on the last school day before they completed the survey. Ninety-seven percent of students in Richmond indicated they had a cell phone, smartphone, or other portable device. Students most commonly used their devices for social media; to communicate with friends they knew in person; to listen to music; and to watch shows, movies, or YouTube.

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



Richmond students' phone use on their last school day
(among youth with a phone)

Using social media	90%
Communicating with friends they know in person	89%
Listening to music	89%
Watching shows, movies, YouTube, etc.	86%
Communicating with parents/guardians	80%
Doing homework	72%
Finding information (other than health information)	70%
Playing games	64%
Communicating with someone they know only online	27%
Finding health information	20%
Watching porn	14%
Sexting	3%
Gambling	2%

Note: Youth could choose more than one response.

HEALTH PROFILE OF RICHMOND YOUTH

PHYSICAL HEALTH

Results of the 2018 BC AHS showed that youth who reported eating healthily, getting plenty of exercise and getting enough sleep (including going offline at bedtime) not only reported better physical health, but also reported better mental health than their peers.

Consistent with youth across the province, most students in Richmond (80%) rated their health as good or excellent. However, after increasing locally between 2008 and 2013 (from 83% to 86%), the percentage of students who rated their health as good or excellent dropped below the 2008 rate.

Reflecting the provincial picture, local students were less likely to rate their health as excellent than five years ago (26% vs. 30% in 2013). As in previous years, males were more likely than females to rate their health as excellent.

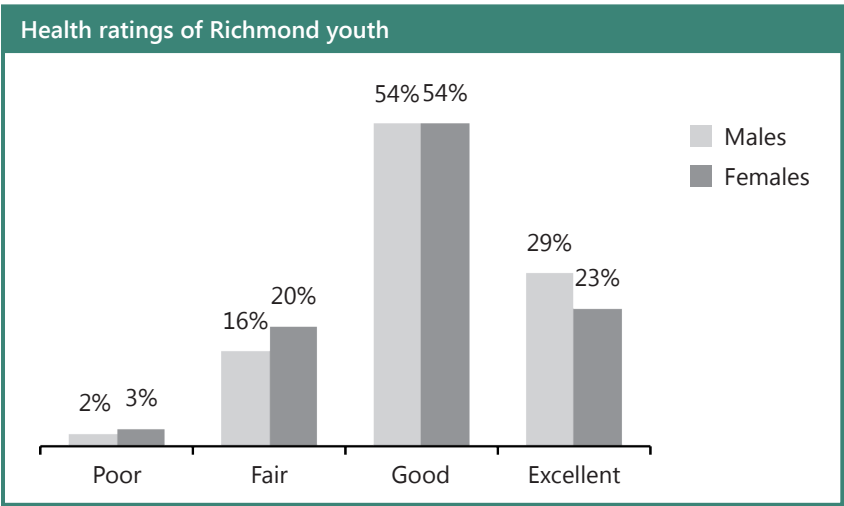
HEALTH CONDITIONS & DISABILITIES

In Richmond, 23% of youth indicated having at least one health condition or disability, which was similar to five years ago. Reports of specific conditions were also comparable to those in 2013, except the percentage of students with a mental health condition increased from 7% in 2013 to 11%.

More than 4 in 10 students (42%) with a health condition or disability reported that it prevented them from doing things their peers could do.

Health conditions and disabilities reported by Richmond youth	
Mental health or emotional condition	11%
Long-term/chronic medical condition	7%
Sensory disability	3%
Severe allergy requiring EpiPen	3%
Learning disability	2%
Physical disability	1%
Other	2%

Note: Youth could choose more than one response.



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

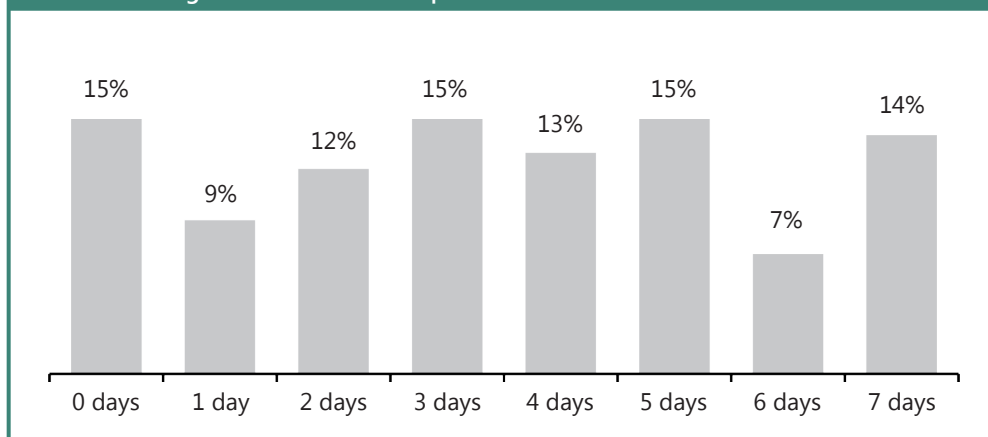
PHYSICAL ACTIVITY

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. Richmond youth aged 12–17 were less likely than those across the province to have met these recommendations in the week before taking the survey (14% vs. 18% provincially). Also, 14% did not take part in this level of physical activity on any day in the past week.

Males aged 12–17 were more likely than females to have exercised for 60 minutes every day in the past week (19% vs. 10%). However, the percentage of females exercising this regularly increased from 2013 (from 7%), whereas the percentage among males was comparable to 2013.

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Less than half (43%) 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 (vs. 60% provincially and 61%* locally in 2013). Males were more likely than females to have achieved these recommendations (50%* vs. 34%).

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



SLEEP

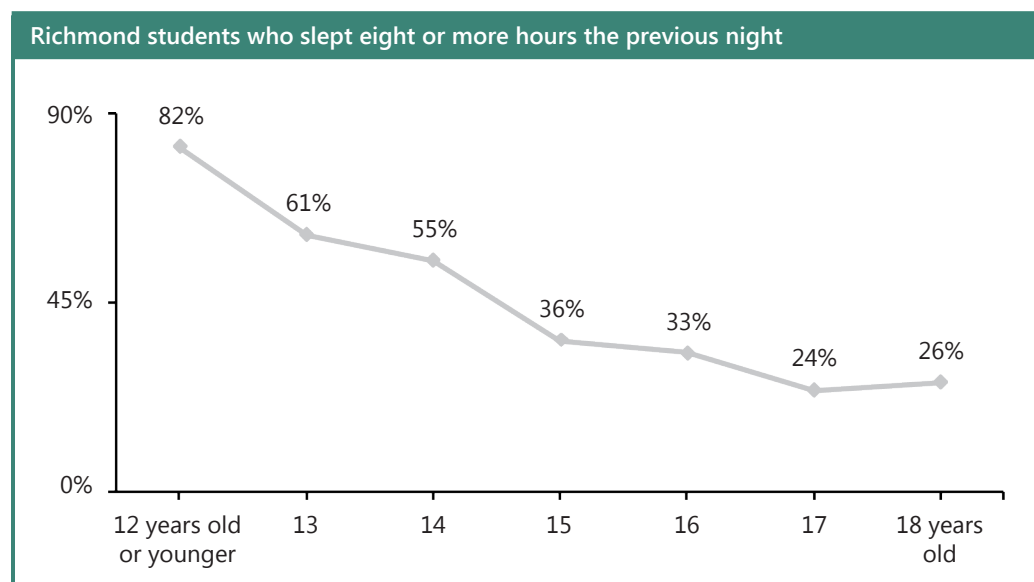
Similar to findings five years ago, less than half (43%) of Richmond students slept eight or more hours on the night before completing the survey (vs. 48% provincially), including 15% who slept five hours or less.

Reflecting provincial results, older students were less likely than younger ones to have slept eight or more hours, as were females in comparison to males (39% vs. 47%).

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (60%), homework (57%), gaming (34%), and other online activities (such as watching videos, checking social media; 74%). Females were more likely than males to chat/text (63% vs. 56%), do their homework (64% vs. 51%), or do online activities such as watching videos (77% vs. 72%), and were less likely to report gaming (22% vs. 46%).

Around 4 in 10 students (42%) reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). There were no gender differences.

On the day they completed the survey, 44% of local students had woken up feeling like they got enough rest. Students who reported going offline after their expected bedtime were more likely to wake up feeling rested (51% vs. 39% who did not go offline). Students who went offline and did not engage in any activity (e.g., homework) after their expected bedtime were the most likely to have woken up feeling rested (63%).



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

ACCESS TO HEALTH CARE

"It's hard to go to the youth walk-in clinic when it's only open 5 days a week and 3 of the days are appointment only and none of the days are on weekends or after school hours."

Grade 11 student

In Richmond, 23% of youth reported that they had not needed health care in the past year, and 4% had needed health care but had not been able to access it (which was comparable to youth across the province as a whole).

Also reflecting the provincial picture, most youth who had accessed health care had visited a family doctor. Compared to the province as a whole, youth in Richmond were less likely to have accessed a walk-in clinic (27% vs. 35%), emergency room (12% vs. 16%), counsellor/psychologist (9% vs. 11%), nurse (6% vs. 9%), and school wellness centre (1% vs. 2%).

When asked specifically about accessing medical care when they were physically sick or hurt in the past year, 62% indicated they did not need this type of medical help, 30% got the care they needed, and 7% did not get the care they needed (a rate similar to the province).

Previously there were no gender differences in missing out on needed medical care. However, in 2018, the percentage who did not access this needed care decreased for local males (from 9% in 2008 to 5% in 2018), and was unchanged for females (10%).

Where Richmond youth got health care in the past year	
Family doctor	64%
Walk-in clinic	27%
Emergency room (ER)	12%
Counsellor/psychologist	9%
Nurse	6%
Youth clinic	4%
Traditional healer	1%
School wellness centre	1%

Note: Youth could choose more than one response.

DENTAL VISITS

Most youth (83%) had been to the dentist in the past 12 months, while 9% had visited the dentist between a year and two years ago, 5% had last been to the dentist more than two years ago, and 3% had never been. The percentage who had never been to the dentist was similar to the rate five years ago.

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

NUTRITION

Provincially, there was a slight decrease in the percentage of youth who ate fruit and vegetables on the day before completing the BC AHS. However, in Richmond, the percentage remained similar to 2013 (94% in 2018) and higher than a decade ago (91%).

Compared to five years ago, there were no changes in the percentage of local youth who ate sweets (75%) or drank pop (33%) or energy drinks (5%) on the day before completing the survey. However, there was an increase in the percentage who ate fast food (47% vs. 43%) and food grown or caught by them or their family (12% vs. 8%), as well as those who drank water (99% vs. 97%).

In 2018, local youth were more likely than those across the province to have eaten traditional foods from their background (67% vs. 41%). They were less likely to have eaten food grown or caught by them or their family (12% vs. 16%), and to have drunk pop (33% vs. 37%) and energy drinks (5% vs. 7%).

MEALS

Provincially, there was a decline from 2013 in the percentage of students who always ate breakfast and a rise in the percentage who never ate breakfast on school days. However, rates remained stable in Richmond, with 57% always eating breakfast and 13% never doing so. Similar to the provincial results, males were more likely than female and non-binary youth to always eat breakfast on school days.

What Richmond students ate or drank yesterday		
	Once or twice	Three or more times
Water	20%	79%
Fruit	60%	23%
Vegetables or green salad	63%	20%
Sweets (cookies, cake, candy, chocolate, etc.)	60%	15%
Traditional food from their background	44%	23%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	41%	7%
Pop	29%	4%
Food grown/caught by them or their family	9%	3%
Energy drinks	4%	1%

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

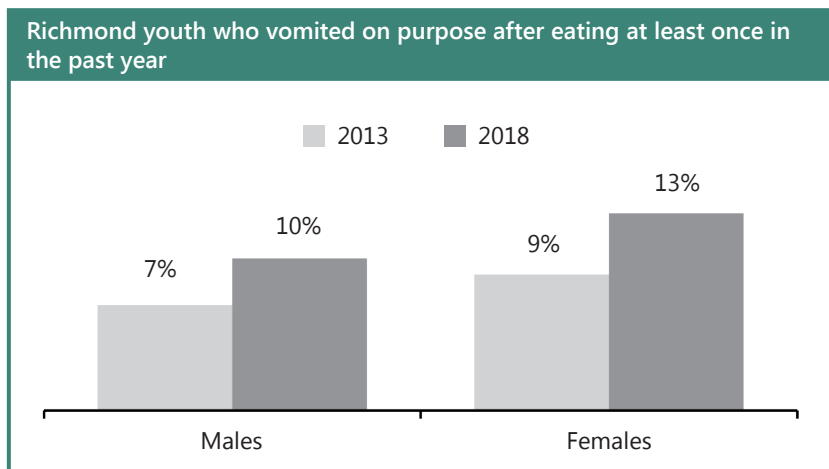
The 2018 survey asked for the first time about eating lunch and dinner. In Richmond, 69% always ate lunch while 2% never did, and 87% always ate dinner and 1% never did. Males were the most likely to always eat lunch and dinner.

Less than half (43%) of Richmond students ate three meals a day on school days. They were more likely to eat three meals a day than youth across BC (37% provincially).

EATING BEHAVIOURS

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

Over the past year, 9% of youth had vomited on purpose after eating once a month or less, while 1% had done so two or three times a month, and 1% had vomited on purpose at least once a week.



Note: The difference between males and females in 2013 was not statistically significant.

INJURIES & INJURY PREVENTION

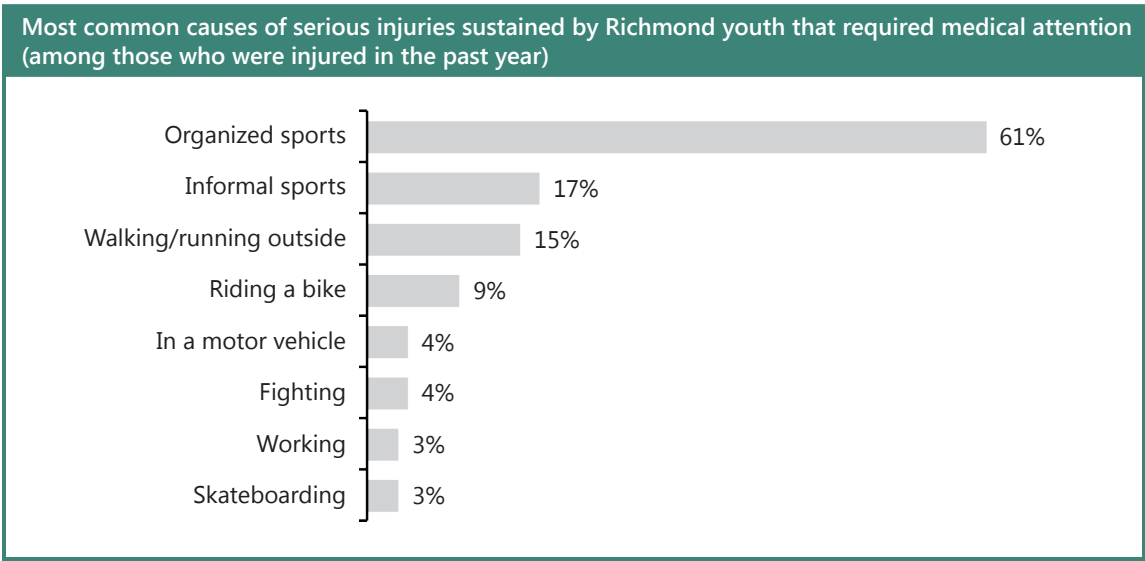
INJURIES

In the past year, 19% of Richmond youth were injured seriously enough to require medical attention, including 4% who experienced two serious injuries and 2% who had three or more.

As in 2013, youth in Richmond were less likely than their peers across the province to have been seriously injured in the past year (19% vs. 26%).

Provincially, males continued to be more likely than females to sustain a serious injury, but in Richmond there was no gender difference (a pattern that was also present in 2013).

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



Note: Youth could choose more than one response.



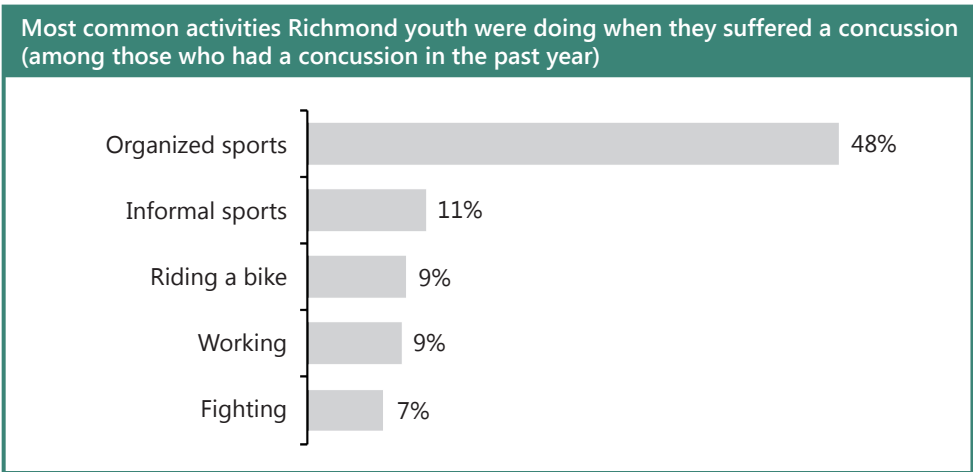
CONCUSSIONS

Reflecting the provincial picture, there was a decrease in the percentage of students who experienced a serious concussion in the past year from 11% in 2013 to 8%, including 2% who experienced two or more concussions. Richmond youth remained less likely to experience a concussion than their peers across BC (8% vs. 13%).

Among local youth who experienced a concussion, 66% reported dizziness or balance problems; 65% experienced headaches; 43% had ringing in their ears; 42% had blurred vision; 41% were dazed, confused, or suffered a gap in memory; and 29% lost consciousness.

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

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



Note: Youth could choose more than one response.

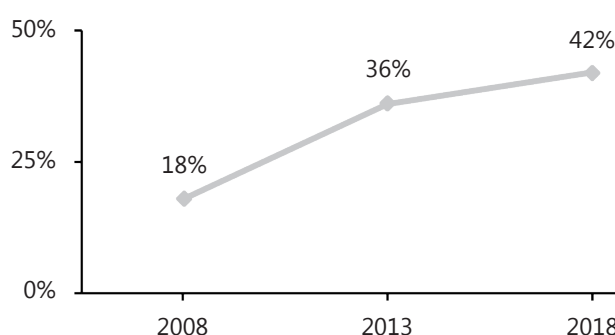
INJURY PREVENTION

Provincially, there was a slight decrease from five years ago in the percentage of youth who always wore a seatbelt when riding in a motor vehicle. This was not the case locally, as 74% of Richmond youth always wore a seatbelt, which was similar to the rate in 2013 and an increase from 66% in 2008. As in previous years, there were no gender differences in seatbelt use.

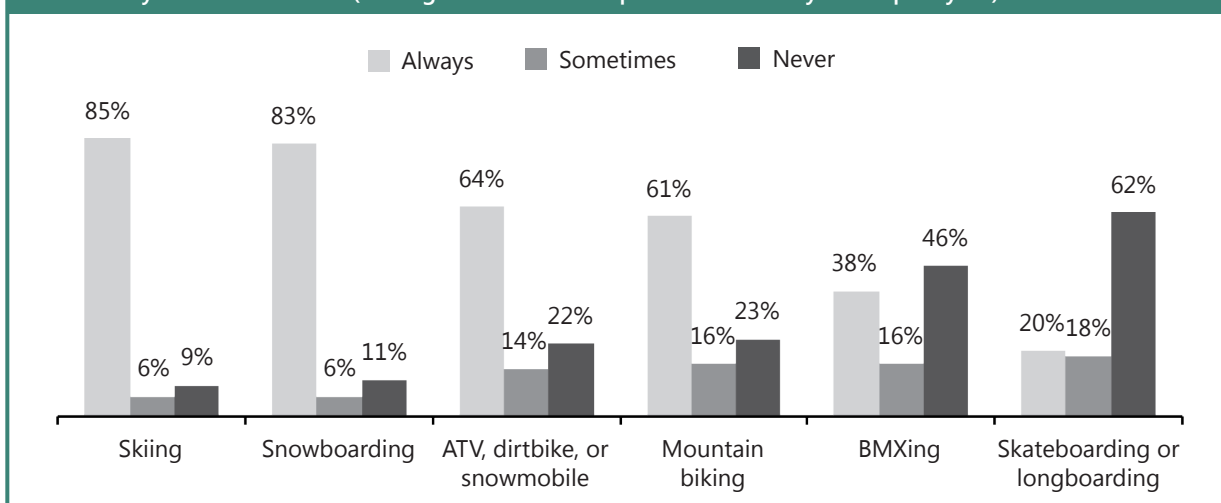
Reflecting the provincial picture, there was an increase in the percentage of local youth who always wore a helmet when cycling.

Helmet use rates for cycling and a range of other activities which might put youth at risk of a head injury (such as BMXing, mountain biking, snowboarding, skiing, ATV, dirtbike, or snowmobiling) were similar to the province, but local youth were less likely to always wear a helmet when skateboarding or longboarding (20% vs. 27% in BC).

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



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



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

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

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

MENTAL HEALTH

Across BC there was a decline in the percentages of male and female students who reported good or excellent mental health. However, in Richmond the decline was only seen among females (from 77% in 2013 to 67% in 2018), whereas the percentage among males remained stable (81%).

HAPPINESS

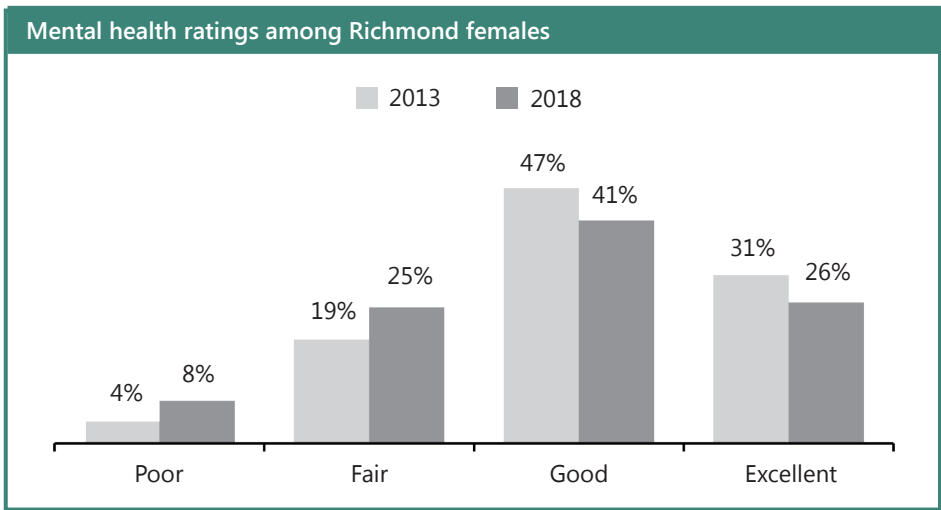
"I feel unhappy at school."
Grade 11 student

Similar to 2013, 65% of students felt happy most or all the time in the past month, while 27% felt happy some of the time, and 8% rarely or never felt happy. Males were more likely than females and non-binary youth to usually feel happy.

STRESS & DESPAIR

Most youth in Richmond (87%) experienced some level of stress in the month prior to taking the survey, including 10% who felt so stressed that they could not function properly. As in previous years, females were more likely than males to experience extreme stress.

For the first time, the BC AHS asked students how well they managed their stress. Among those who experienced stress, 38% felt they managed it well and 19% managed it very well. However, 30% managed their stress only fairly well and 14% managed it poorly.



Note: Percentages for 2013 do not equal 100% due to rounding.

Most students (63%) felt so sad, discouraged, or hopeless in the past month that they wondered if anything was worthwhile. Seven percent of Richmond students felt so much despair that they were unable to function properly.

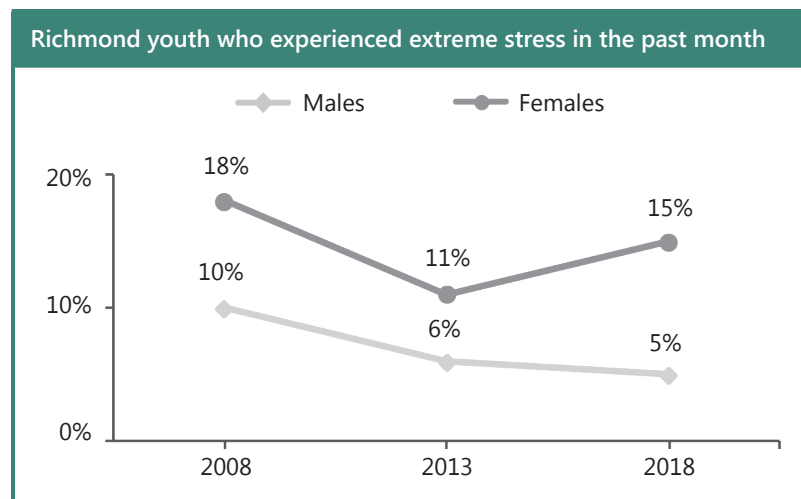
The percentage of males reporting extreme despair decreased from 6% in 2013 to 4% in 2018, whereas the percentage for females was comparable to five years previous (11%).

MENTAL HEALTH CONDITIONS

Eleven percent of students in Richmond reported having a mental health condition. This was an increase for both males (3% in 2013 vs. 7% in 2018) and females (10% in 2013 vs. 16% in 2018).

With respect to specific conditions, 12% of youth reported having Depression (up from 7% in 2013), 12% reported Anxiety Disorder/panic attacks (up from 6% in 2013), 5% had Attention Deficit/Hyperactivity Disorder (ADHD), and 1% had Post-Traumatic Stress Disorder (PTSD).

Non-binary youth were the most likely to have Depression (50%*), and females were about twice as likely as males to have Depression (15% vs. 7%). Females and non-binary youth were also more likely than males to report Anxiety Disorder/panic attacks.



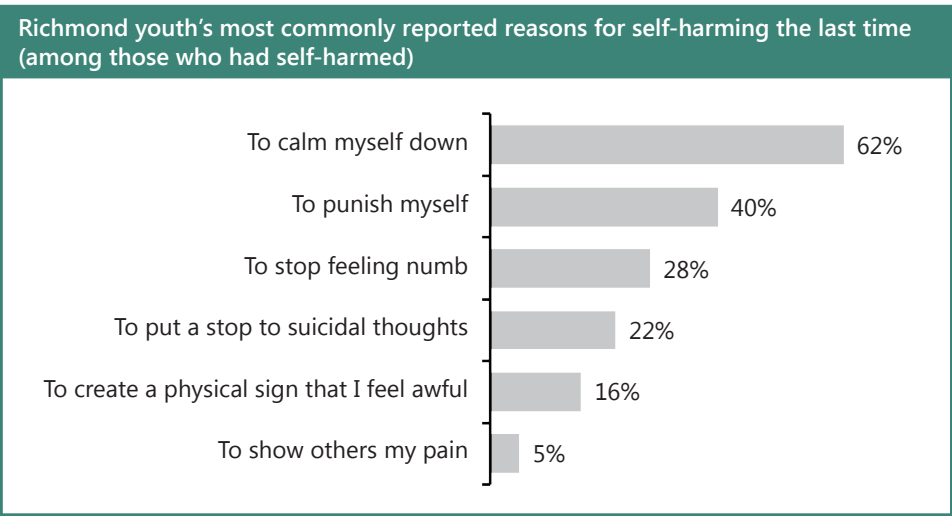
Note: The difference for males between 2013 and 2018 was not statistically significant nor was the difference for females between 2008 and 2018.

SELF-HARM & SUICIDALITY

When asked if they had cut or injured themselves on purpose in the past year without the intent of killing themselves, 12% of males, 20% of females, and 43%* of non-binary youth indicated doing so. The most common reason students gave for self-harming was to calm themselves down.

In Richmond, 15% of youth had seriously considered suicide in the past year, which was an increase from 10% in 2013. However, there was a decrease in the percentage of females who had attempted suicide (from 7% in 2008 and 2013 to 5% in 2018), while the percentage of males who attempted suicide (2%) was similar to previous years.

Richmond youth were less likely than their peers provincially to have attempted suicide (3% vs. 5%).



Note: Youth could choose more than one response.

MISSED OUT ON NEEDED MENTAL HEALTH SERVICES

"Kids need to learn the safety and security that comes with mental health care."

Grade 12 student

Around one in five (19%) Richmond students had needed mental health services in the past year but had not accessed them. This rate was comparable to the province as a whole, but was a local increase from 10% in 2013.

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

Students in this region were less likely than those in the province as a whole to report having no transportation (6% in Richmond vs. 10% across BC) or that they were put on a waiting list.

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

Didn't want parents to know	68%
Thought or hoped the problem would go away	66%
Didn't know where to go	47%
Afraid of what I would be told	42%
Too busy to go	40%
Afraid someone I know might see me	39%
Didn't think I could afford it	21%
Parent/guardian would not take me	13%
Had prior negative experience	12%
Couldn't go when it was open	7%
Had no transportation	6%

Note: Youth could choose more than one response.



SEXUAL HEALTH

ORAL SEX

The percentage of Richmond youth who engaged in oral sex was lower than a decade ago, and unchanged from 2013 (15% in 2018 and 2013 vs. 19% in 2008). Compared to the province as a whole, youth in Richmond were less likely to have had oral sex.

Among students who had engaged in oral sex, 20% used a condom or other barrier/protection the last time they had oral sex, which was unchanged from 2013.

INTERCOURSE

In Richmond, 14% of youth had ever had sex other than oral sex or masturbation, which was similar to local rates over the past decade and lower than the 2018 provincial rate.

Among those who ever had intercourse, the most common age for first doing so was 16 years old. The percentage of youth who waited until they were at least 15 years old (77%) was similar to 2013 and higher than in 2008 (57%).

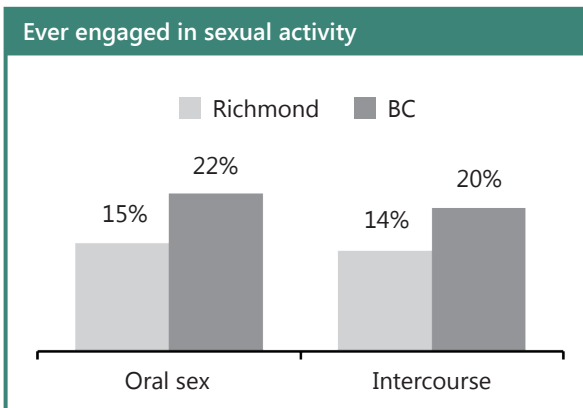
Over half of youth (58%) who ever had intercourse had one sexual partner in the past year, while 17% had two partners, 19% had three or more partners, and 6% did not have intercourse in the past year.

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

There were few changes from previous years in the methods youth used to prevent pregnancy, with condoms still the most common method.

There was a decrease from 2008 in the percentage of youth who made no effort to prevent pregnancy. However, the percentage who used withdrawal nearly doubled (from 24% in 2008 to 47%, among those who ever had intercourse), although the percentage using withdrawal as their only contraceptive method remained comparable (13%).

Less than 1% of youth had ever been pregnant or gotten someone pregnant.



Most common methods Richmond youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	61%
Withdrawal	47%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	29%
Emergency contraception	7%

Note: Youth could choose more than one response.

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

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

One percent of youth reported that at some point they had been told by a doctor or nurse that they had an STI.

The HPV vaccines protect against infection from certain types of cancers, and have been available to girls in Grade 6 since 2008 and to boys in Grade 6 since September 2017. Yet, only about a quarter (26%) of youth in Richmond reported they had been vaccinated (9% of youth who were assigned male on their birth certificate vs. 43% of females). Another 57% (69% of males vs. 45% of females) did not know whether they had been vaccinated.

REFUSAL SKILLS

"I have been asked on social media several times to share nudes."

Grade 7 student

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.

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

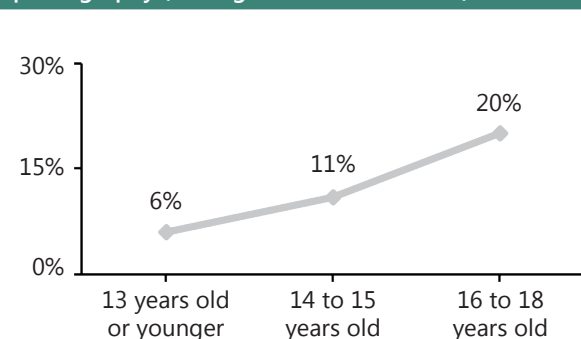
	Could say no	Couldn't say no	Not sure
Have sex with a new partner when they didn't want to	92%	2%	6%
Have sex with a long-term partner when they didn't want to	85%	4%	11%
Send nudes/sext	93%	2%	5%

USED PHONE TO SEXT OR WATCH PORNOGRAPHY

Three percent of Richmond students with a phone used it on their most recent school day to engage in sexting (a decrease from 6% in 2013), and 14% used their device to watch pornography (asked for the first time on the 2018 survey).

Older youth were more likely than younger ones to report having watched pornography on their device on their last school day.

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



SUBSTANCE USE

SMOKING, VAPING, & TOBACCO USE

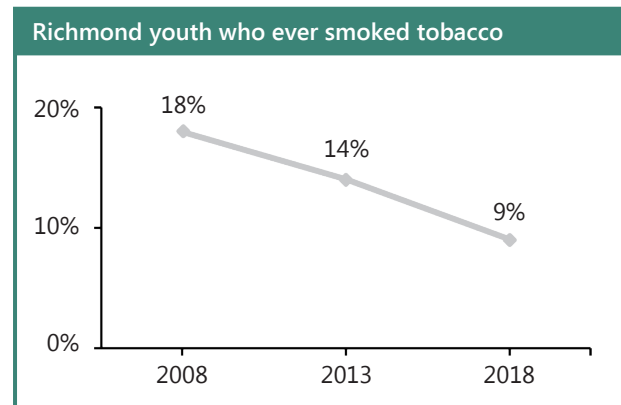
The local decrease in smoking tobacco (e.g., cigarettes) continued. Also, Richmond youth were half as likely as youth across BC to have ever smoked (9% vs. 18%).

Youth who had smoked tobacco were more likely to wait until they were at least 15 years old to first smoke (45% in 2013 vs. 57% in 2018).

Among those who had ever smoked tobacco, 42% smoked in the past month.

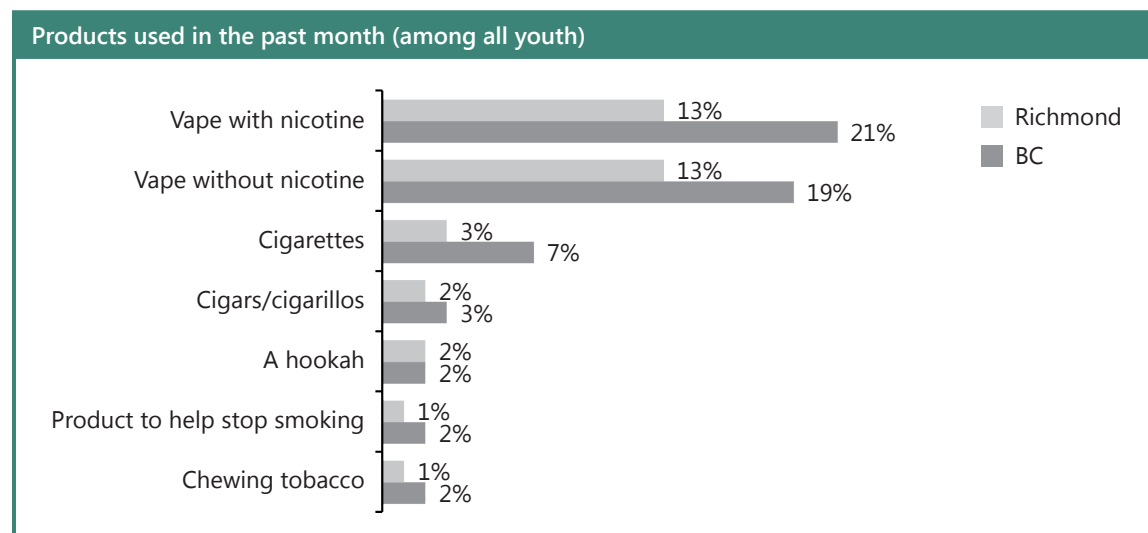
There were no gender differences in youth who smoked, but there were some differences in the products they used. In the past month, local males were more likely than females to have used chewing tobacco, cigars, and a product to help them stop smoking.

The most common smoking products used by local students were a vape pen or stick with nicotine or without nicotine. Overall, 9% of Richmond



students had vaped both with and without nicotine in the past month. Richmond youth were less likely to vape than their peers provincially.

Among students who had smoked tobacco, 59% vaped with nicotine and 42% vaped without nicotine in the past month, which were comparable to provincial rates. Among those who had never smoked tobacco, 9% vaped with nicotine and 10% vaped without nicotine in the past month.



ALCOHOL

After remaining stable between 2008 and 2013, the percentage of youth in Richmond who had tried alcohol decreased to 29% (compared to 38% in 2008). This was lower than the provincial rate of 44% in 2018.

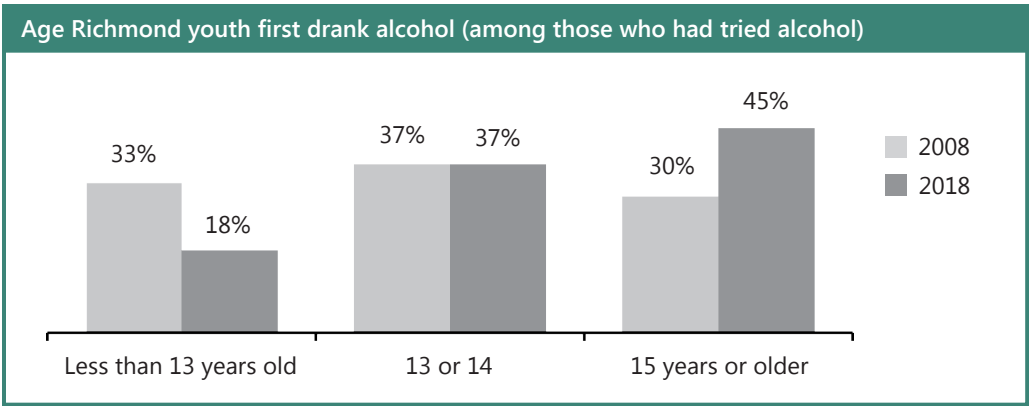
As in previous years, males and females in Richmond were equally likely to have tried alcohol. This finding was not seen provincially, where females were more likely than males to have tried alcohol.

The most common age for youth to have their first drink was 14 or 15. Among those who had tried alcohol, 45% waited until they were 15 or older to have their first drink. This was consistent with local results in 2013 but higher than in 2008, and higher than the 2018 provincial rate of 37%.

Among youth who had tried alcohol, 54% had at least one drink in the past month, including 3% who drank alcohol on at least 10 days that month.

A quarter (25%) of local students who had tried alcohol drank on the Saturday prior to completing the survey, which was lower than the provincial rate (35%). Comparable to five years earlier, Richmond students drank liquor (22%, among those who had tried alcohol), beer (18%), coolers (14%), and wine (9%).

Males were more likely than females to drink beer (22% vs. 13%), while females were more likely to drink coolers (17% vs. 10%). Local youth were less likely than those in the province as a whole to drink coolers (14% vs. 22%) or liquor (22% vs. 28%).



Among youth who drank last Saturday, there was a decrease in the percentage who mixed at least two different types of alcohol (e.g., drank liquor and coolers), from 60% in 2013 to 48% in 2018. As in 2013, there were no gender differences in mixing alcohol.

Canadian Low Risk Drinking Guidelines suggest not exceeding two drinks on any one occasion. However, among those who had tried alcohol, 19% of students had more than two drinks at least once in the week before they took the survey, and 3% did so on at least three of those days.

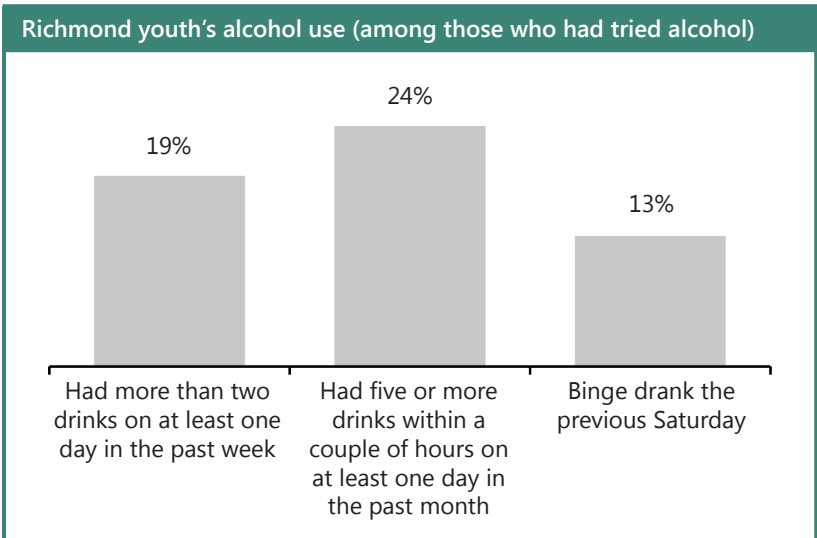
Also, 24% consumed five or more drinks within a couple of hours at least once in the past month (with no gender differences), and 3% did so on six or more days (among those who had tried alcohol). The percentage of youth who engaged in this type of heavy drinking was lower than in 2013 (30%) and 2008 (36%).

Binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and females who consume three or more. Among students who had tried alcohol and drank on the Saturday before taking the survey, 52% engaged in binge drinking, which was a decrease from 69% in 2013.

For the first time, the BC AHS asked youth where they got their alcohol the last time they drank. Youth in Richmond most commonly got it at a party or from an adult.

Where Richmond youth got alcohol the last time (among those who had tried alcohol)	
At a party	46%
Adult gave it to me	40%
Gave someone money to buy it for me	17%
Youth gave it to me	16%
Took it without permission	10%
Bought it	8%
Exchanged something for it	NR
Made it	NR

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



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

MARIJUANA

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. Fifteen percent of youth in Richmond had ever used marijuana, which was below the provincial rate (25%).

The percentage of local youth who had used marijuana remained unchanged over the past decade for both males and females. However, in contrast to 2013 where males were more likely than females to have used marijuana, they were equally likely in 2018 (as in 2008) to have used it. Over a third (34%*) of non-binary youth reported they had used marijuana.

More youth waited until they were older to first try marijuana. For example, in 2013, 9% of Richmond youth had tried marijuana before the age of 13, compared to 4% in 2018.

Among youth who had tried marijuana, 69% had used it in the past month, which was an increase from 59% in 2013 and 56% in 2008.

Between 2008 and 2013, there was an increase in regular marijuana use (six or more days in the

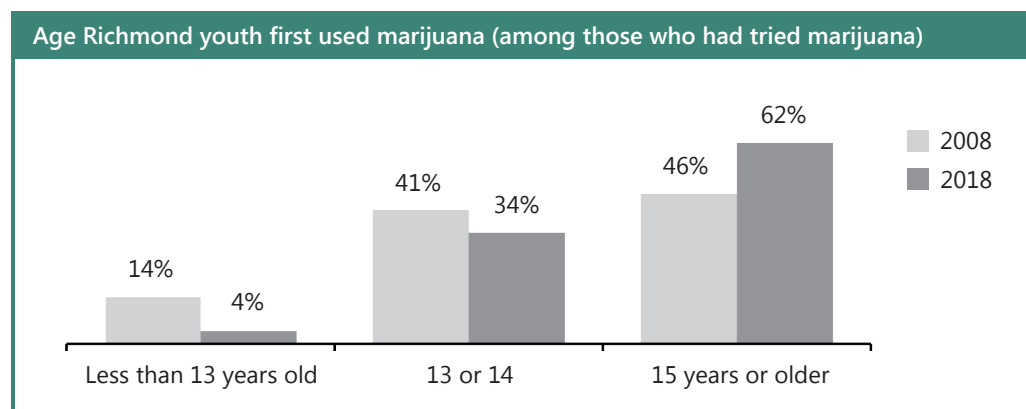
past month) but this upward trend did not continue in 2018, as 24% of youth who had used marijuana used it this regularly. Also, the percentage who used on 20 or more days in the past month was comparable over the past decade (9%).

More than a quarter (29%) of Richmond youth who had tried marijuana had used it on the Saturday before taking the survey.

Overall, 2% of local youth had used both alcohol and marijuana last Saturday, which was half the rate of 5 and 10 years ago.

For the first time, the BC AHS asked students how they had consumed marijuana the last time they used it. Most students (86%) who had used marijuana reported smoking it, while 14% ate it in a cooked recipe, and 10% took it in another form such as vaping.

The BC AHS also asked about prescription marijuana, but the percentage of local youth who had been prescribed medical marijuana was too small to report.



Note: The difference between 2008 and 2018 in first using marijuana at 13 or 14 years of age was not statistically significant.

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

USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

Fourteen percent of Richmond youth had tried at least one substance other than alcohol or marijuana (compared to 16% provincially). As was the case provincially, youth in Richmond most commonly reported the misuse of prescription medications.

There were some changes in the use of different substances, including decreases in the use of prescription pills without a doctor's consent (14% in 2008 vs. 10% in 2013 vs. 7% in 2018) and ecstasy/MDMA (6% in 2008 vs. 4% in 2013 vs. 2% in 2018). There were also decreases in the use of hallucinogens (3% in 2008 and 2013 vs. 1% in 2018), cocaine (4% in 2013 vs. 1% in 2018), amphetamines, and ketamine or GHB. The use of mushrooms, inhalants, heroin, and crystal meth were comparable to rates in 2013 and below those seen in 2008.

In 2018, Richmond youth were less likely than their peers across the province to use prescription pills without a doctor's consent (7% vs. 9%), mushrooms (2% vs. 5%), ecstasy/MDMA (2% vs. 3%), hallucinogens (1% vs. 3%), cocaine (1% vs. 3%), amphetamines, crystal meth, and ketamine or GHB.

One percent of Richmond youth had injected an illegal drug.

Richmond youth who had used substances other than alcohol and marijuana	
Prescription pills without a doctor's consent	7%
More of my own prescription than prescribed	6%
Mushrooms	2%
Ecstasy/MDMA	2%
Inhalants	1%
Hallucinogens (excluding ecstasy/MDMA & ketamine)	1%
Cocaine	1%
Amphetamines (excluding ecstasy/MDMA & crystal meth)	NR
Heroin	NR
Crystal meth	NR
Ketamine, GHB	NR

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

CONSEQUENCES OF USE

Reflecting the pattern in 2013, nearly half (49%) of youth who had used alcohol or other substances reported negative consequences of their use in the past year. The most common were being told they did something they could not remember and passing out.

Among youth who ever had sex, 19% used alcohol or other substances before having sex the last time, which was similar to 2013 and a decrease from 29% in 2008.

In the past year, 3% of students felt that they needed help or were told that they needed help for their substance use. In total, 2% needed help for their alcohol use, 2% for their marijuana use, and 1% for their use of other substances. Also, when asked about health conditions, 1% of youth indicated having an alcohol or drug addiction.

Consequences of substance use experienced by Richmond 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	32%
Passed out	25%
Argued with family members	15%
Got injured	11%
School work or grades changed	12%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	9%
Damaged property	6%
Got into trouble with the police	5%
Got into a physical fight	5%
Had sex when I didn't want to	3%
Had to get medical treatment	NR
Overdosed	NR

Note: Youth could choose more than one response.



DRIVING AFTER SUBSTANCE USE

Among youth who had tried alcohol, 6% reported ever driving a car or other vehicle after they had been drinking. This was an increase from 2013 but still below the rate a decade ago. Ever driving after using marijuana was also lower compared to a decade ago.

Similar to results in 2013, 8% of youth who had tried marijuana drove after using it in the past month. The percentage who drove after alcohol use recently was too small to report.

Rates of driving after alcohol, marijuana, and other substance use were comparable to the provincial rates. The local rate for driving after other substance use was too small to report.

While youth were more likely to drive after using marijuana than after drinking alcohol, they were twice as likely to have ever ridden with a driver who had been using alcohol than using marijuana (14% vs. 7%). These rates were similar to 2013.

Local students were less likely than those across the province to have been a passenger in a vehicle with a driver who had been using alcohol or marijuana.

REPORTED REASONS FOR USING

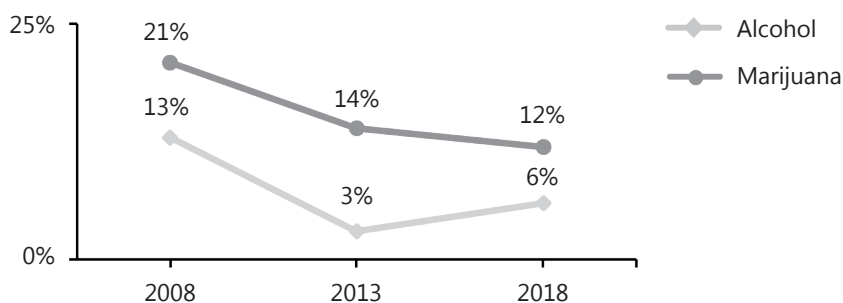
As in 2013, the most common reasons youth gave for using substances the last time were wanting to have fun, wanting to experiment, and having friends who were doing it. The percentage who used substances due to stress increased (from 22% in 2013 to 31%), as did the percentage who used because they were feeling down or sad (from 17% in 2013 to 24%).

Most common reasons Richmond youth reported for using substances the last time (among those who had used alcohol or other substances)

I wanted to have fun	63%
I wanted to try it/experiment	35%
My friends were doing it	34%
Because of stress	31%
I felt down or sad	24%
I felt like there was nothing else to do	11%
To manage physical pain	7%
I was pressured into doing it	4%
I thought it would help me focus	3%

Note: Youth could choose more than one response.

Richmond youth ever who drove after using alcohol or marijuana (among those who used the substance)



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

EXTRACURRICULAR ACTIVITIES

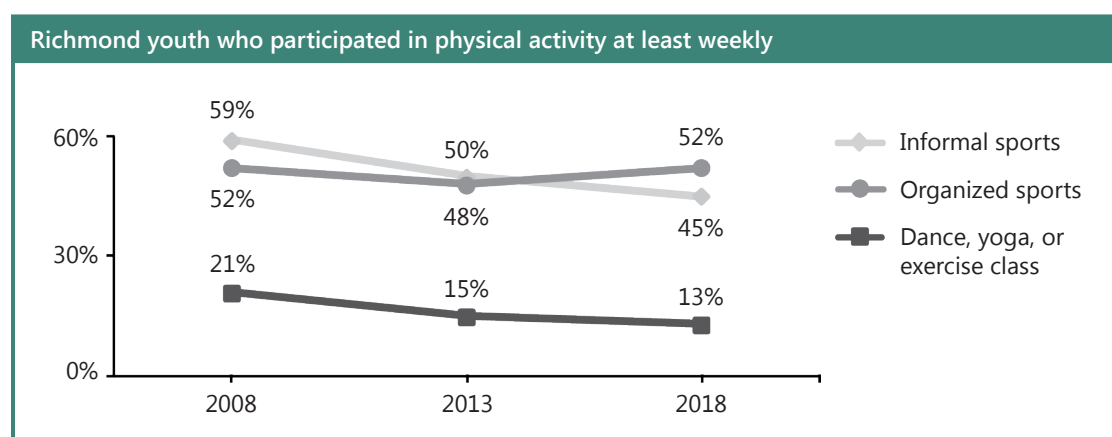
BC AHS results show that participation in extracurricular activities has many benefits, including an increased likelihood that youth will have access to a supportive adult outside their family and will feel connected to their community. Engaging in regular physical activity (such as weekly organized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

In the past year, 94% of students in Richmond participated in at least one extracurricular activity (such as sports, dance, clubs, art, or volunteering), 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 different types of activities (e.g., volunteering and organized sports), including 15% who participated in four or more weekly activities.

The most common extracurricular activity Richmond youth engaged in over the past year was informal sports (sports without a coach such as biking, skateboarding, hiking). However, weekly participation in informal sports decreased from 59% in 2008 to 45% in 2018. Weekly participation in organized sports decreased from 52% in 2008 to 48% in 2013, and then increased to 52% in 2018. Weekly participation in dance, yoga, or exercise classes decreased from 21% in 2008 to 13% in 2018.

Weekly participation in clubs or groups was similar to 2013 but decreased compared to a decade ago (19% in 2008 vs. 16% in 2018). There were no changes from previous years in weekly participation in organized sports (52% in 2018), volunteering (27%), cultural or traditional activities (8%), and extreme sports (4%).

Richmond youth have traditionally been less likely to participate in weekly physical activity than their peers across the province. While the percentages engaging in informal sports and dance, yoga, or exercise classes remained below the provincial rate, this was not the case for organized sports which was comparable to the provincial rate.



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

GAMBLING

There were gender differences in weekly extra-curricular activities. As in 2013, males were more likely than females to participate in organized sports (54% vs. 49% females), informal sports (51% vs. 39%), and extreme sports (6% vs. 2%). Females were more likely to participate in art, drama, singing, or music classes (34% vs. 24% of males); volunteer activities (30% vs. 25%); and dance, yoga, or exercise classes (20% vs. 5%).

Students were asked about any barriers they had experienced to taking part in extracurricular activities in the past year. Consistent with the rest of the province and with local results in 2013, being too busy was the most common barrier reported by Richmond youth (54%).

There was a slight decrease in local students who reported that they did not participate because they could not afford to (14% in 2013 vs. 12% in 2018). Other reasons included not being able to get there or get home (14%), being too anxious or depressed (13%), the activity they wanted to do was not available in their community (13%), and concerns about being bullied (5%).

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. In the past year, 62% of Richmond students had played at least one of these games, including 18% who had played for money.

Around half (52%) of females and around a quarter (24%) of males had not played any game of chance in the past year. Also, Richmond youth who played games of chance had most commonly not done so for money.

Richmond 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	29%	25%	30%	16%
Organized sports	40%	8%	31%	21%
Volunteered without pay	46%	27%	23%	4%
Art/drama/singing/music (group or lessons)	62%	9%	21%	8%
Cultural/traditional activities	66%	26%	7%	2%
Clubs/groups	78%	7%	13%	2%
Dance/yoga/exercise classes	80%	7%	9%	3%
Extreme sports	91%	5%	2%	2%

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

In the past year, local students were less likely than their peers across BC to have played gambling games that involved money (18% vs. 21% across BC).

Among students who gambled for money in the past year, the most common way they gambled was through online gaming (45%), including 5% who were gaming for money once a week, 7% who did so two to six days a week, and 6% who did so daily.

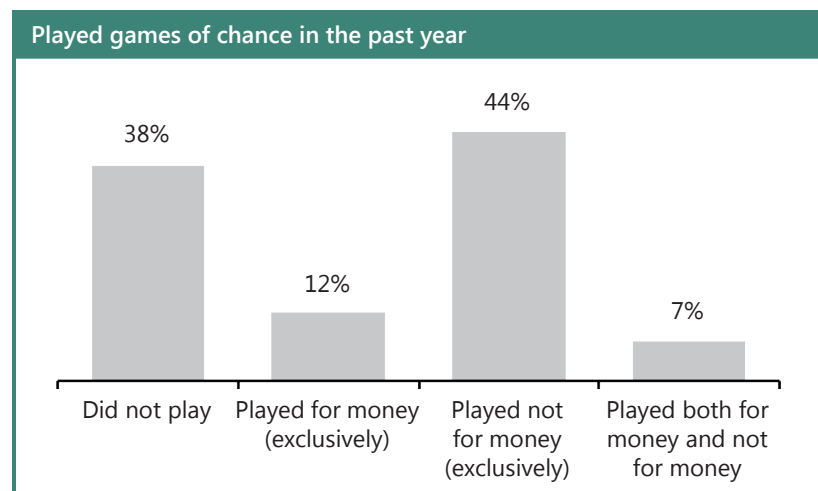
Richmond students also engaged in sports betting in person (35%), played cards/dice for money in person (32%), bought lottery tickets/scratch cards (28%), played cards/dice online (10%), and engaged in sports betting online (8%).

There were some gender differences among youth who gambled for money. Males were more likely than females to engage in online gaming (50% vs. 32%) and in-person sports betting (40% vs. 23%), and females were more likely to buy lottery tickets/scratch cards (46% vs. 19% of males).

Reflecting the provincial pattern, 24% of local youth who had gambled for money did so on at least a weekly basis over the past 12 months (with no gender differences).

Richmond youth were at least three times more likely to have engaged in online gaming on a weekly basis than any other gambling activity. For example, 18% engaged in online gaming for money, compared to 6% who played dice or cards in person and 2% who purchased lottery tickets/scratch cards.

The BC AHS asked students if they had been told or felt they needed help for a range of potentially addictive behaviours. In the past year, less than 1% of Richmond students felt they had a problem with their gambling or had been told they needed to get help for it.



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

In Richmond, 8% of students sometimes went to bed hungry because there was not enough money for food at home, and 1% often or always went to bed hungry. The percentage of students who went to bed hungry was similar to that across the province and to local results in 2013. However, it was lower than a decade ago when 13% of Richmond youth went to bed hungry at least sometimes (vs. 9% in 2018).

DEPRIVATION

Going to bed hungry because there is not enough money for food at home is a measure of extreme poverty, and the BC AHS has previously struggled to get a reliable measure of other experiences of poverty and deprivation.

With the help of over 800 youth across BC, an Index of Deprivation was developed for the 2018 survey. The Index highlights the 10 items BC youth felt were most important for them to have to feel like they belonged, and which if they did not have, could make them feel like they were missing out on things their peers had. The 2018 BC AHS asked youth if they had the 10 items, and whether they wished they had them if they did not.

Most Richmond youth had all the items on the list. For example, 97% had a quiet place to sleep, 2% did not have this but wished they had, and 1% either did not have this and did not mind or were not sure if they minded.

Richmond youth who did not have but wished they had ...	
Space of their own to hang out in	7%
Money to spend on themselves	7%
Smartphone	5%
Money for school supplies, school trips	3%
Lunch for school/money to buy lunch	3%
Equipment/clothes for extracurricular activities	3%
Access to transportation	3%
A quiet place to sleep	2%
Clothes to fit in	2%
Access to the Internet	NR

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

Provincially, the most common item that youth lacked but wanted was money to spend on themselves. In Richmond, youth were equally likely to feel deprived of a space of their own to hang out in and of money to spend on themselves.

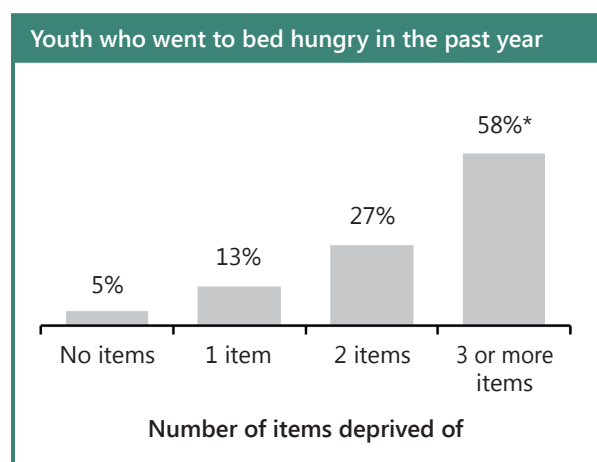
When the items were considered individually, there was a link between feeling deprived of the item and potentially negative outcomes. For example, youth who had money for school supplies and to go on school trips were more likely to expect to complete high school or go on to post-secondary (92% vs. 79%). Similarly, 20% of Richmond youth who had clothes to fit in with their peers had been discriminated against because of their physical appearance in the past year, compared to 53%* of those who did not have but wanted clothes to fit in.

In Richmond, 22% of youth reported feeling deprived of at least one of the items on the list, including 2% who lacked three items and 1% who lacked four or more items. Local youth were less likely than their peers across the province to feel deprived. For example, 8% of local youth were deprived of two or more items on the list, compared to 10% provincially.

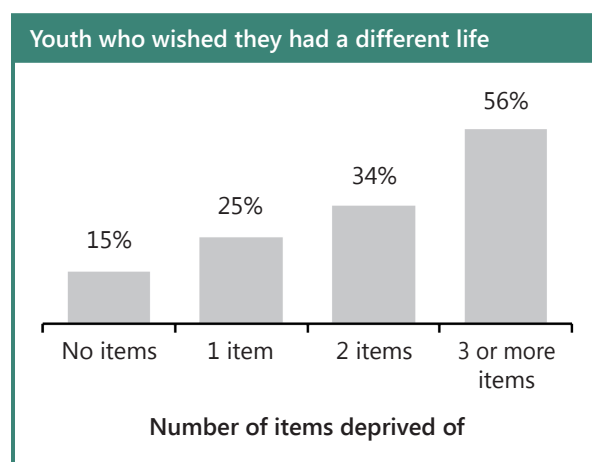
The more items Richmond youth felt deprived of, the more likely they were to go to bed hungry because there was not enough money for food at home.

Also, the more items youth lacked that they wished they had, the less likely they were to feel like a part of their school or community. For example, 48% of Richmond youth who did not report being deprived of any of the items on the list felt quite a bit or very connected to their community, compared to 40% who lacked one item and 22% who lacked three or more items.

Deprivation was also associated with poorer mental health and well-being. The more items youth wanted but lacked, the less likely they were to report good/excellent mental health, to be happy, to feel like their life was going well, to feel like they had a good life, and to feel good about themselves. They were also more likely to report experiencing extreme stress and despair, and wishing they had a different life.



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



Note: The difference between being deprived of one and two items was not statistically significant.

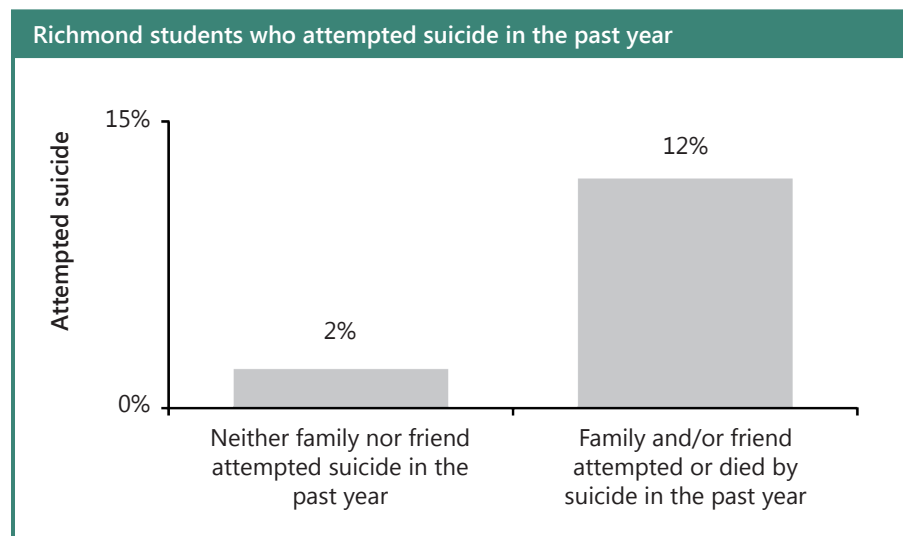
LOSS & BEREAVEMENT

Around two thirds (66%) of Richmond students had lost someone close to them, most commonly due to illness (44%) and old age (42%). Other reasons included accident (10%), suicide (7%), violence (2%), a fentanyl overdose (1%), and an overdose from a substance other than fentanyl (2%).

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. In total, 29% of local youth had at least one of these experiences, an increase from 23% in 2013.

Specifically, 11% had a family member who had attempted or died by suicide (including 3% in the past year), and 23% had a close friend who had done so (15% in the past year).

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



VIOLENCE & DISCRIMINATION

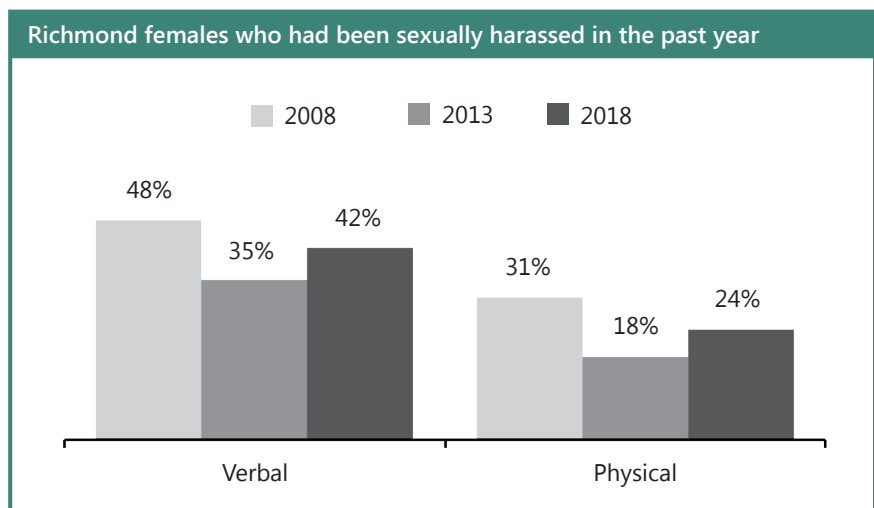
DATING VIOLENCE

In the past year, 31% of Richmond students had been in a romantic relationship (compared to 43% provincially). Among these students, 9% had been the victim of physical violence within their relationship (with no gender differences). For both males and females, rates of dating violence were consistent with those seen over the past decade.

SEXUAL HARASSMENT

Provincially, there was a decrease in males reporting they had been verbally sexually harassed in the past year, and an increase in those reporting they had been physically sexually harassed. The pattern looked different locally, as the rates of verbal (29%) and physical harassment (11%) for males were similar to five years earlier.

Consistent with provincial findings, there was an increase over the past five years in females who experienced verbal and physical sexual harassment in the past year. However, as in previous years, Richmond females were less likely than those across the province to have experienced either verbal (42% vs. 50%) or physical (24% vs. 31%) sexual harassment.



PHYSICAL & SEXUAL ABUSE

Overall, 14% of Richmond youth reported they had been physically abused or mistreated. Reflecting the pattern seen across the province, females were more likely than males to have been physically abused (17% vs. 11%).

Students were asked if they had ever been sexually abused and about other forms of sexual abuse that they may not have recognized as abuse, including being forced into sexual activity against their will, and being the younger of an illegal age pairing the first time they had sex (based on Canadian law stating that sex between a youth under age 16 and someone who is not close in age is sexual abuse). When all forms of sexual abuse were considered, 8% of students had been sexually abused.

Overall sexual abuse rates remained similar to five years ago. However, there was an increase for females from 9% in 2013 to 12% in 2018. For males, the sexual abuse rate was half what it was a decade earlier (3% vs. 6% in 2008).

DISCRIMINATION

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

Youth in Richmond were more likely than those across BC to have been discriminated against because of their race, ethnicity, or skin colour (17% vs. 14%). They were less likely to have been discriminated against because they had a disability (2% vs. 3% provincially), because of their own or their family's income (6% vs. 8%), or because of their weight (13% vs. 16%).

Compared to a decade ago, there were increases in discrimination on the grounds of race, ethnicity, or skin colour (from 12% in 2008 to 17% in 2018); sexual orientation (from 3% to 5%); and physical appearance (from 13% to 20%). Gender/sex discrimination also increased from 6% in 2013 to 9% in 2018.

Richmond youth's perceived reasons for being discriminated against in the past year	
Physical appearance	20%
Race, ethnicity, or skin colour	17%
Weight	13%
Gender/sex	9%
Income or family income	6%
Sexual orientation (e.g., being or thought to be gay or lesbian)	5%
A disability	2%

Note: Youth could choose more than one response.

BULLYING

"I was bullied throughout elementary for a long time and that affected my self confidence and self worth throughout high school."

Grade 10 student

"Schools need to involve themselves more with the mental health of students & bullying problems which occur everyday right in front of them."

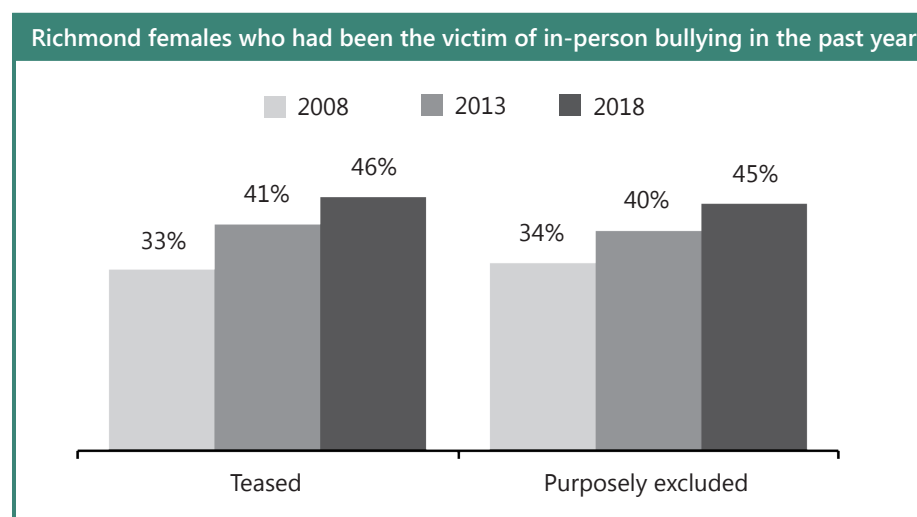
Grade 11 student

Reflecting the provincial picture, over half (53%) of Richmond youth had been the victim of bullying in the past 12 months. This included being teased to the point that they felt bad or extremely uncomfortable, being socially excluded on purpose, and being physically attacked at school or on the way to or from school.

Over the past decade, there was an increase in the percentage of youth who had been socially excluded on purpose (29% in 2008 vs. 33% in 2013 vs. 37% in 2018). However, rates of being physically attacked were similar to 5 and 10 years ago (7%). Although overall rates of being teased were similar to 2013, they were higher than a decade ago (40% vs. 31% in 2008), and reflected a steady increase for females while rates for males remained comparable (33%).

As in previous years, females were more likely than males to report being teased or socially excluded. Males continued to be more likely than females to be physically assaulted (11% vs. 4%).

One in ten Richmond students reported they had teased, excluded, or physically attacked someone else at school or on the way to or from school in the past year.



WEAPON CARRYING

In 2018, 3% of students carried a weapon to school in the past 30 days, including 1% who always carried a weapon.

Students who had been the victim of bullying were more likely to carry a weapon. For example, 13% of youth who had been physically attacked in the past year carried a weapon, compared to 2% who had not been attacked.

INTERNET SAFETY

The percentage of students who had met someone through the Internet who made them feel unsafe was unchanged from 2013 (15%), and remained higher than a decade ago (11%). Females remained more likely than males to have met someone unsafe online (19% vs. 11%).

Similar to 5 and 10 years ago, 13% of students had been cyberbullied in the past year. There was no gender difference in being cyberbullied, in contrast to previous years when females were more likely than males to have had this experience.

Also similar to five years ago (when the question was first asked), 5% of students reported that they had cyberbullied someone in the past year, with males still more likely than females to have been a perpetrator (7% vs. 4%).



SUPPORTING HEALTHY DEVELOPMENT

FAMILY

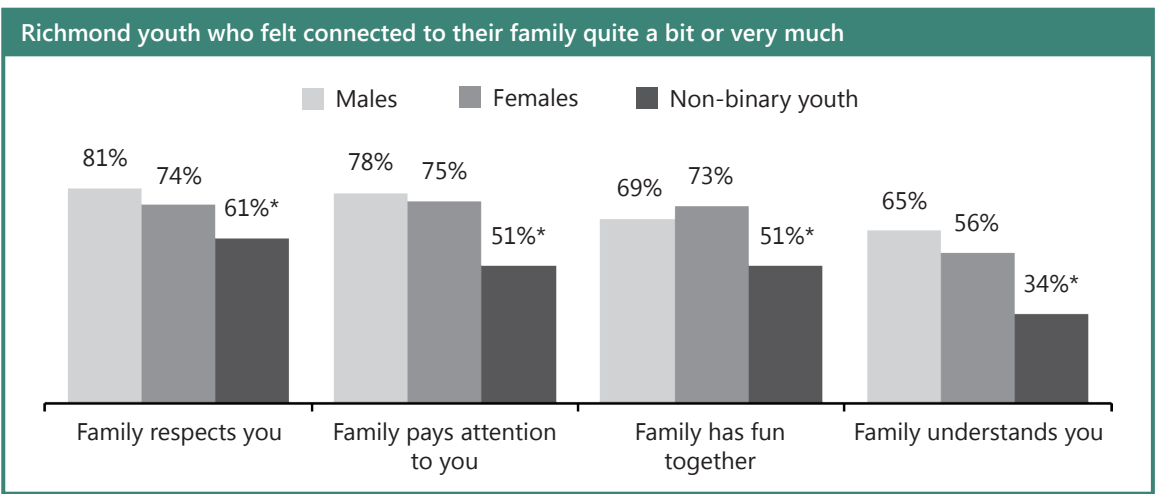
BC AHS results show that family relationships are one of the most important protective factors in the lives of youth. For example, youth who report feeling connected to family, have supportive adults they can turn to within their family, and have parents or caregivers who know what they are doing with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

Richmond youth generally felt connected to their families. Overall, 77% felt respected by their family, 76% felt that their family paid attention to them, 71% felt that their family had fun together, and 60% felt their family understood them.

FAMILY SUPPORTS

In total, 68% of Richmond students felt they had an adult inside their family they could talk to if they had a serious problem, with males the most likely to feel this way.



Note: The difference between females and non-binary youth was not statistically significant for 'Family respects you'.

Note: The difference between males and females was not statistically significant for 'Family pays attention to you'.

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

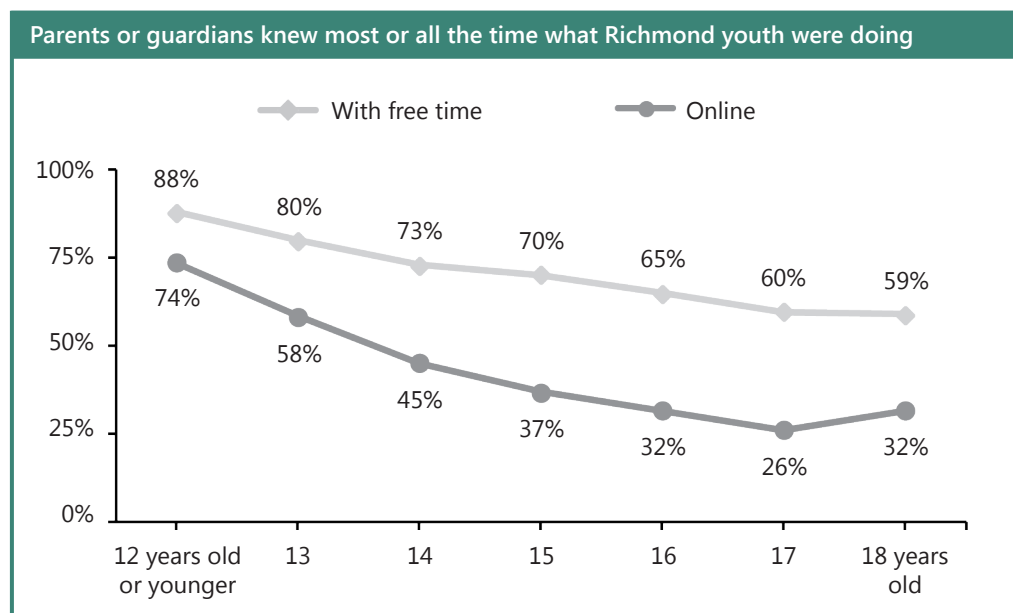
Most students (75%) turned to a family member for help in the past year (an increase from 69% in 2013), and the majority of these students (92%) found the support helpful.

There was no change from 2013 in seeking help from a family member for females, but male rates of help seeking increased to the extent that there was no longer a gender difference in 2018 (75% for males in 2018 vs. 66% 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 37% reported their parents rarely or never monitored their time online.

When asked how much time they had to do the things they wanted with their family, most local students (74%) felt they had the right amount of time, and 21% 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 Richmond felt that school staff expected them to do well (80%), they were treated fairly by school staff (71%), their teachers cared about them (68%), they were part of their school (64%), and they were happy to be at school (63%). In addition, 50% felt that school staff other than teachers cared about them.

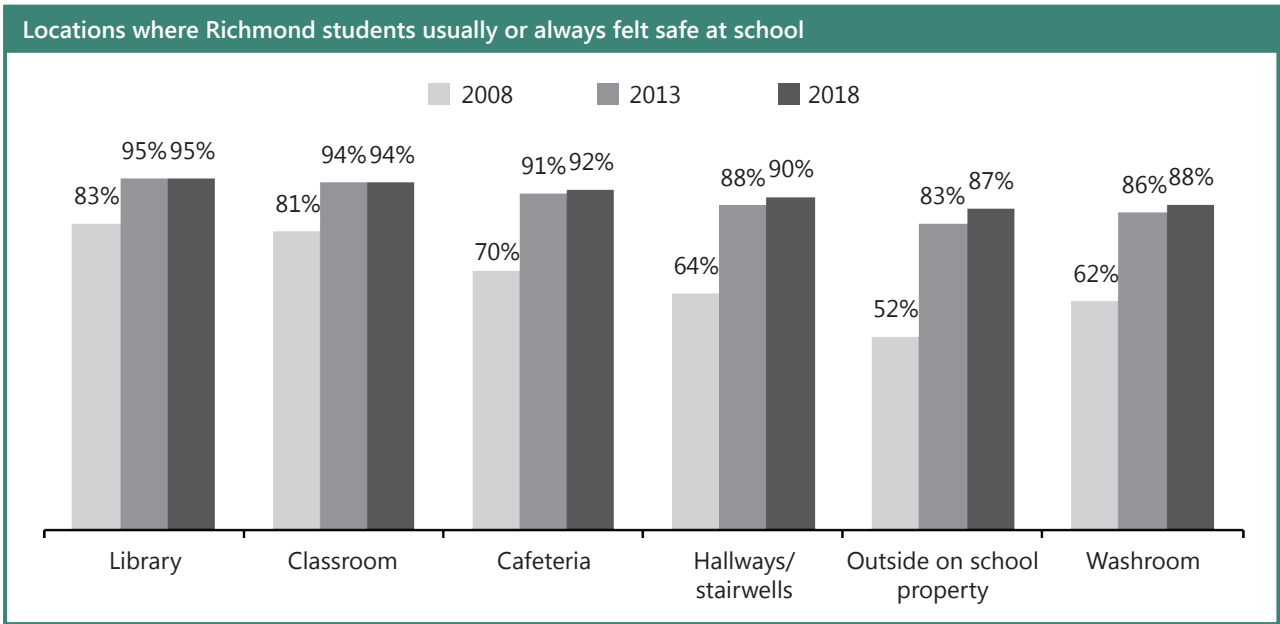
SAFETY

Provincially, there was a decrease in the percentage of youth who felt safe at school, but that was not the case locally. Overall, 78% of Richmond students felt safe at school (vs. 73% across BC). Locally, the rate was comparable to five years earlier, and higher than a decade ago (73% in 2008).

Males were the most likely to feel safe at school and non-binary youth were the least likely to feel safe (81% of males vs. 75% of females vs. 47%* of non-binary students).

When asked about safety in specific areas of school, there were no differences between Richmond students and those across the province. Consistent with provincial findings and previous local results, Richmond students felt safest in the library and classroom.

Students in Richmond felt safer in every area of their school in 2018 compared to 2008. Although there were few differences between 2013 and 2018, students felt safer outside on school grounds than five years earlier.



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

In addition, 86% of students felt safe in the changing rooms and 91% felt safe getting to/from school. These rates were comparable to 2013 when the question was first asked.

There were few differences in the places male and female youth felt safe at school, except females were more likely than males to feel safe in the washrooms (90% vs. 87%).

Non-binary youth were less likely than males and females to feel safe in every area of their school.

EDUCATION PLANS

Reflecting the pattern from previous years, Richmond students were more likely than students across the province to plan to finish Grade 12 (90% vs. 87%), and to plan to continue their formal education beyond high school (87% vs. 83%). Also, while there was a provincial decrease from 2013 in students who planned to finish Grade 12 and pursue post-secondary education, this was not the case locally, as rates remained consistent.

COMMUTE

Richmond students most commonly got to school by car (46%), followed by an active means of transportation (walking/cycling/skateboarding; 43%). Youth in Richmond were more likely to use active transportation to get to school than their peers across the province (43% vs. 29%), and they were less likely to take the school bus or public transit (11% vs. 23%).

Most Richmond students (95%) had a commute to school that was less than 30 minutes, whereas 1% commuted for an hour or more.

SCHOOL ABSENCES

In the past month, students in Richmond most commonly missed school because of illness or to attend appointments. Around 2 in 10 students had skipped class, with 5% doing so on three or more days.

There was a decrease in the percentage of local students who missed school due to illness in the past month (from 37% in 2013 to 31% in 2018), and an increase in the percentage who skipped class (from 16% to 21%) and who missed school because they were working (from 1% to 2%).

Reasons Richmond students missed classes in the past month	
Illness	31%
Appointments	26%
Skipping class	21%
Slept in	18%
Other school responsibilities	17%
Mental health (e.g., anxiety, depression)	10%
Family responsibilities	9%
No transportation	3%
Work	2%
Bullying	2%

Note: Students could choose more than one response.

COMMUNITY

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

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

Similar to youth across the province, 45% of students in Richmond felt quite or very connected to their community, while 18% felt only a little or not at all connected.

In 2013, females were more likely than males to feel connected to their community. However, this was not the case in 2018, as female rates of community connectedness remained stable, and there were increases for males (from 36% in 2013 to 46% in 2018).

Over half (59%) of Richmond male and female youth 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 51% in 2013, but was below the provincial rate of 65%.

SAFETY

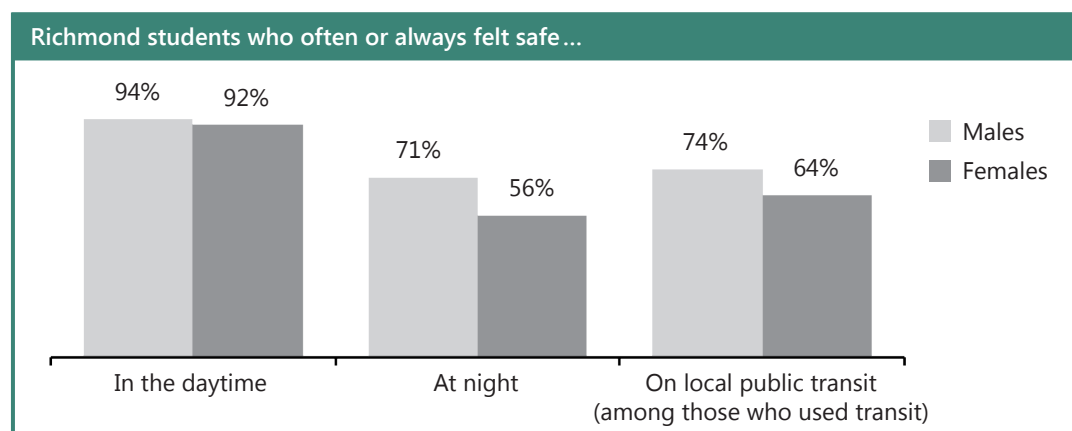
The majority of Richmond youth often or always felt safe in their neighbourhood in the daytime (93%) and at night (63%). There were no gender differences in feeling safe during the day, but males were the most likely to feel safe at night.

There was no change from 2013 in neighbourhood safety for females, with 92% often or always feeling safe during the day, and 56% feeling safe at night. However, males were more likely than five years ago to often or always feel safe in their neighbourhood in the daytime (94% in 2018 vs. 92% in 2013) and at night (71% vs. 63%).

Among local youth who used public transit, 21% always felt safe and 3% never felt safe doing so. Males were more likely than females and non-binary youth to feel safe on transit.

RELATIONSHIP TO THE LAND/NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Forty percent of Richmond students reported often or always feeling this way, whereas 43% sometimes felt this way, and 17% hardly ever or never felt connected.



Note: The difference between males and females was not statistically significant for 'In the daytime'.

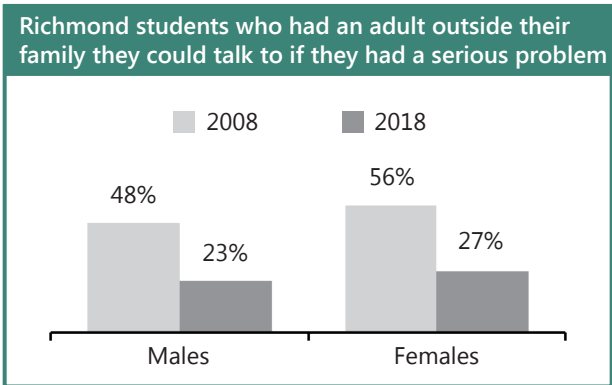
SUPPORTIVE RELATIONSHIPS

SUPPORTIVE ADULTS

Youth with 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 college applications, they are more likely to plan to go to post-secondary.

Reflecting the provincial picture, there was a continuing decline in the percentage of Richmond youth who had access to an adult outside their family whom they could turn to for support (from 52% in 2008 to 28% in 2013 and 25% in 2018). However, while Richmond youth were less likely than those across the province to have such an adult in their life in 2013, rates were similar to the province in 2018.



Provincially and locally, females were more likely than males to have access to a supportive adult outside their family.

Most Richmond students had an adult in their life who helped them with making and getting to appointments, homework, preparing for post-secondary, and finding employment.

Richmond youth were less likely than those across the province to have an adult in their life who helped them with their homework (60% vs. 63%). They were also less likely to have an adult who helped them to get a job (56% vs. 69% across BC), but were more likely to report that they did not need help in this area (21% vs. 15%).

Richmond students who had an adult who helped them with...			
	Yes	No	Don't need this
Getting to appointments	89%	6%	5%
Making appointments	87%	7%	6%
Preparing for post-secondary	75%	14%	10%
Homework	60%	21%	20%
Getting a job	56%	22%	21%

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

ASKING ADULTS FOR HELP

Richmond students asked a variety of adults outside their family for help in the past year, and most found the experience helpful. Teachers were the most commonly sought source of support; and as with youth across BC, there was a local increase in the percentage who approached a teacher for help (from 46% in 2013 to 61% in 2018).

As in 2013, Richmond youth were more likely to approach a teacher for help than youth across BC (55% provincially).

Adults whom Richmond students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	61%	94%
Doctor	34%	92%
School counsellor	34%	79%
Sports coach	27%	95%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	26%	86%
Friend's parent	17%	90%
Nurse	15%	93%
Mental health counsellor	8%	75%
Youth worker	8%	83%
Spiritual leader	6%	89%
Online community/online support group	6%	82%
Social worker	5%	74%
Telephone helpline	5%	74%
Aboriginal Education Worker [†]	3%	67%
Indigenous Elder [†]	2%	NR

[†] Among Indigenous students, around a quarter had approached an Aboriginal Education Worker for help and almost all found this experience helpful. The percentage of Indigenous students who asked an Indigenous Elder for help and who found them helpful was not releasable.

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

FRIENDS

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

As was seen provincially, the majority (96%) of students in Richmond had at least one close friend in their school or neighbourhood, and 81% had three or more close friends. Males were more likely than females to have three or more close friends (84% vs. 78%).

Just under a third (31%) of students in Richmond had at least one close friend online whom they had never met in person, and 16% had three or more such friends. Males were more likely than females to have three or more online friends whom they had never met in person (19% vs. 13%). Also, 6% 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.

Connecting with friends

When asked how much time they had to do the things they wanted with friends, 69% felt they had the right amount of time, while 26% did not have enough time, and 5% had too much time. Females were more likely than males to feel they had insufficient time with their friends (32% vs. 20%), as were older youth in comparison to younger ones.

Asking for help

When faced with a serious problem, Richmond youth were more likely than their peers across BC to ask their in-person friends for help, but were equally likely to approach friends they only knew online. In the past year, 80% of students in Richmond asked a friend they knew in person for help (vs. 76% provincially). Among these students, 94% found their friend to be helpful. Also, 19% asked a friend they only knew online for help, and 85% of them found it helpful.

Females were more likely than males to have sought help from a friend they knew in person (83% vs. 78%). However, males were more likely than females to have found their friends helpful (97% vs. 92%; among those who had asked for help).

In the past year, 84% of students had a friend who had asked them for help, and most of these youth (95%) had felt able to help when asked (with no gender differences).

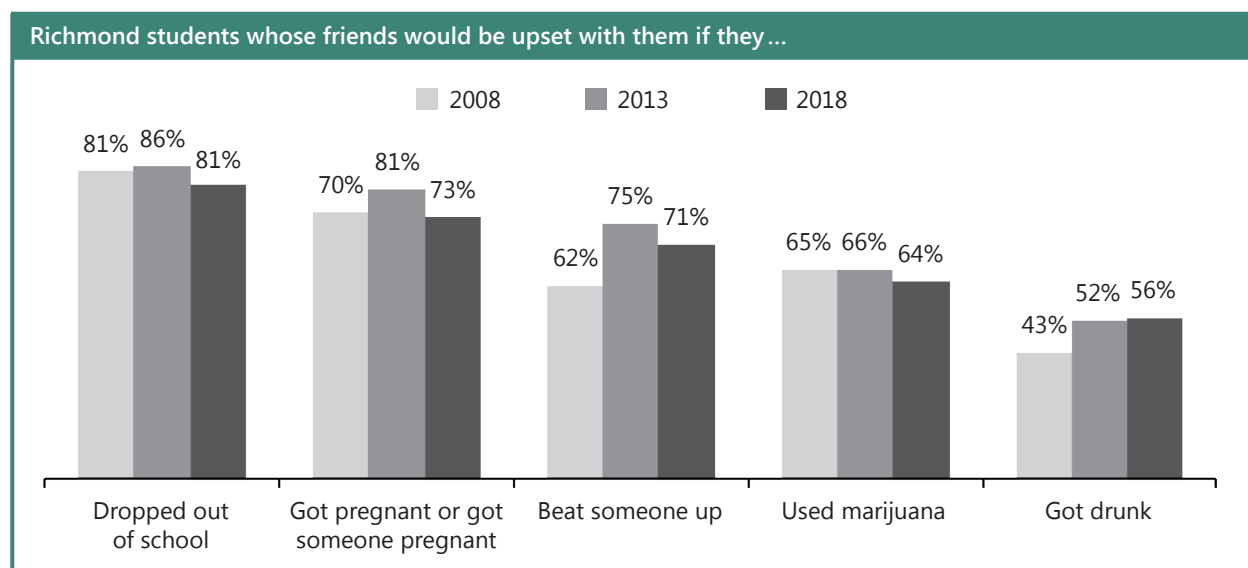
Friends with prosocial attitudes

Most Richmond youth had friends with prosocial attitudes to health risk behaviours. Reflecting the provincial pattern, females were the most likely to have friends who would be upset with them if they beat someone up (e.g., 81% of females vs. 62% of males).

Females were also more likely than males to indicate that their friends would be upset with them if they dropped out of school (86% vs. 76%), were involved in a pregnancy (78% vs. 68%), used marijuana (69% vs. 60%), and got drunk (60% vs. 52%).

As in 2013, local youth were more likely than their peers across the province to have friends who would disapprove if they beat someone up (71% vs. 65%), used marijuana (64% vs. 55%), and got drunk (56% vs. 45%).

The percentage of Richmond youth who had friends who would disapprove if they used marijuana was similar to previous years. However, after increasing between 2008 and 2013, there were decreases in the percentage of students who had friends who would be upset with them if they dropped out of school, were involved in a pregnancy, or beat someone up.



Note: For 'used marijuana,' the differences between years were not statistically significant.

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

Note: For 'dropped out of school' and 'got pregnant/got someone pregnant,' the differences between 2008 and 2018 were not statistically significant.

YOUNG PEOPLE'S STRENGTHS & RESILIENCY

QUALITY OF LIFE & WELL-BEING

Richmond youth generally felt positively about their quality of life. For example, most indicated that they had a good life and their life was going well. Males were more likely than females to rate their quality of life positively.

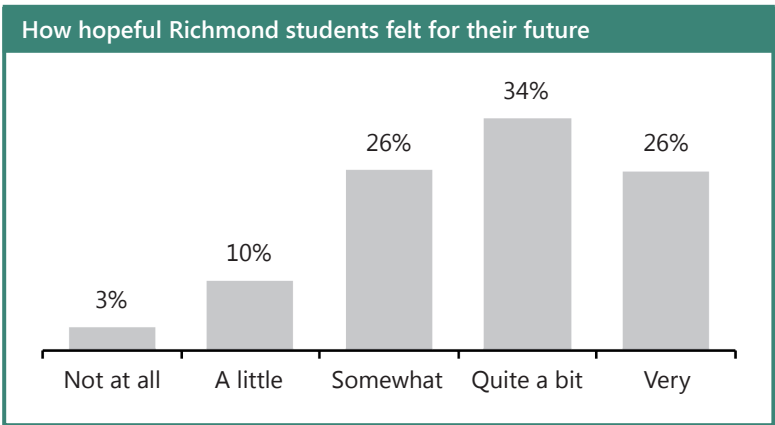
HOPEFULNESS

Six in ten Richmond students (60%) felt quite a bit or very hopeful for their future, with males the most likely to feel this way.

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

Quality of life and well-being among Richmond youth			
	Agree/ strongly agree	Neither agree nor disagree	Disagree/ strongly disagree
I have a good life	78%	18%	5%
My life is going well	71%	21%	8%
I have what I want in life	57%	30%	13%
My life is going just right	57%	30%	13%
I wish I had a different life	19%	29%	52%

Note: Percentages for 'I have a good life' do not equal 100% due to rounding.



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

PERSEVERANCE

For the first time, the BC AHS included a question about how often students pushed themselves to achieve their goals when things went wrong. Three percent of students indicated that things never went wrong for them. Among those who had experienced challenges or setbacks, 45% indicated that they always pushed themselves to achieve their goals in these situations (with males the most likely to report doing so), while 4% indicated they never pushed themselves, and the remaining 52% indicated that they sometimes pushed themselves.

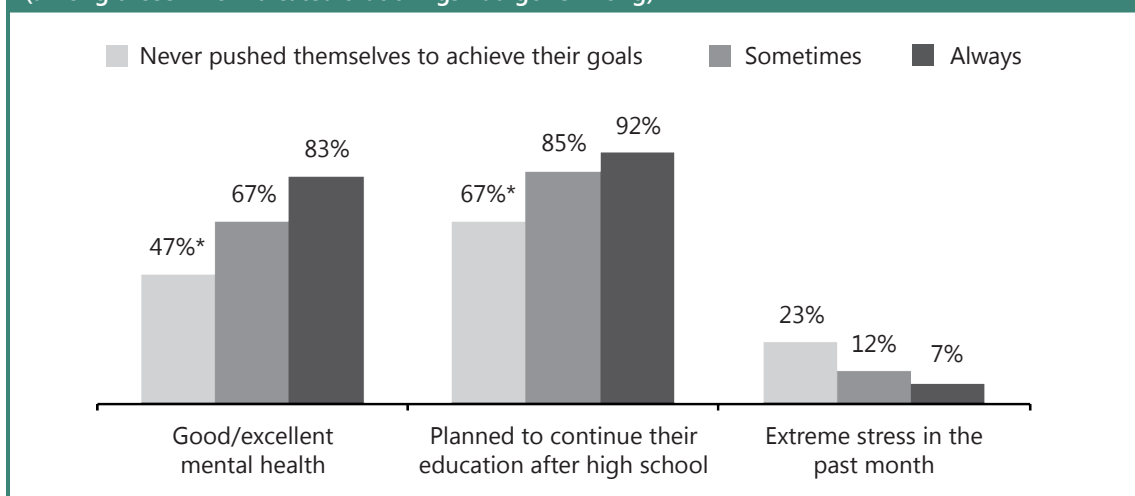
The more often Richmond students persevered when faced with obstacles, the more likely they were to experience positive mental health and to have plans to pursue post-secondary education, and the less likely they were to experience extreme stress.

FEELING SKILLED & CONFIDENT

Similar to previous years, 75% of Richmond youth were able to name something they were really good at (such as sports, school work, relationships, and art), with no gender differences.

The majority (58%) also usually felt good about themselves. Males were the most likely to feel good about themselves. Students who felt good about themselves were more likely than those who did not feel this way to feel hopeful for their future (79% vs. 24%).

How often Richmond students pushed themselves to achieve their goals when things had gone wrong (among those who indicated that things had gone wrong)



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

UNSTRUCTURED TIME

Two thirds (67%) of local youth felt they had the right amount of time to do what they wanted on their own, whereas 21% felt they did not have enough time, and the remainder felt they had too much time. Students who felt they had the right amount of time to spend on their own were more likely to report positive mental health and well-being. For example, they were more likely to feel happy in the past month and to feel their life was going well, and were less likely to experience extreme stress.

Around half (51%) of Richmond youth felt they had the right amount of time to do what they wanted in nature, while 46% felt they did not have enough time in nature. Those who felt they had the right amount of time to spend in nature were more likely to feel connected to the land/nature (44% vs. 35% of those who felt they did not have enough time to spend in nature).

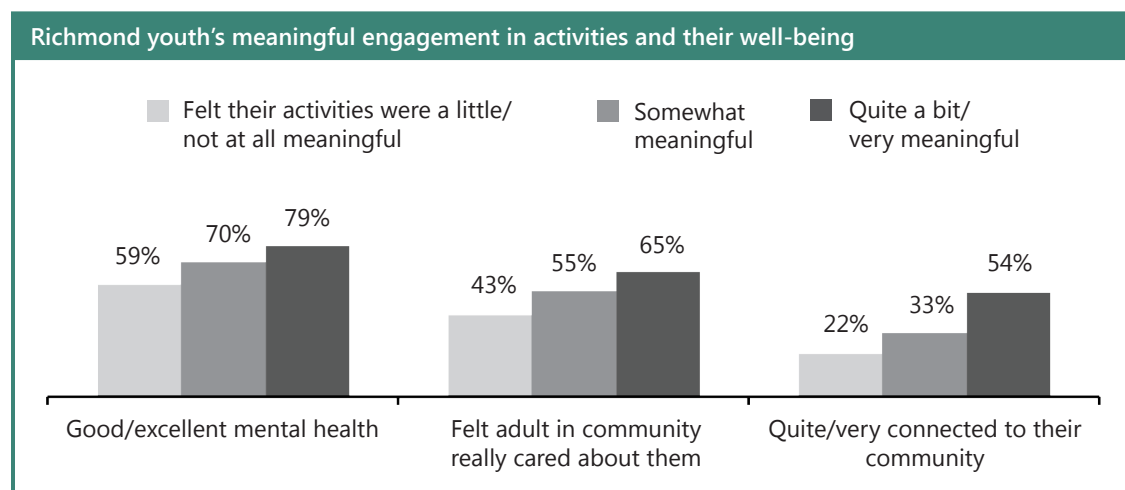
SPIRITUALITY

Twenty percent of Richmond students reported that spirituality was very important in their life, while 26% indicated it was somewhat important, 17% felt it was a little important, and 24% indicated it was not important to them. Fourteen percent reported not knowing how important spirituality was in their life.

MEANINGFUL ENGAGEMENT

Reflecting results over the past decade, 64% of Richmond youth felt that the activities they took part in were meaningful to them, and 45% felt their ideas were listened to and acted upon in these activities.

Richmond 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 RICHMOND YOUTH WOULD LIKE TO LEARN MORE ABOUT

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

In Richmond, 5% of students identified at least one health related topic that they would like to receive training about or see included in their school's curriculum. Among those who provided a suggestion, the most common topics students wanted to learn more about were mental health, physical health, and sexual health (which were the three most commonly identified topics across BC).

More than half (53%) of those who reported wanting to learn more about a topic wanted more information about mental health. Their requests included wanting to learn more about specific conditions and how to manage them, and where and how to access help for mental health challenges.

"[I want to learn] what constitutes good mental health and at what point should someone seek help."

Grade 9 student

"I think it would be beneficial if we were taught more about the different types of mental illnesses and how to combat them in our day-to-day lives."

Grade 12 student

"Marks in school and how that affects health. Many young people are getting health problems and issues because of the school pressure and concerns about their marks."

Grade 9 student

"[I want to learn about] places to get help for depression and anxiety like the Youth Clinic (anonymous, free, for youth)."

Grade 11 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. They also wanted to learn more about sexual orientation and gender identity.

"What are the effects of insomnia, not eating breakfast?"

Grade 12 student

"I would like to learn more about being healthier."

Grade 7 student

"I want to learn more about how to keep my body healthy in terms of nutrition."

Grade 12 student

"I would like to learn more about adult life including sex as it's very unusual topic for everyone and very sensitive to talk about. By including more of that topic, we can all be knowledgeable and open minded about its pros and cons in our own health."

Grade 11 student

"[I want more information about] sexual education about other sexual orientations and genders, rather than just heterosexual sex."

Grade 11 student

Other topics students wanted to learn more about included healthy relationships, substance use, accessing a variety of services, recognizing and reporting abuse, addressing and reducing discrimination, and a healthy transition to adulthood.

"[I want to learn more about] how to prevent verbal bullying."

Grade 8 student

"I would love if we get more educated on how to love ourselves and how to handle bullying, depression (mental illness) that we usually don't get educated about. It is very important to learn about it when thousands of kids suffer from something that we do not often get educated about."

Grade 8 student

"I would like to learn more about handling the stress of adult things like bills, taxes, and handling adult life."

Grade 10 student

McCREARY RESOURCES

BC AHS PROVINCIAL & REGIONAL RESULTS



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

ADDITIONAL PUBLICATIONS



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



PRESENTATIONS & WORKSHOPS

McCreary staff are available to present BC AHS findings for Richmond, and to conduct workshops which explore how local stakeholders can utilize the results. For more information contact mccreary@mcs.bc.ca.

ENGAGING YOUTH IN THE BC AHS RESULTS



McCreary's Youth Advisory and Action Council (YAC) have created a youth-friendly poster of the key findings of the 2018 BC AHS provincial report. Additional youth-friendly posters will be available on a range of topics, including substance use and mental health. The YAC have also created a workshop to share the results of the survey with their peers. To book a workshop contact mccreary@mcs.bc.ca.

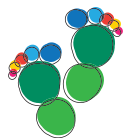
YOUTH ACTION GRANTS



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

The granting program for the 2018 BC AHS is now accepting applications from youth who want to improve youth health in their school or community in one of the areas highlighted in the BC AHS. The YAC are also available to offer grant-writing workshops to young people who may be thinking of applying for a YAG. To book a workshop contact mccreary@mcs.bc.ca.

BC AHS NEXT STEPS



McCreary is committed to returning the results of the 2018 BC AHS to young people. 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.

