



BALANCE AND CONNECTION IN THOMPSON CARIBOO SHUSWAP



THE HEALTH AND WELL-BEING OF OUR YOUTH



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BALANCE AND CONNECTION IN THOMPSON CARIBOO SHUSWAP: THE HEALTH AND WELL-BEING OF OUR YOUTH

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TABLE OF CONTENTS

ACKNOWLEDGEMENTS	4
KEY FINDINGS	5
INTRODUCTION	7
2018 BC Adolescent Health Survey.....	7
A guide to this report.....	8
Limitations	9
Glossary	9
YOUNG PEOPLE IN THOMPSON CARIBOO SHUSWAP.....	10
HEALTH PROFILE OF THOMPSON CARIBOO SHUSWAP YOUTH.....	14
Physical health	14
Nutrition	18
Injuries & injury prevention	20
Mental health	23
Sexual health	27
Substance use.....	30
Extracurricular activities.....	37
Gambling.....	39
RISKS TO HEALTHY DEVELOPMENT.....	40
Poverty & deprivation	40
Loss & bereavement.....	42
Violence & discrimination	43
SUPPORTING HEALTHY DEVELOPMENT	46
Family.....	46
School.....	48
Community.....	51
Supportive relationships	52
Young people's strengths & resiliency.....	56
TOPICS THOMPSON CARIBOO SHUSWAP YOUTH WOULD LIKE TO LEARN MORE ABOUT	59
McCREARY RESOURCES.....	60

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

Quotes from Thompson Cariboo Shuswap youth who completed the 2018 BC AHS are included throughout the report.

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KEY FINDINGS

■ Thompson Cariboo Shuswap youth are becoming increasingly diverse. For example, the percentage who identified as European decreased, while those who identified as Indigenous, Southeast Asian, and Latin/South/Central American increased.

■ Consistent with youth across the province, most students in Thompson Cariboo Shuswap rated their overall health and their mental health positively. However, the percentage who rated their overall health as good or excellent decreased from 86% in 2013 to 79% in 2018, and the percentage who rated their mental health this positively decreased from 81% to 70%.

■ Thompson Cariboo Shuswap youth aged 12–17 were more likely than their peers across BC to meet Canadian physical activity recommendations for their age group (23% vs. 18% provincially). This represented a local increase for females (17% vs. 13% in 2013), and was unchanged for males (28%).

■ Local youth were more likely than their peers across BC to participate weekly in informal sports (56% vs. 52%) and extreme sports (16% vs. 9%). Additionally, the decline in organized sports participation seen across BC over the past five years, did not occur locally.

■ Around half (51%) of students slept eight or more hours on the night before completing the BC AHS. This was a decrease from 58% in 2013.

■ In the past year, local youth were more likely than their peers across the province to have experienced a concussion (17% vs. 13%). Just over half (53%) of those who experienced a concussion received medical treatment for their injury.

■ Compared to five years earlier, there was an increase in the percentage of youth who reported having Anxiety Disorder/panic attacks (23% vs. 10% in 2013), Depression (20% vs. 11%), and Post-Traumatic Stress Disorder (PTSD; 4% vs. 1%).

■ In the past year, 18% of Thompson Cariboo Shuswap youth had missed out on needed mental health services (9% of males vs. 25% of females vs. 53%* of non-binary youth). This rate was comparable to the province as a whole, and represented a local increase from 11% in 2013.

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

■ Similar to five years earlier, 28% of local youth had engaged in sexual intercourse. There was an increase in those who used withdrawal as their only contraceptive method (9% vs. 5% in 2013), and a decrease in those who used a condom as a way to prevent pregnancy (57% vs. 66%).

■ Reflecting the provincial picture, 11% of youth in Thompson Cariboo Shuswap went to bed hungry at least sometimes because there was not enough money for food at home, including 1% who often or always went to bed hungry. This was an increase from 9% in 2013, and a return to the rate a decade ago.

■ The percentage of Thompson Cariboo Shuswap students with a phone who engaged in sexting on their most recent school day more than halved (from 14% in 2013 to 6%). Also, 11% used their device to watch pornography.

■ Similar to results in 2013, 56% of students had tried alcohol, 34% had used marijuana, and 19% had tried a substance other than alcohol or marijuana.

■ Vaping was the most commonly used smoking product. In the past month, 28% of local youth had vaped with nicotine and 26% had vaped without nicotine.

■ Among students who drank alcohol on the Saturday before taking the survey, 64% engaged in binge drinking, which was a decrease from 79% in 2013.

■ Compared to five and ten years earlier, there was an increase in the percentage of females who had been sexually abused (e.g., 25% vs. 19% in 2013). Also, 21% had been physically abused.

■ The majority of Thompson Cariboo Shuswap youth felt safe in their neighbourhood in the day-time (92%) and at night (70%). Local youth were more likely to feel safe in their neighbourhood at night than their peers across BC (70% vs. 65%).

■ Nearly three quarters (73%) of Thompson Cariboo Shuswap youth felt there was an adult in their neighbourhood or community who really cared about them. This reflected a local increase from 68% in 2013 and was above the provincial rate of 65%.

■ There was a decrease in the percentage of students who felt safe at school (68% vs. 77% in 2013). Males were the most likely to feel safe, and non-binary youth were the least likely.

■ Most local youth (66%) felt the activities they were engaged in were meaningful to them. These youth were more likely to report positive mental health, to feel an adult in their community cared about them, and to feel connected to their community.

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

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

INTRODUCTION

2018 BC ADOLESCENT HEALTH SURVEY

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

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

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

REGIONAL REPORTS

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

Thompson Cariboo Shuswap HSDA is comprised of six school districts: Revelstoke (SD 19), Cariboo-Chilcotin (SD 27), Nicola-Similkameen (SD 58), Kamloops-Thompson (SD 73), Gold Trail (SD 74) and North Okanagan-Shuswap (SD 83). All school districts in this region have participated in all six waves of the survey.

The results presented in this report provide the most comprehensive and representative picture of youth health in Thompson Cariboo Shuswap. It focuses on the 2018 local results with relevant comparisons to the 2018 provincial results, as well as to local results in 2008 and 2013.



A GUIDE TO THIS REPORT

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

The report is divided into five main sections. The first provides background information about the young people who completed the survey, the second focuses on their health profile, the next section considers some potentially adverse experiences or challenges to growing up healthy, and precedes a section which looks at factors that can support young people to thrive. The final section offers Thompson Cariboo Shuswap 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 Thompson Cariboo Shuswap and to previous survey years which are included in this report are statistically significant at $p < .05$. This means there is up to a 5% likelihood these results occurred by chance. Comparisons between Thompson Cariboo Shuswap and the province are statistically significant at $p < .01$, which means there is up to a 1% likelihood that the results occurred by chance. Differences in tables or charts that are not statistically significant are noted.

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



LIMITATIONS

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

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

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

GLOSSARY

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

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

YOUNG PEOPLE IN THOMPSON CARIBOO SHUSWAP

BACKGROUND

As in previous years, Thompson Cariboo Shuswap students most commonly reported that they were of European heritage. However, the percentage decreased (62% vs. 69% in 2013), and there was an increase in those who identified as Indigenous (23% vs. 19%), Southeast Asian (2% vs. 1%), and Latin/South/Central American (4% vs. 2%).

Family background		
	Thompson Cariboo Shuswap	BC
European	62%	46%
Indigenous	23%	10%
East Asian	5%	18%
Latin/South/Central American	4%	5%
South Asian	2%	11%
Southeast Asian	2%	8%
Australian/Pacific Islander	2%	2%
African	1%	3%
West Asian	1%	3%
Don't know	16%	10%
Other	4%	4%

Note: Youth could choose more than one response.

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

Note: The difference between Thompson Cariboo Shuswap and BC was not statistically significant for Latin/South/Central American.

BIRTHPLACE & LANGUAGE

Over the past decade, the percentage of students born outside Canada increased from 4% in 2008 to 6%, but remained below the provincial rate (21%). Among students who were born abroad, 19% had been in Canada between 2 and 5 years, and 35%* had been here less than 2 years.

Students born abroad included 2% who were in Canada as international students (vs. 6% provincially).

As in previous years, around a third (32%) of local students spoke a language other than English at home, including 5% who did so most of the time (vs. 23% across BC). These rates were lower than were seen provincially, where over half (53%) of students spoke a language other than English at home, and 23% did so most of the time.



INDIGENOUS YOUTH

Among students who identified as Indigenous, 68% were First Nations, 30% Métis, and the remainder indicated another Indigenous background including Inuit.

Around a quarter (24%) of local Indigenous youth currently lived on a First Nations reserve at least some of the time, and another 12% had previously lived on reserve.

Over a third (39%) of Indigenous students could speak at least a few words of an Indigenous language, including 5% who could hold a conversation or were fluent.

Almost half of Indigenous students (47%) reported that at least one member of their family had been in residential school, and another 31% did not know their family's history of residential school attendance. Relatives who had been in residential school included youth's parents (6%), grandparents (31%), and/or other relatives (24%).

Four percent of Indigenous youth identified as Two Spirit.

GENDER IDENTITY & SEXUAL ORIENTATION

"I'd like schools to talk more about LGBT youth."

Grade 7 student

For the first time, the BC AHS asked youth about what sex was on their birth certificate and also about their current gender identity. In total, 49% of participants were male on their birth certificate and 51% were female. For nearly all youth their current gender identity corresponded with their sex at birth, and 3% identified as non-binary (i.e., did not identify as male or female or were not yet sure of how they identified).

Most students in Thompson Cariboo Shuswap identified as straight. Males were the most likely to identify as straight, and non-binary youth were the least likely (90% of males vs. 78% of females vs. 15% of non-binary youth). Non-binary youth were the most likely to identify as lesbian, gay or bisexual.

Sexual orientation of Thompson Cariboo Shuswap youth

Straight	82%
Mostly straight	5%
Bisexual	7%
Gay or lesbian	1%
Not sure yet	4%
Something other than those listed above	2%

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

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

GOVERNMENT CARE

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

LIVING SITUATION

As in 2013, 96% of students in Thompson Cariboo Shuswap lived with at least one parent. However, they were more likely than five years earlier to live in households with their father/stepfather, grandparent(s), and sibling(s).

On a typical school day, 71% of local students looked after a pet and 20% cared for a relative (e.g., a relative with a disability or younger sibling). Females and non-binary youth were more likely than males to be caring for a relative (about a quarter of female and non-binary youth vs. 15% of males) or a pet (about 8 in 10 female and non-binary youth vs. 65% of males).

Reflecting the local picture in 2013 and the provincial picture in 2018, a quarter (25%) of youth had moved house in the past 12 months, including 6% who moved three or more times. Also, 9% had run away and 7% had been kicked out during this time period.

Also reflecting findings five years earlier, most (94%) local students often or always felt safe inside their homes, although 2% never or rarely did.

Who Thompson Cariboo Shuswap youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	84%	86%	—
Father/Stepfather	71%	76%	↑
Two mothers or two fathers	1%	1%	—
Grandparent(s)	6%	9%	↑
Foster parent(s)	1%	1%	—
Sibling(s)/Step-sibling(s)	54%	67%	↑
Own child or own children	NR	NR	—
Other children or youth	2%	2%	—
Other related adult(s)	3%	3%	—
Other unrelated adult(s)	2%	2%	—
Live alone	1%	NR	—
Live with both parents at different times	10%	11%	—

Note: Youth could choose more than one response.

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

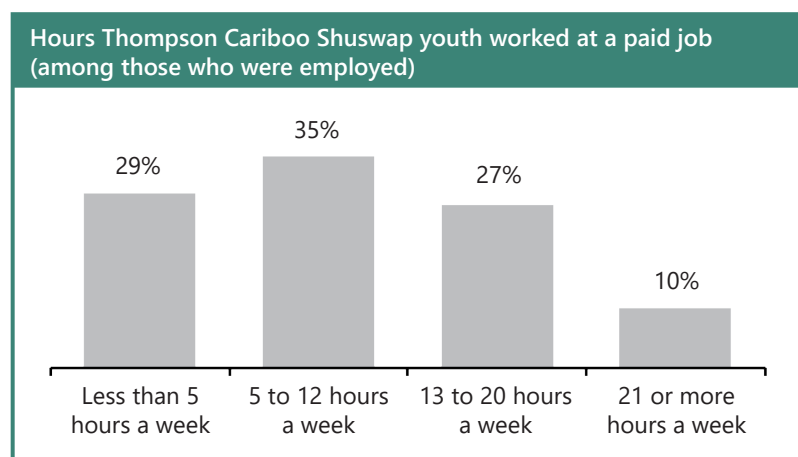
NR: Not releasable due to the risk of deductive disclosure.

EMPLOYMENT

Local employment rates were similar to five years earlier. Students in Thompson Cariboo Shuswap remained more likely to have been employed during the school year than their peers across BC (41% vs. 33%).

PHONE USE

Most students (94%) in Thompson Cariboo Shuswap had a cell phone, smartphone, or other portable device. Students most commonly used their devices to listen to music, followed by using it to communicate with friends and for social media.



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

Thompson Cariboo Shuswap students' phone use on their last school day (among those with a phone)	
Listening to music	88%
Communicating with friends they know in person	83%
Using social media	83%
Communicating with parents/guardians	79%
Watching shows, movies, YouTube, etc.	73%
Finding information (other than health information)	61%
Playing games	54%
Doing homework	52%
Communicating with someone they know only online	26%
Finding health information	18%
Watching porn	11%
Sexting	6%
Gambling	2%

Note: Youth could choose more than one response.

HEALTH PROFILE OF THOMPSON CARIBOO SHUSWAP 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 Thompson Cariboo Shuswap rated their health as good or excellent. However, the percentages who rated their health this way decreased (79% vs. 86% in 2013).

As in previous years, males were more likely than females to rate their health as excellent. Females were twice as likely as males to rate their health as poor.

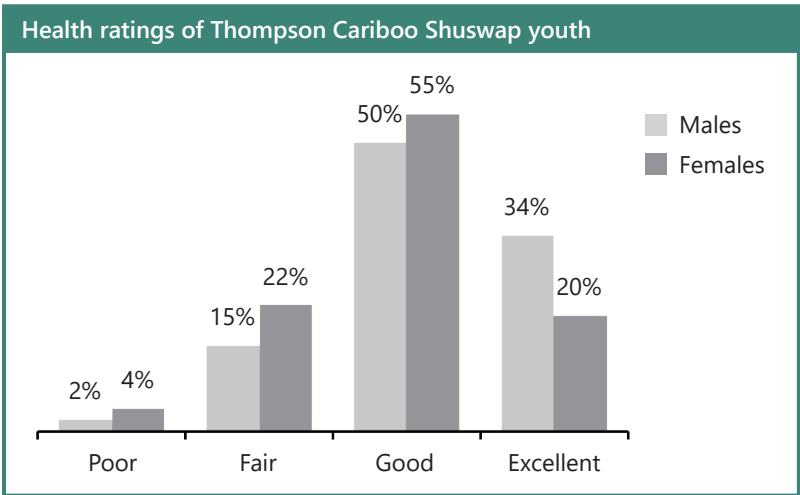
HEALTH CONDITIONS & DISABILITIES

Similar to five years earlier, 34% of youth indicated having at least one health condition or disability. There was an increase in youth who reported having a mental health condition (18% vs. 12% in 2013). Local students were more likely than their peers across the province to identify as having a mental health condition (18% vs. 15%).

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

Health conditions and disabilities reported by Thompson Cariboo Shuswap youth	
Mental health or emotional condition	18%
Long-term/chronic medical condition	9%
Learning disability	4%
Severe allergy requiring EpiPen	4%
Sensory disability	4%
Physical disability	1%
Other	2%

Note: Youth could choose more than one response.



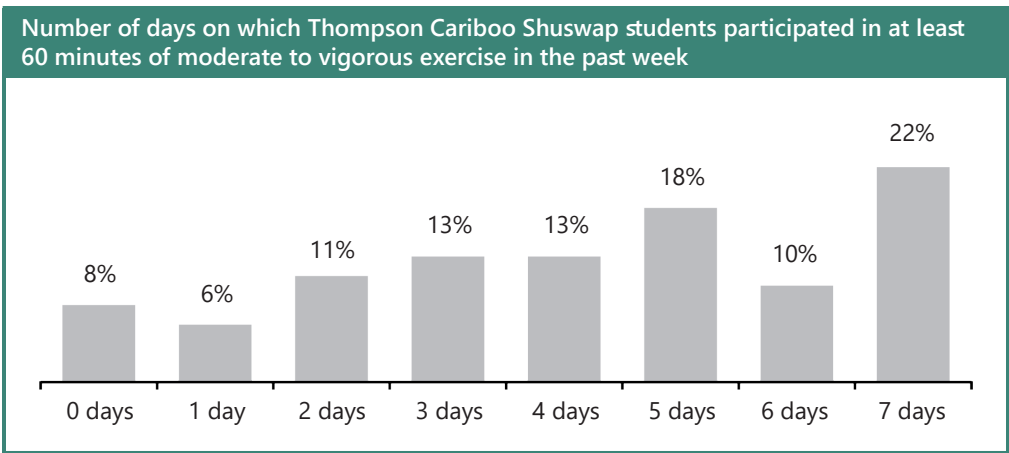
Note: Percentages do not equal 100% due to rounding.

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. Thompson Cariboo Shuswap youth aged 12–17 were more likely than those across the province to have met these recommendations in the week before taking the survey (23% vs. 18%).

Males aged 12–17 were more likely than females to have exercised for 60 minutes every day in the past week (28% vs. 17%). However, whilst the percentage of males exercising this regularly was unchanged from five years earlier, the percentage among females increased (from 13% in 2013).

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Similar to results across the province and to local results in 2013, 65%* of students aged 18 or older met this recommendation by participating in 60 minutes of exercise on at least three days in the past week, with males more likely than females to do so (76%* of males vs. 57%* of females).



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

SLEEP

"I don't get enough sleep because of school and sometimes I feel so stressed out because of it and I never have any energy."

Grade 9 student

Reflecting the pattern across BC, around half (51%) of Thompson Cariboo Shuswap students slept eight or more hours on the night before completing the survey (including 24% who slept nine or more hours), and 6% slept four hours or less. The percentage of students who slept for at least eight hours decreased from 58% in 2013. Non-binary youth were the least likely to have slept eight or more hours (27% vs. about half of males and females).

Older students were less likely than younger ones to have slept eight or more hours. For example, 65% of 13-year-olds slept for at least eight hours, compared to 47% of 15-year-olds and 36% of 17-year-olds.

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (58%), homework (41%), gaming (27%), and online activities other than gaming (e.g., watching videos, checking social media; 70%).

Females were more likely than males to chat/text (63% vs. 55%) or do their homework (49% vs. 34%) after they were expected to be asleep. Non-binary youth were the most likely to report gaming (51% vs. 38% of males and 13% of females).

Locally, 41% of students reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). Females were more likely than males and non-binary youth to go offline.

On the day they completed the survey, almost half (48%) of students had woken up feeling like they got enough rest. Students who reported going offline at night were more likely to wake up feeling rested (54% vs. 44% of those who did not go offline). This rose to 63% who felt rested if they went offline and did not engage in any other activities (e.g., homework) after their expected bedtime.

ACCESS TO HEALTH CARE

"I was denied at the walk-in because I don't have a health card."

Grade 11 student

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

Also consistent with the province as a whole, most local youth who had needed and accessed health care had visited a family doctor. Local students were less likely to have visited a walk-in clinic (27% vs. 35% across BC) or a youth clinic (2% vs. 4%), but were more likely to have visited an emergency room (23% vs. 16%) or a nurse (11% vs. 9%).

When asked specifically about accessing medical care when they were physically sick or hurt in the past year, 57% of youth reported they had not needed medical care, 35% got the help they needed, and 8% did not receive the care they needed. Compared to a decade ago, the percentage who missed out on needed medical care was almost halved (8% vs. 15% in 2008).

Male students were the least likely to miss out on needed medical care (6% vs. 10% of females and 20% of non-binary youth).

Where Thompson Cariboo Shuswap youth got health care in the past year

Family doctor	61%
Walk-in clinic	27%
Emergency room (ER)	23%
Counsellor/psychologist	13%
Nurse	11%
Youth clinic	2%
School wellness centre	2%
Traditional healer	1%

Note: Youth could choose more than one response.

DENTAL VISITS

Similar to five years ago, most youth (84%) had been to the dentist in the past 12 months, 9% had visited the dentist between a year and two years ago, 6% had last been more than two years ago, and 2% had never been.

More than 1 in 10 students (11%) who had been to the dentist reported that their last visit had been for pain.

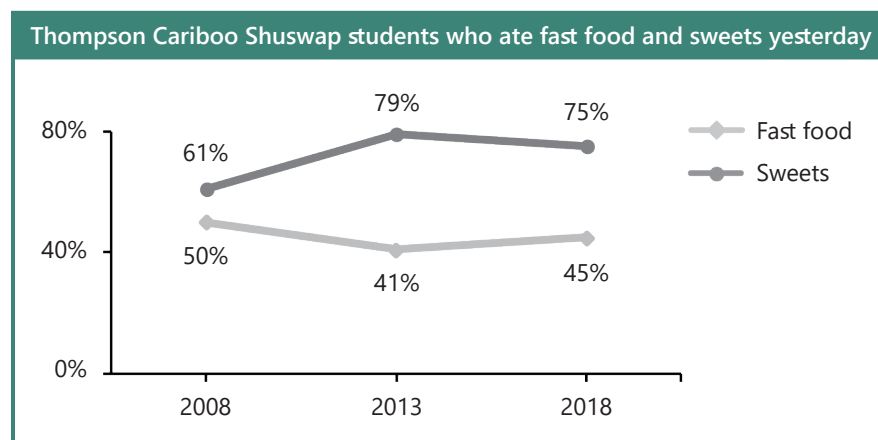
NUTRITION

Provincially, there was a slight decrease from five years ago in the percentage of youth who ate fruit and/or vegetables on the day before completing the BC AHS. There was no such decrease locally, as 93% ate fruit and/or vegetables that day.

Compared to five years ago, there was an increase in youth who ate fast food and drank water (98% vs. 96% in 2013), and a decrease in those who ate sweets.

Reflecting the pattern five years ago, local youth were less likely than their peers across BC to have eaten traditional foods from their background (19% vs. 41%), and were more likely to have eaten food grown or caught by themselves or their family (21% vs. 16%) and to have drunk pop (40% vs. 37%).

What Thompson Cariboo Shuswap students ate or drank yesterday		
	Once or twice	Three or more times
Water	22%	76%
Fruit	58%	26%
Vegetables or green salad	60%	20%
Sweets (cookies, cake, candy, chocolate, etc.)	63%	12%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	40%	5%
Pop	36%	4%
Food grown/caught by them or their family	16%	5%
Traditional food from their background	15%	5%
Energy drinks	7%	2%



MEALS

Between 2013 and 2018, there was a provincial decrease in youth who always ate breakfast on school days. This was not the case locally, as 45% always ate breakfast. However, there was an increase in those who never ate breakfast (20% vs. 14% in 2013).

Among local youth who ate breakfast, 12% got their breakfast at school, 10% got their breakfast on the way to school, and the rest ate at home. Local youth were more likely to get their breakfast at school than youth across the province (12% vs. 8%).

The 2018 BC AHS also asked about eating lunch and dinner. Overall, 55% of local youth always ate lunch and 87% always ate dinner, whereas 6% never ate lunch and 1% never ate dinner.

Local youth were less likely than their peers across the province to always eat breakfast (45% vs. 50%) and lunch (55% vs. 64%), and were less likely to eat three meals a day (32% vs. 37%).

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

EATING BEHAVIOURS

"There needs to be more awareness about eating disorders."

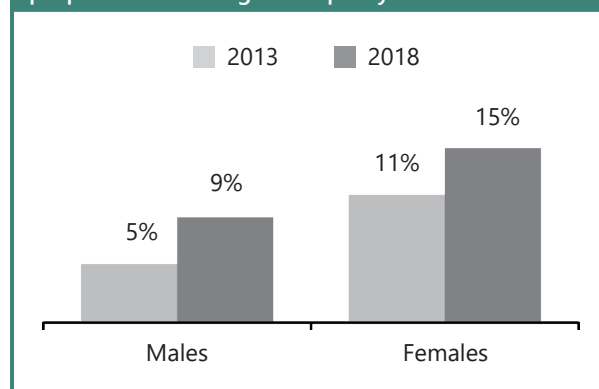
Grade 12 student

"I'm not anorexic or bulimic but I will sometimes starve myself—longest being a week."

Grade 8 student

Mirroring the provincial trend, there was an increase in male and female youth who vomited on purpose after eating. Overall, 12% of local youth had vomited on purpose after eating in the past year, including 2% who vomited two or three times a month and 2% who did so at least once a week.

Thompson Cariboo Shuswap youth who vomited on purpose after eating in the past year



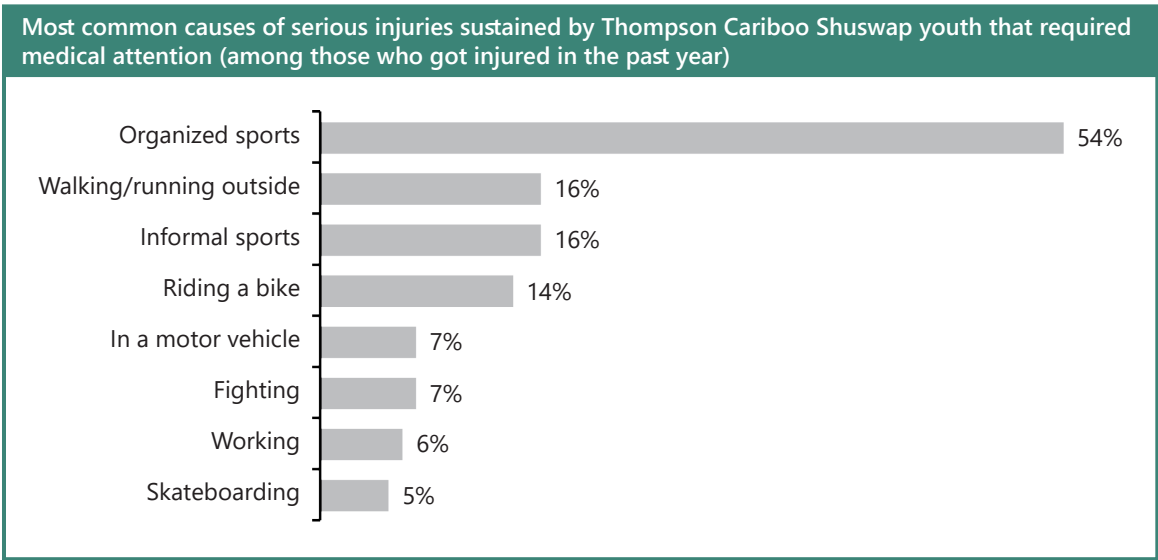
INJURIES & INJURY PREVENTION

INJURIES

As in 2013, local youth were more likely than their peers across the province to have sustained an injury serious enough to require medical attention in the past year (31% vs. 26%). This included 7% who experienced two serious injuries and 5% who had three or more.

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

The percentage of males who were seriously injured decreased from 40% in 2008 to 32%. This meant that unlike in previous years when males were more likely to be seriously injured, there were no gender differences in injury rates in 2018.



Note: Youth could choose more than one response.



CONCUSSIONS

"I've had four concussions and have needed to be out of school for multiple months."

Grade 9 student

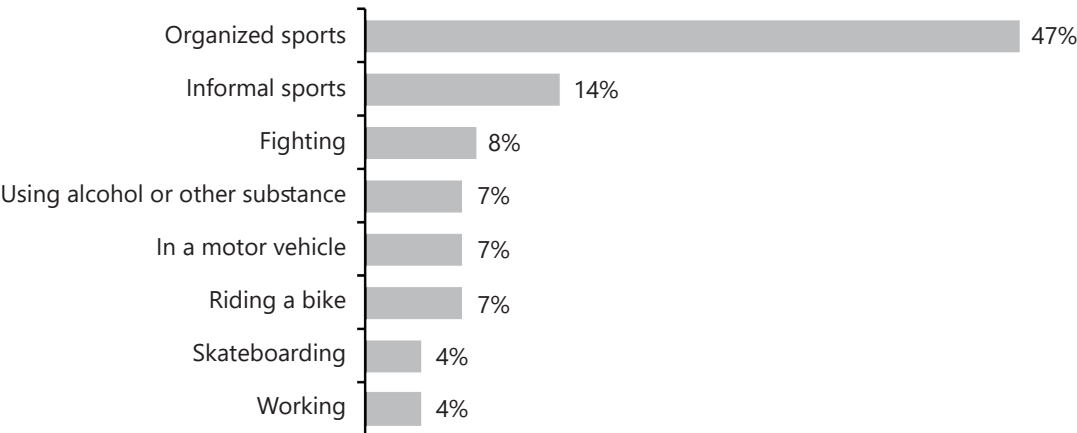
Consistent with provincial results, the most common activity local youth were doing when they suffered a concussion was playing or training for organized sports.

Local youth remained more likely than their peers across the province to have experienced a concussion (17% vs. 13%), including 4% who suffered two concussions and 2% who had three or more.

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

Youth who experienced a concussion typically reported multiple symptoms including headaches (79%); dizziness or balance problems (68%); blurred vision (50%); ringing in their ears (48%); feeling dazed, confused, or suffering a gap in memory (45%); and loss of consciousness (27%).

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

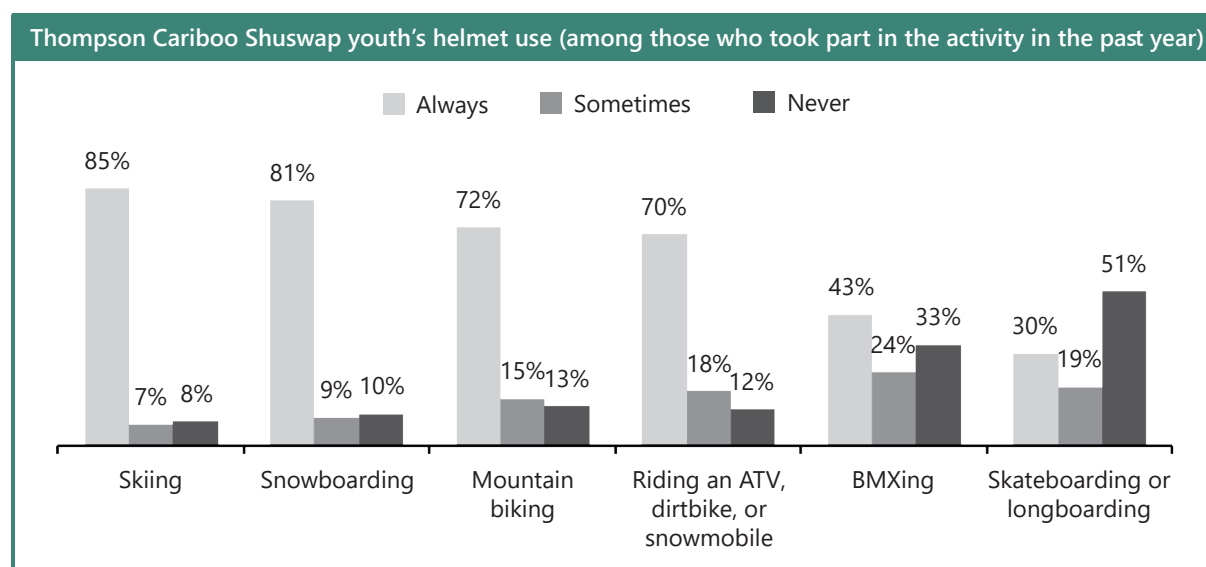


Note: Youth could choose more than one response.

INJURY PREVENTION

Reflecting the provincial trend, there was an increase in the percentage of cyclists who always wore a bike helmet (45% vs. 39% in 2013) and a slight decrease in the percentage who always wore a seatbelt (73% vs. 76%).

Youth were most likely to wear a helmet when skiing and snowboarding and least likely to wear one when skateboarding and longboarding. Local youth were more likely than their peers across BC to wear a helmet when riding an ATV, dirtbike, or snowmobile (70% vs. 66%).



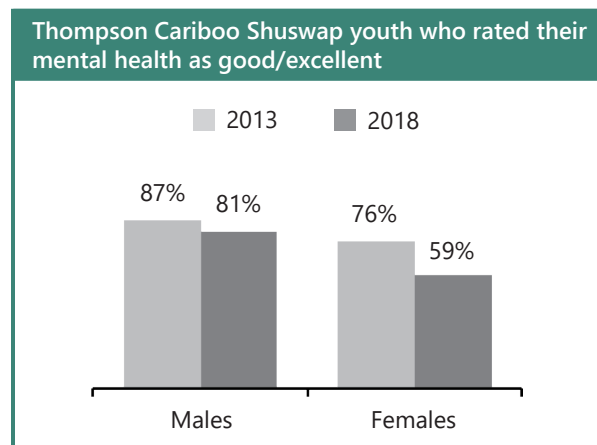
Note: For skiing, snowboarding, and mountain biking, the differences between 'sometimes' and 'never' were not statistically significant.



MENTAL HEALTH

Reflecting the provincial trend, there was a decrease in the percentage of Thompson Cariboo Shuswap students who rated their mental health as good or excellent from 81% in 2013 to 70%.

Males were the most likely and non-binary youth the least likely (38%*) to rate their mental health positively. However, there was an increase in males (4% vs. 2% in 2013) and females (11% vs. 6%) who rated their mental health as poor.



HAPPINESS

Similar to youth across BC, 64% of Thompson Cariboo Shuswap students felt happy most or all of the time in the past month (vs. 71% in 2013), and 12% felt happy rarely or none of the time.

Local males were the most likely to feel happy most or all of the time (75% of males vs. 55% of females and 32%* of non-binary youth).

STRESS & DESPAIR

"I have suffered through tons of trauma and stress through my life that I want to learn to recover from."

Grade 9 student

Reflecting local results in 2013, 85% of students experienced some level of stress in the month prior to taking the survey, including 11% who felt so stressed that they could not function properly. Females continued to be more likely than males to experience extreme stress (17% vs. 5%).

Among those who experienced stress, 32% felt they managed it well and 21% managed it very well. However, 29% felt they managed it only fairly well and 18% managed it poorly.

There was an increase in the percentage of local students who felt some level of despair in the past month (54% v. 47% in 2013). Also, 8% (4% of males vs. 10% of females vs. 30%* of non-binary youth) felt so sad, discouraged, or hopeless in the past month that they were not able to function.

MENTAL HEALTH CONDITIONS

"Anxiety affects so many people here. Everyone is always having panic attacks."

Grade 10 student

"I just wish that schools/teachers would be more aware and understanding of mental illnesses. It's hard enough to have one, and worse when teachers don't understand or put in the effort to help/make exceptions. For example, it's hard for people with anxiety to present/talk in front of the class and they don't get that."

Grade 12 student

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

Non-binary students were the most likely to report having Anxiety Disorder/panic attacks (55%* vs. 34% of females vs. 9% of males), Depression (49%* vs. 25% of females vs. 12% of males), and PTSD (18%* vs. 5% of females vs. 1% of males). Males were more likely than females to have ADHD (10% vs. 6%).



SELF-HARM & SUICIDALITY

"I am suicidal, and have self-harmed several times. I think I have depression but am too scared to tell anyone how I feel."

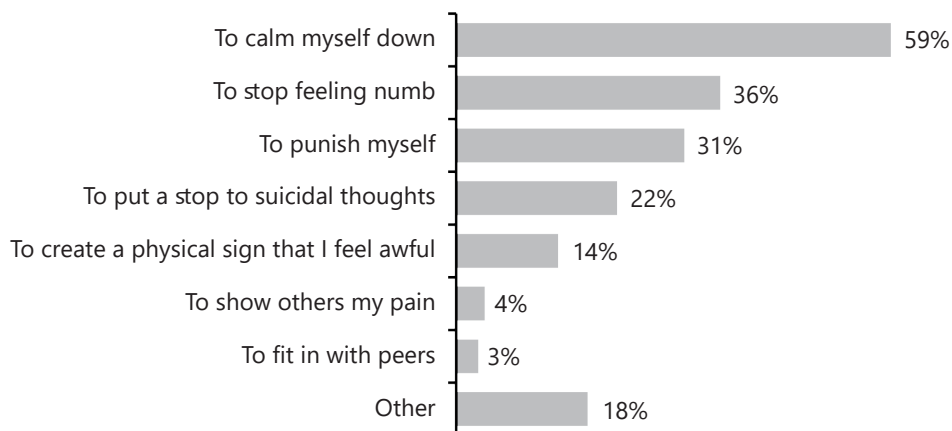
Grade 8 student

In the past year, 20% of students had cut or injured themselves on purpose without the intent of killing themselves. Males were the least likely to have done so (9% vs. 28% of females vs. 52%* of non-binary youth). The most common reason youth gave for self-harming the last time was to calm themselves down.

In the past year, 19% of local students had seriously considered suicide (including 40%* of non-binary students). This was similar to the provincial rate and represented an increase for both males (12% vs. 8% in 2013) and females (25% vs. 17%).

Also similar to the provincial rate and unchanged from five years earlier, 6% of students (3% of males vs. 10% of females) attempted suicide in the past year.

Thompson Cariboo Shuswap youth's reported reasons for self-harming the last time (among those who self-harmed)



Note: Youth could choose more than one response.

MISSED OUT ON NEEDED MENTAL HEALTH SERVICES

"There is an intense stigma around mental health that needs to be removed."
Grade 10 student

In the past year, 18% of Thompson Cariboo Shuswap youth had missed out on needed mental health services (9% of males vs. 25% of females vs. 53%* of non-binary youth). This rate was comparable to the province as a whole, and represented a local increase from 11% in 2013.

Among students who did not access needed mental health services, the most common reason was because they did not want their parents to know. Compared to five years earlier, local youth were more likely to miss out on needed services because they did not think they could afford it.

Local youth were more likely than those across BC to report that they did not access services because they were not available in their community (5% vs. 2% across BC), and because they had previously had a negative experience (22% vs. 14%).

Reasons Thompson Cariboo Shuswap youth did not access mental health services (among those who felt they needed services in the past year)	
Didn't want parents to know	64%
Thought or hoped the problem would go away	56%
Afraid of what I would be told	45%
Didn't know where to go	42%
Afraid someone I know might see me	40%
Too busy to go	36%
Had prior negative experience	22%
Didn't think I could afford it	22%
Had no transportation	12%
Parent/guardian would not take me	11%
The service was unavailable in my community	5%
Couldn't go when it was open	5%
On a waiting list	4%

Note: Youth could choose more than one response.



SEXUAL HEALTH

ORAL SEX

The percentage of Thompson Cariboo Shuswap youth who engaged in oral sex was similar to five years earlier (28%), and lower than a decade ago (34%). Females were more likely than males to have engaged in oral sex (31% vs. 26%).

Among students who ever had oral sex, 21% used a condom or other barrier/protection the last time they had oral sex, which was similar to 2013.

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

"I don't know how to put on a condom/female condom. Birth control costs money. I don't have that money."

Grade 10 student

"We should get sex ed in later grades when we are more mature. I barely remember anything."

Grade 10 student

INTERCOURSE

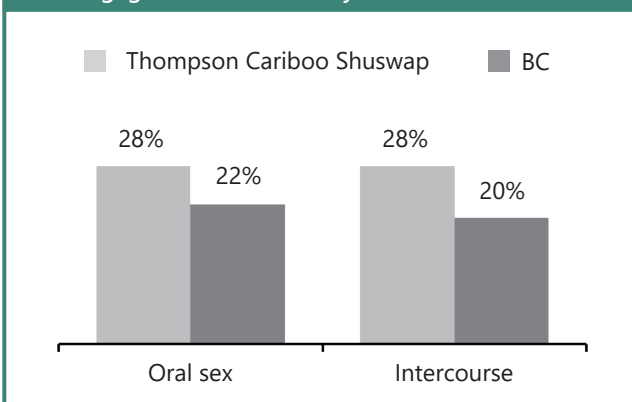
Reflecting the pattern for oral sex, local youth were as likely as five years earlier (28%) to have ever had intercourse and less likely than ten years earlier (32%).

Locally, 24% of youth had had both oral sex and intercourse, 3% had intercourse but not oral sex, and 4% had oral sex exclusively.

Among those who ever had intercourse, the most common age for first doing so was 15 (28%). As in 2013, 64% waited until they were at least 15 years old to first have intercourse (vs. 57% in 2008).

Over half of youth (57%) who ever had intercourse had one sexual partner in the past year, 16% had two partners, 20% had three or more partners, and 7% did not have intercourse in the past year.

Ever engaged in sexual activity



Among youth who had ever had intercourse, there was a decrease from five years ago in the percentage who used a condom or other barrier/protection the last time they had sex (63% vs. 71% in 2013). In 2018, males were more likely than females to use a condom (71% vs. 57%), whereas there was no such gender difference in 2013.

When asked specifically about what efforts they made to prevent pregnancy the last time they had sex, condoms were the most commonly used method. However, local students were less likely to have used condoms compared to five years ago (57% vs. 66% in 2013; among those who ever had intercourse).

Students were also less likely to use birth control pills, patch, Nuva Ring, IUD, or other methods prescribed by a doctor or nurse (50% vs. 60%). Also, 2% made no effort to prevent pregnancy, and 9% used withdrawal as their only contraceptive method (vs. 5% in 2013).

One percent of youth had been involved in a pregnancy, which was half the rate in 2013 (2%).

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

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

The HPV vaccines protect against infection from certain types of cancers, and have been available to girls in Grade 6 since 2008 and to boys in Grade 6 since September 2017. Locally, 28% of youth had been vaccinated (17% of youth who were assigned male on their birth certificates vs. 39% of females), and 58% (67% of males vs. 50% of females) did not know whether they had received the vaccine.

Methods Thompson Cariboo Shuswap youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)

Condoms	57%
Withdrawal	49%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	48%
Emergency contraception	6%
Depo Provera	2%
IUD	2%
Not sure	3%
No method	2%

Note: Youth could choose more than one response.

REFUSAL SKILLS

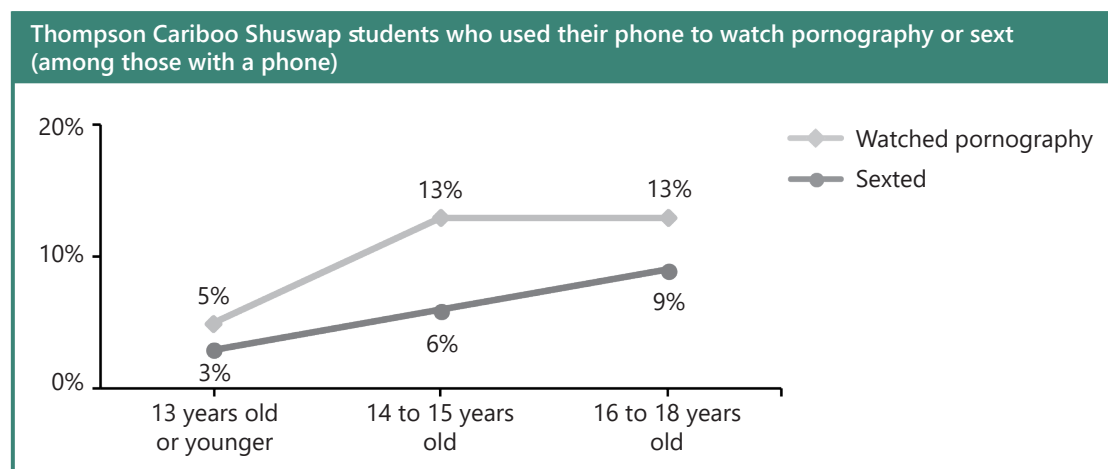
Most youth felt they were able to say 'no' if they were asked to engage in sexual activity which they did not want to do.

USED PHONE TO SEXT OR WATCH PORNOGRAPHY

Among youth with a phone, 6% used their device on their most recent school day to engage in sexting (a decrease from 14% in 2013), and 11% used it to watch pornography (asked for the first time on the 2018 survey).

Older youth were more likely than younger youth to have used their phone to sext or watch pornography on their last school day.

	Could say no	Couldn't say no	Not sure
Have sex with a new partner when they didn't want to	91%	2%	7%
Have sex with a long-term partner when they didn't want to	87%	4%	9%
Send nudes/sext	90%	3%	7%



Note: The difference between watching pornography and sexting was not statistically significant at 13 years old or younger.

SUBSTANCE USE

SMOKING, VAPING, & TOBACCO USE

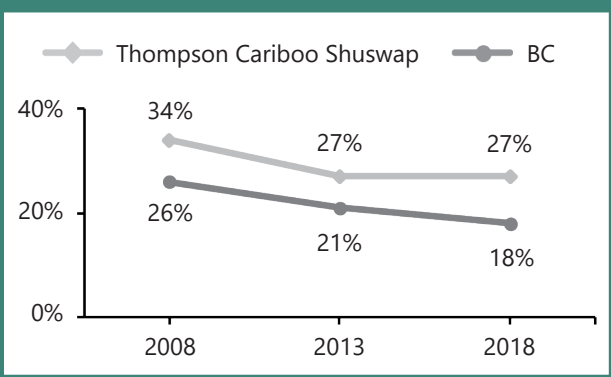
Provincially, smoking tobacco (e.g., cigarettes, cigars, or cigarillos) steadily declined over the past decade. However, locally, after decreasing between 2008 and 2013, the percentage who smoked was unchanged from five years earlier. Thompson Cariboo Shuswap youth were more likely than youth across BC to have ever smoked.

Similar to the provincial picture and to local results five years ago, the most common ages for youth to first try smoking were 14 or 15. Also, similar to five years ago, 42% of youth who had ever smoked had done so in the past month and 7% smoked daily.

Reflecting the provincial pattern, the most common smoking products used by students in the past month were a vape pen or stick with or without nicotine. Local youth were more likely to have vaped than their peers across BC.

There was no gender difference in vaping with nicotine but males were less likely than females to have vaped without nicotine (24% vs. 28%).

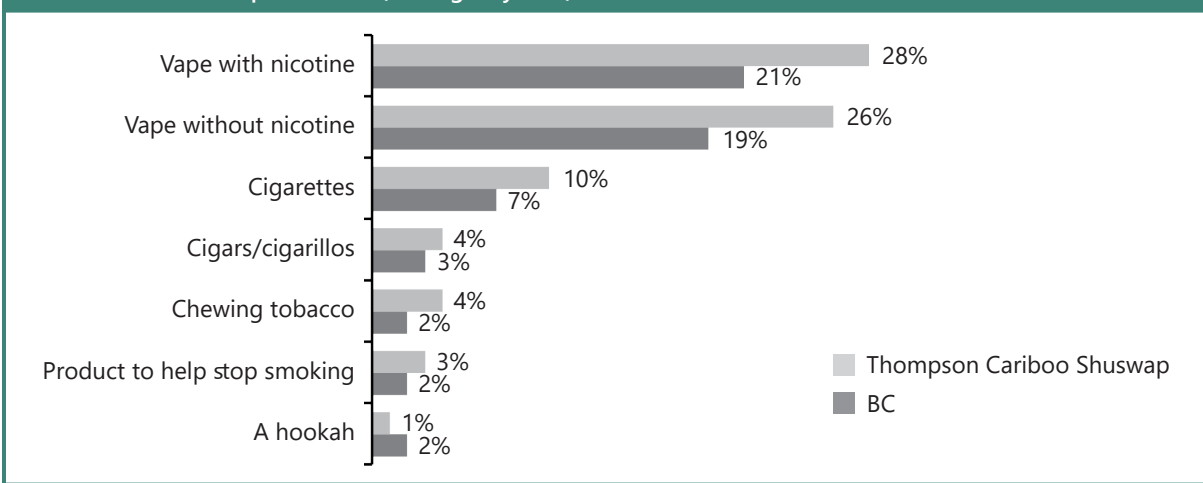
Youth who had smoked tobacco



Among students who reported they had smoked tobacco, 62% vaped with nicotine and 47% vaped without nicotine in the past month. Youth who had never smoked tobacco were also vaping: 15% of local youth who had never smoke tobacco vaped with nicotine in the past month and 17% vaped without nicotine.

Males were more likely than females and non-binary youth to have smoked cigars/cigarillos and used a product to help them stop smoking. Males were also more likely than females to have used chewing tobacco.

Products used in the past month (among all youth)



Note: Youth could choose more than one response.

Note: The differences between Thompson Cariboo Shuswap and BC were not statistically significant for cigars/cigarillos and a product to help stop smoking.

ALCOHOL

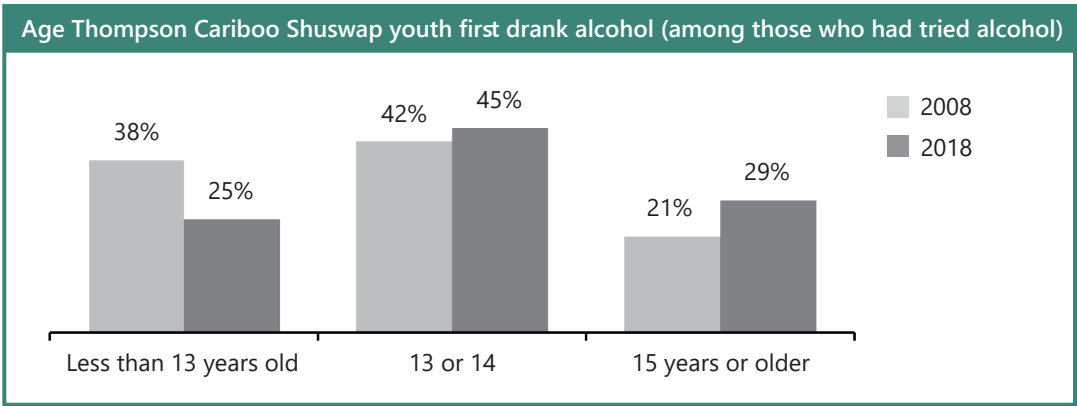
Similar to 2013, 56% of youth in Thompson Cariboo Shuswap had ever tried alcohol, with no gender differences. As in previous years, local youth were more likely to have tried alcohol than their peers across the province (56% vs. 44%).

The most common ages for youth to have their first drink of alcohol was 14 years old. Among those who had tried alcohol, 29% waited until they were 15 or older to first drink, compared to 37% provincially. This was consistent with local results in 2013 and higher than in 2008.

Similar to youth across BC, 68% of local students who had tried alcohol had at least one drink in the past month, including 5% who drank on at least 10 days that month.

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

Also, 42% of those who had tried alcohol consumed five or more drinks within a couple of hours at least once in the past month (with no gender differences), and 6% did so on six or more days. The percentage of youth who engaged in this type of heavy drinking was unchanged from five years ago, but was a decrease from 48% in 2008.



Note: The difference between 2008 and 2018 for first drinking at 13 or 14 years old was not statistically significant. Differences between 2013 and 2018 were not statistically significant for all age categories.



Almost 4 out of 10 (39%) local students who had tried alcohol drank last Saturday. They most commonly drank coolers (32% vs. 26% in 2013), liquor (27% vs. 32%), and beer (19% vs. 27%), and fewer consumed wine (4% vs. 7%). Non-binary youth were the most likely to drink liquor, and males were the least likely to drink coolers.

Compared to youth across the province, local youth were less likely to drink wine (4% vs. 6%), and were more likely to drink coolers (32% vs. 22%).

Among youth who drank last Saturday, 51% mixed at least two different types of alcohol (e.g., drank liquor and coolers), including 18% who mixed three or four types. Females were less likely to mix three or four types of liquor compared to 2013 (13% vs. 34%), while males’ rates were comparable to five years earlier (23% in 2018).

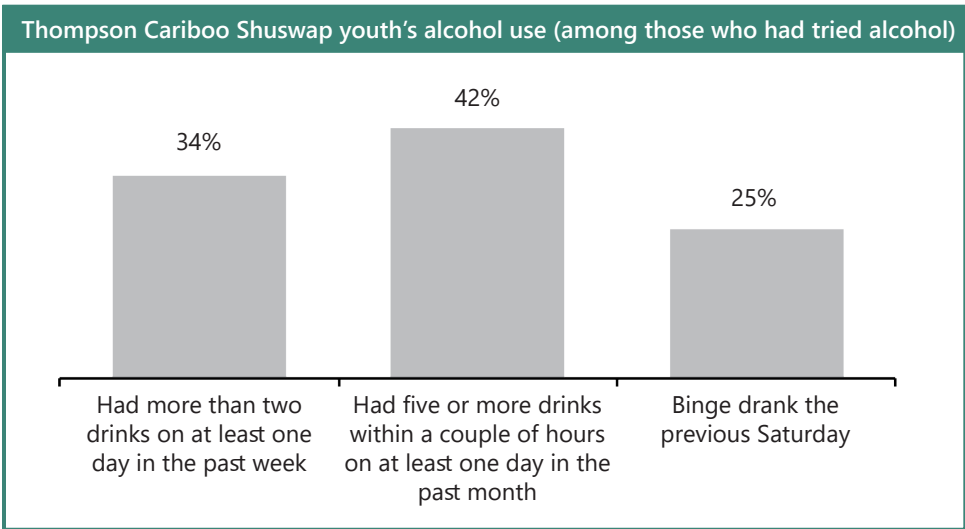
Binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and females who consume three or more. Among

students who drank on the Saturday before taking the survey, 64% engaged in binge drinking, which was similar to the provincial rate and a local decrease from 79% in 2013.

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

Where Thompson Cariboo Shuswap youth got alcohol from the last time (among those who had tried alcohol)	
Adult gave it to me	49%
At a party	27%
Gave someone money to buy it for me	27%
Took it without permission	11%
Youth gave it to me	11%
Bought it	5%
Exchanged something for it	1%
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. About a third (34%) of youth in Thompson Cariboo Shuswap had ever used marijuana, which was above the provincial rate (25%). Reflecting the pattern with tobacco and alcohol, local rates of marijuana use were similar to five years earlier and lower than a decade ago (34% vs. 39%).

As was the case provincially, there were no gender differences in having tried marijuana.

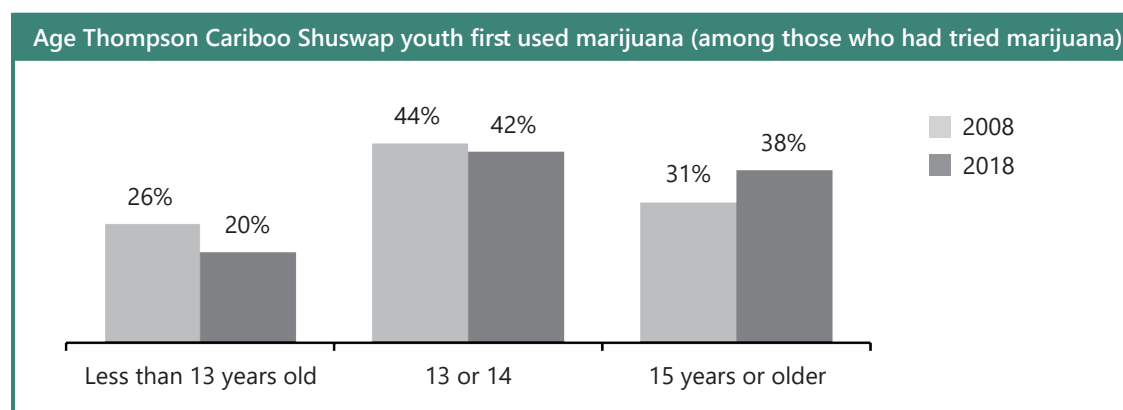
The most common ages for local youth to first try marijuana were 13 to 15 years old. Local youth were less likely than a decade ago to first try marijuana before the age of 13.

Among youth who had tried marijuana, 62% had used it in the month before taking the survey, including 25% who used it on six or more days and 13% who used it on 20 or more days that month. These rates were similar to local rates over the past decade.

As in 2013, a third (33%) of Thompson Cariboo Shuswap youth who had tried marijuana had used it on the Saturday before taking the survey. Also similar to five years ago, 7% of all local youth had used both alcohol and marijuana last Saturday.

For the first time, the BC AHS asked students how they had consumed marijuana the last time they used it. Most students (86%) smoked it, 19% ate it in a cooked recipe, and 7% took it another way such as using a bong or vape.

The BC AHS also asked about medical marijuana, and 1% of local youth reported being prescribed marijuana.



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

Around 1 in 5 (19%) local students had tried a substance other than alcohol or marijuana (compared to 16% provincially). The most commonly used substances were prescription pills without a doctor's consent and mushrooms.

Compared to youth across BC, youth in Thompson Cariboo Shuswap were more likely to have tried mushrooms (8% vs. 5%).

Locally, students were less likely than five years ago to have tried hallucinogens (4% vs. 6% in 2013), ecstasy/MDMA (4% vs. 6%), amphetamines (1% vs. 2%), and ketamine/GHB (1% vs. 2%).

One percent of Thompson Cariboo Shuswap youth had injected an illegal drug.

Thompson Cariboo Shuswap youth who had ever used substances other than alcohol and marijuana		
	2008	2018
Prescription pills without a doctor's consent	16%	10%
Mushrooms	12%	8%
More of my own prescription than prescribed	NA	5%
Hallucinogens (excluding ecstasy/MDMA and ketamine)	7%	4%
Ecstasy/MDMA	8%	4%
Cocaine	5%	3%
Inhalants	6%	3%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	3%	1%
Crystal meth	2%	1%
Heroin	2%	1%
Ketamine, GHB	NA	1%
Other substances	NA	1%

NA: Not applicable as substance was not included in 2008 survey.



CONSEQUENCES OF USE

Among youth who used alcohol or other substances there was an increase from five years ago in those who reported negative consequences of their use in the past year (57% vs. 51% in 2013) and a return to the 2008 rate. The most common consequence was being told they did something they could not remember.

Among youth who ever had sex, 24% used alcohol or other substances before having sex the last time, which was similar to 2013 and a decrease from 36% in 2008.

In total, 6% of students felt or had been told they needed help for their substance use in the past year. This included 4% who needed help for their alcohol use, 4% for their marijuana use, and 1% for their use of other substances.

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

Consequences of substance use experienced by Thompson Cariboo Shuswap 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	41%
Passed out	30%
Got injured	18%
Argued with family members	15%
School work or grades changed	13%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	11%
Had sex when I didn't want to	8%
Got into a physical fight	8%
Damaged property	7%
Got into trouble with the police	7%
Had to get medical treatment	2%
Overdosed	1%

Note: Youth could choose more than one response.

DRIVING AFTER SUBSTANCE USE

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

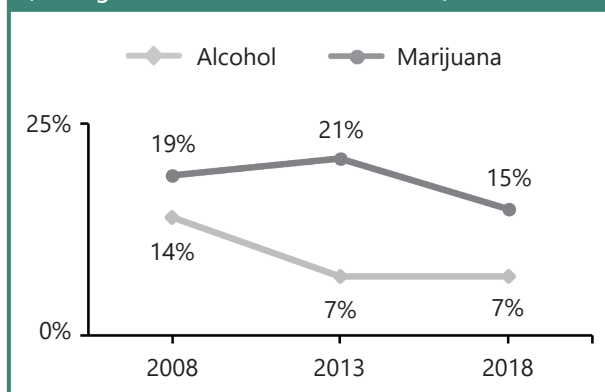
Among youth who had drunk alcohol, 7% drove a car or other vehicle after they had been drinking, which was unchanged from five years ago and a decrease from ten years ago. Also, 3% had driven after drinking alcohol in the past month (vs. 7% in 2008).

There was a decrease in the percentage who had ever driven after using marijuana, and who had done so in the past month (7% vs. 11% in 2013).

Four percent of youth had ever driven after using substances other than alcohol or marijuana. (The percentage of youth who engaged in this behaviour recently was too small to report.)

As in 2013, around a quarter (24%) had ridden with a driver who had been using alcohol, and 20% with a driver who had been using marijuana. Also, 4% had ridden with a driver who had been using substances other than alcohol or marijuana.

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



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

REPORTED REASONS FOR USING

"I think people do drugs, sex and other stuff to 'fit in.' They do it for attention—they want to be popular. That's how it is from Gr. 6–10."

Grade 7 student

As in 2013, the most common reason youth gave for using substances the last time was to have fun. However, there was an increase in those who reported using substances because they felt sad or down (20% vs. 16% in 2013).

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

I wanted to have fun	67%
My friends were doing it	30%
I wanted to try it/experiment	28%
Because of stress	23%
I felt down or sad	20%
I felt like there was nothing else to do	8%
To manage physical pain	7%
I thought it would help me focus	4%
I was pressured into doing it	3%
Because of an addiction	3%
I didn't mean to do it	2%
To change the effects of some other drug	1%
Other	10%

Note: Youth could choose more than one response.

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

EXTRACURRICULAR ACTIVITIES

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

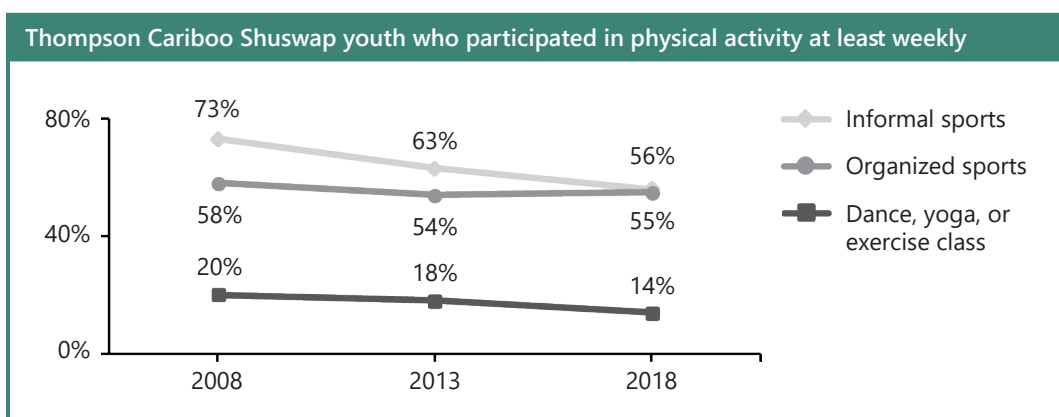
In the past year, 92% of Thompson Cariboo Shuswap students participated in at least one extracurricular activity (such as sports, cultural activities, drama, volunteering, or clubs or groups), including 84% who did so on at least a weekly basis.

Among youth who engaged in weekly extracurricular activities, 71% took part in two or more different types of activities (e.g., volunteering and sports), including 13% who participated in four or more different weekly activities.

The most popular weekly extracurricular activities were informal sports (sports without a coach such as biking or hiking; 56%) and organized sports (sports with a coach; 55%).

Compared to five years ago, there was a decrease in regular (weekly) participation in extreme sports (16% vs. 21%); informal sports; and in dance, yoga, or exercises classes. However, unlike the province as a whole, the percentage of youth who played organized sports at least weekly did not decline.

Participation in weekly art, drama, singing or music (22%); volunteering without pay (15%); and cultural or traditional activities (5%) also remained at similar rates to five years ago. There was a local decrease in attending clubs and groups on a weekly basis (11% vs. 8% in 2013).



Note: The difference in weekly participation between informal and organized sports in 2018 was not statistically significant.

Note: For organized sports, the differences between 2018 and previous years were not statistically significant.

Note: For dance, yoga, or exercises classes, the difference between 2008 and 2013 was not statistically significant.

In 2013, males were more likely than females to play weekly organized sports. No such gender difference existed in 2018. However, as in 2013, males were more likely than females to play informal sports (62% vs. 50%) and extreme sports (24% vs. 9%). Females were more likely than males to participate weekly in art, drama, singing, or music (29% vs. 15%); dance, yoga, or exercise classes (21% vs. 6%); volunteer activities (18% vs. 11%); and clubs or groups (10% vs. 6%).

Local youth were more likely than their peers across BC to participate weekly in informal sports (56% vs. 52%) and extreme sports (16% vs. 9%), and were less likely to participate weekly in volunteering (15% vs. 18%), clubs or groups (8% vs. 11%), and cultural or traditional activities (5% vs. 7%).

Students were asked about any barriers they may have experienced to taking part in extracurricular activities in the past year. Reflecting the provincial results, the most common barrier was being too busy (45%). This was an increase locally from 41% in 2013.

Other barriers included being too anxious or depressed (16%), not being able to get there or get home (16%), the activity was not available in their community (14%), they were afraid of being bullied (10%), and they could not afford to participate (13%).

Compared to five years earlier, there was an increase in local females who reported that they did not participate in an activity because they were afraid of being bullied (15% vs. 9% in 2013).

Thompson Cariboo Shuswap youth's participation in extracurricular activities in the past year				
	Never	Less than once a week	1 to 3 times a week	4 or more times a week
Informal sports	23%	21%	35%	21%
Organized sports	38%	7%	32%	23%
Volunteered without pay	62%	24%	12%	2%
Art/drama/singing/music (group or lessons)	69%	9%	15%	8%
Extreme sports	72%	12%	10%	6%
Dance/yoga/exercise classes	78%	9%	9%	4%
Cultural/traditional activities	81%	14%	4%	1%
Clubs/groups	88%	4%	7%	1%

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



GAMBLING

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

The BC AHS asked students if they had played a number of games of chance in the past year (e.g., online gaming, cards/dice, sports betting, lottery tickets/scratch cards); and, if so, whether they had played these games for money. Comparable to youth across BC, 66% of Thompson Cariboo Shuswap students had played at least one of these games, and 23% had played for money.

In comparison to male and non-binary students, local females were the least likely to engage in these gambling activities. In the past year, 53% of females gambled, compared to around 7 in 10 males and non-binary youth.

GAMBLING FOR MONEY

In the past year, students engaged in a range of gambling games for money including lottery tickets/scratch cards (42%), sports betting in person (37%) and online (10%); cards/dice in person (35%) and online (8%); and online gaming (33%).

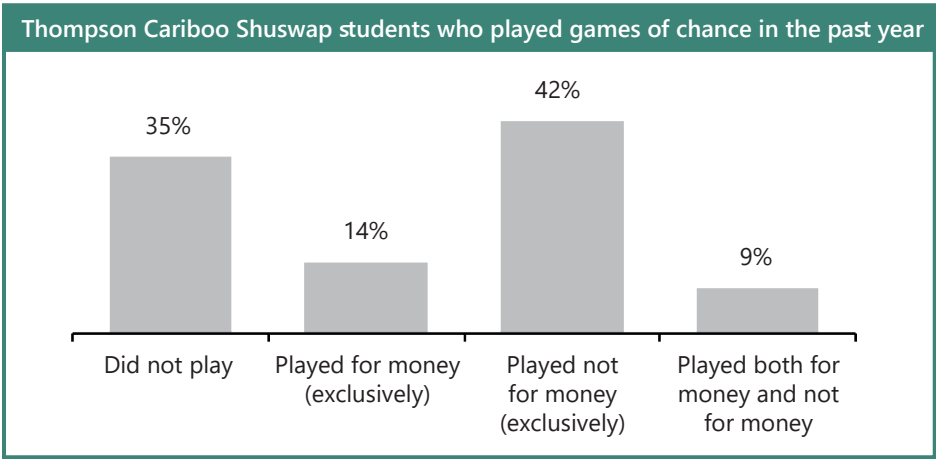
Females were more likely than males to have bought lottery tickets/scratch cards (56% vs. 34%), and males were more likely than females to engage in online gaming (39% vs. 16%).

Reflecting the provincial pattern, 17% of local youth who had gambled for money did so on at least a weekly basis over the past 12 months.

Local students who gambled on a weekly basis were at least three times more likely to have engaged in online gaming than any other gaming activity. For example, 13% participated in online gaming weekly, compared to 4% who played cards/dice in person and 3% who engaged in sports betting in person.

Among local students who had gambled for money in the past year and had access to a phone, 5% had used their device to gamble on the day before completing the survey.

Among students who gambled for money, 3% felt or had been told they needed help for their gambling.



RISKS TO HEALTHY DEVELOPMENT

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

POVERTY & DEPRIVATION

GOING TO BED HUNGRY

Reflecting the provincial picture, 11% of youth in Thompson Cariboo Shuswap went to bed hungry at least sometimes because there was not enough money for food at home, including 1% who often or always went to bed hungry. This was an increase from 9% in 2013, and a return to the rate a decade ago.

DEPRIVATION

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

With the help of over 800 youth across BC, 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 in order to feel like they belonged, and which if they did not have, could make them feel like they were missing out on things their peers had. The 2018 BC AHS asked youth if they had the 10 items, and whether they wished they had them if they did not.

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

Thompson Cariboo Shuswap youth who felt deprived of...	
Money to spend on themselves	11%
Smartphone	7%
Lunch for school/money for lunch	5%
Money for school supplies, trips, and extracurricular activities	5%
Space of their own to hang out in	5%
Access to transportation	4%
Equipment/clothes for extracurricular activities	3%
Clothes to fit in	2%
A quiet place to sleep	2%
Access to the Internet	2%



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

When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 75%* of youth who did not have but wished for a quiet place to sleep had slept for less than eight hours on the night before completing the survey, compared to 48% of those who had somewhere quiet to sleep.

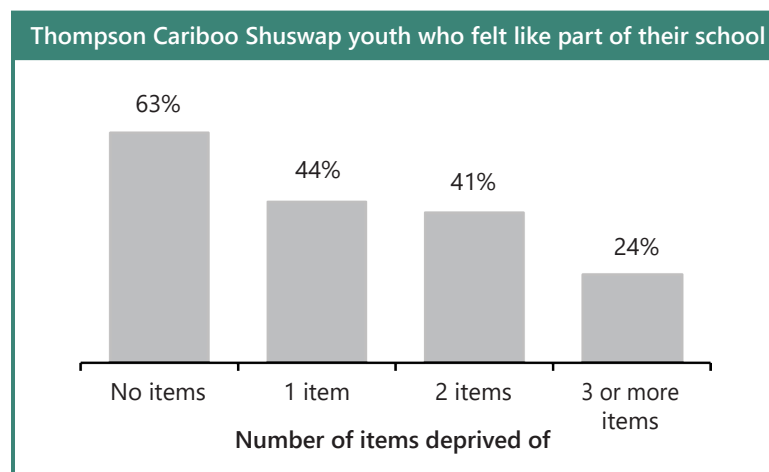
Locally, 26% of youth reported they lacked but wished they had at least one of the items in the Index, including 6% who lacked two items, 3% who lacked three items, 1% who lacked four items, and 1% who lacked five or more.

The more items youth felt deprived of, the more likely they were to go to bed hungry because there was not enough money for food at home. For example, 6% of those who had all the items in the Index went to bed hungry at least sometimes because there was not enough money for food at

home, compared to 17% of those who lacked one item, 30% who lacked two items, and 56% who lacked three or more of the items.

The more items youth wanted but did not have, the less likely they were to feel like a part of their school or community. For example, 15% of those who were deprived of three or more items reported feeling quite or very connected to their community, compared to 31% who were deprived of two items, and 45% who were not deprived of any of the items in the Index.

Youth deprivation was also associated with poorer health and well-being. For example, three quarters (75%) of youth who had all the items in the Index reported good or excellent mental health, compared to a third (33%) of those who lacked three or more items. Also, 83% of those with all the items rated their overall health as good or excellent, compared to 77% of those who felt deprived of one item, 65% of those were deprived of two items, and 46%* who were deprived of three or more items.



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

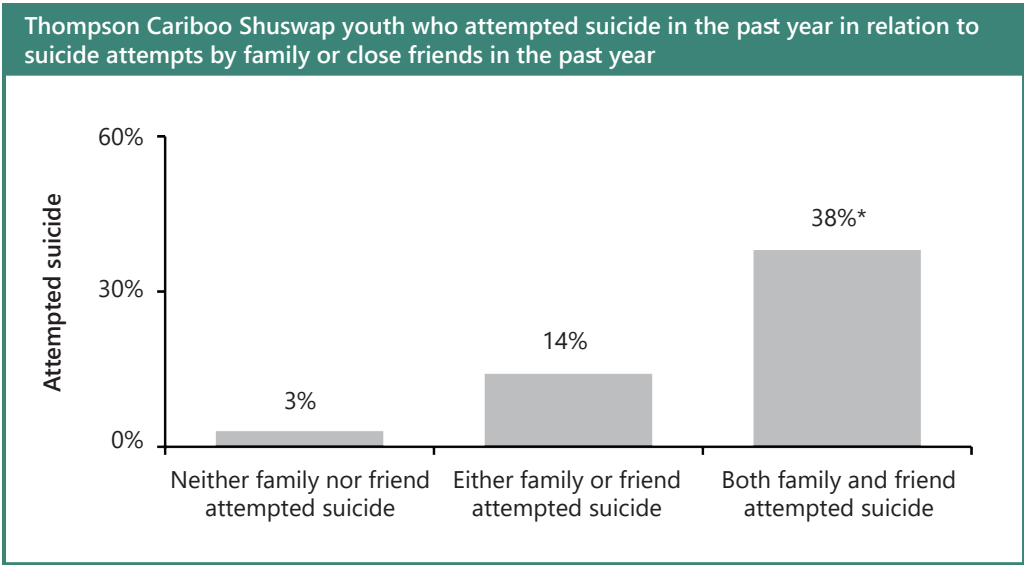
LOSS & BEREAVEMENT

Most local students (77%) reported that at least one person close to them had died, most commonly due to illness (52%) and old age (49%). Other reasons included suicide (13% vs. 9% provincially), accident (19% vs. 13%), violence (4%), a fentanyl overdose (3%), and an overdose other than fentanyl (5% vs. 4%).

The BC AHS also asked participants if they had a family member or close friend who had attempted or died by suicide, and if this had occurred within the past year. Locally, 22% had a family member who had attempted or died by suicide (vs. 16% in 2013), including 6% who had done so within the past year.

More than a third (36%) had a close friend who had attempted or died by suicide (vs. 25% in 2013), and 22% had this experience within the past year (vs. 15% in 2013).

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



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

VIOLENCE & DISCRIMINATION

DATING VIOLENCE

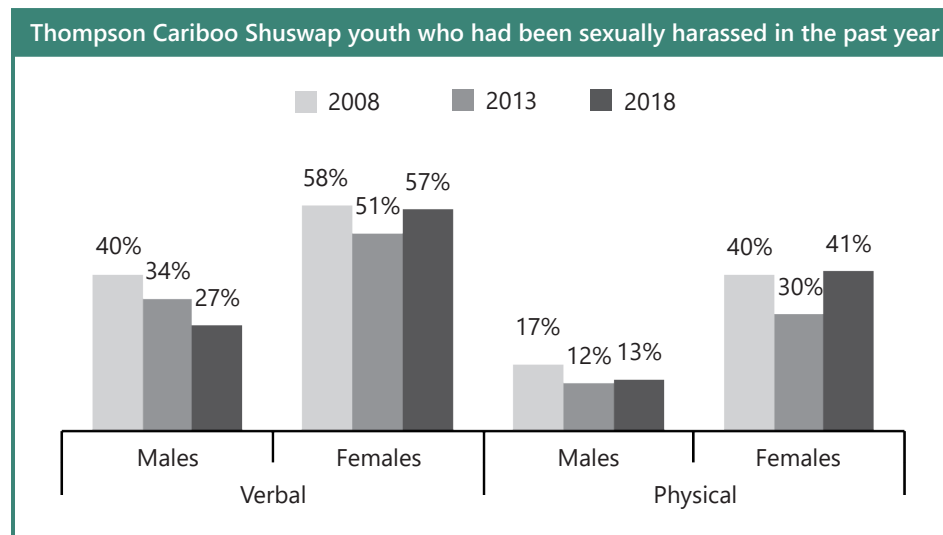
Around half (51%) of local youth had been in a romantic relationship in the past year (compared to 43% across BC). Among these students, 8% had been the victim of physical violence within their dating relationship, with females more likely than males and non-binary youth to have had this experience.

For males, dating violence rates were similar to 2013 and lower than a decade earlier (5% vs. 11% in 2008). For females, after an improvement between 2008 and 2013, there was a return to the 2008 rate (10% vs. 4% in 2013).

SEXUAL HARASSMENT

In the past year, 42% of youth had been verbally sexually harassed and 27% had been physically sexually harassed. Males were around half as likely as females and non-binary students to have been verbally or physically sexually harassed.

For males, rates of sexual harassment were lower than a decade ago. For females, as with dating violence, there was a return to 2008 rates after an improvement between 2008 and 2013.



Note: The difference between 2008 and 2018 for verbal and physical sexual harassment was not statistically significant for females.

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

PHYSICAL & SEXUAL ABUSE

Reflecting the provincial picture, 16% of students had ever been physically abused or mistreated, with males less likely than females and non-binary youth to have had this experience. The percentage of females who were physically abused was comparable over the past decade (21%), whereas for males it was similar to five years earlier but lower than a decade ago (10% vs. 15% in 2008).

Students were also 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 at first sex.

When all these forms of abuse were considered, 15% of students had been sexually abused (compared to 11% provincially). Females and non-binary youth were four times more likely than males to have been sexually abused.

Compared to five and ten years earlier, there was an increase in the percentage of females who were sexually abused (e.g., 25% vs. 19% in 2013). For males, the percentage was similar to previous years (6%).

DISCRIMINATION

Reflecting provincial results, 39% of students had experienced discrimination in the past year. The most commonly perceived reason for being discriminated against was physical appearance (25% vs. 22% in 2013 vs. 18% in 2008).

Compared to 2013, there were increases in students who reported they had experienced discrimination because of their gender (10% vs. 7% in 2013), their income or their family’s income (9% vs. 6%), and because of a disability (4% vs. 3%).

Thompson Cariboo Shuswap youth’s perceived reasons for being discriminated against in the past year	
Physical appearance	25%
Weight	18%
Gender/sex	10%
Income or family income	9%
Race, ethnicity, or skin colour	9%
Sexual orientation (e.g., being or thought to be gay or lesbian)	6%
A disability	4%

Note: Youth could choose more than one response.

BULLYING

In the past year, 56% of Thompson Cariboo Shuswap students had been bullied at school or on the way to or from school (vs. 52% in 2013). Specifically, 41% had been deliberately excluded (vs. 37% in 2013), 40% had been teased to the point where they felt extremely uncomfortable, and 10% had been physically attacked.

Females and non-binary youth were more likely than males to have been excluded or teased. For example, 7% of males had been social excluded at least three times in the past year, compared to over 20% of females and non-binary students.

Twelve percent of students reported they had teased, purposefully excluded, or physically attacked someone else.

WEAPON CARRYING

In the past 30 days, 6% of students carried a weapon to school, including 2% who always carried a weapon. Students who had been the victim of bullying were more likely to carry a weapon. For example, 17% of youth who had been physically attacked in the past year carried a weapon, compared to 5% who had not been attacked.

INTERNET SAFETY

Around 1 in 5 (19%) students had met someone through the Internet who made them feel unsafe. This was an increase from five years ago for both males (11% vs. 7% in 2013) and females (27% vs. 23%).

Similar to five and ten years earlier, 16% of students (9% of males vs. 22% of females) had been cyberbullied in the past year. Also reflecting results in 2013, 7% of students reported that they had cyberbullied someone else during this time period, with no gender differences.



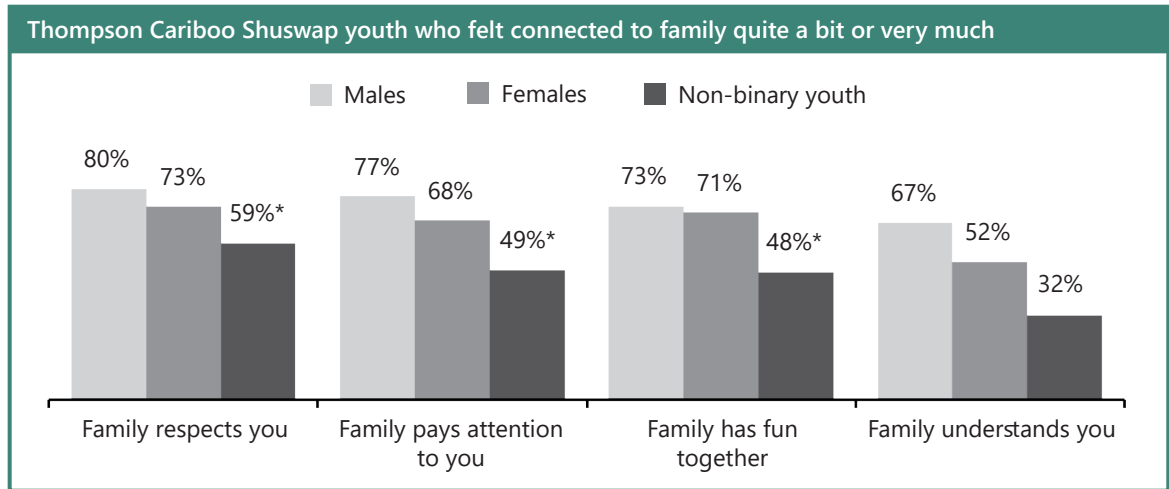
SUPPORTING HEALTHY DEVELOPMENT

FAMILY

BC AHS results show that family relationships are one of the most important protective factors in the lives of youth. For example, youth who report feeling connected to family, have supportive adults they can turn to within their family, and have parents or caregivers who know what they are doing 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 substance use or risky sexual behaviours), and are more likely to have the skills to refuse negative peer pressure or unwanted sexual activity.

Youth in Thompson Cariboo Shuswap generally felt connected to their families. Overall, 76% felt respected by their family, 71% felt their family paid attention to them, 71% felt their family had fun together, and 58% felt their family understood them.



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 has fun together.'

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

SUPPORTIVE FAMILY

As in 2013, three quarters (75%) of students felt they had an adult inside their family they could talk to if they had a serious problem (vs. 71% across BC). Males were the most likely to have such an adult in their family (79% vs. 73% of females and 54%* of non-binary youth).

Most local students (73%) turned to a family member for help in the past year (an increase from 68% in 2013), and the majority of these students (94%) found this experience helpful. The increase in seeking help from a family member was seen for males (70% vs. 64% in 2013) and females (77% vs. 73%).

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 35% 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 19% felt they did not have enough time.



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 Thompson Cariboo Shuswap felt school staff expected them to do well (80%), treated them fairly (71%), their teachers cared about them (66%), and they felt like part of their school (57%).

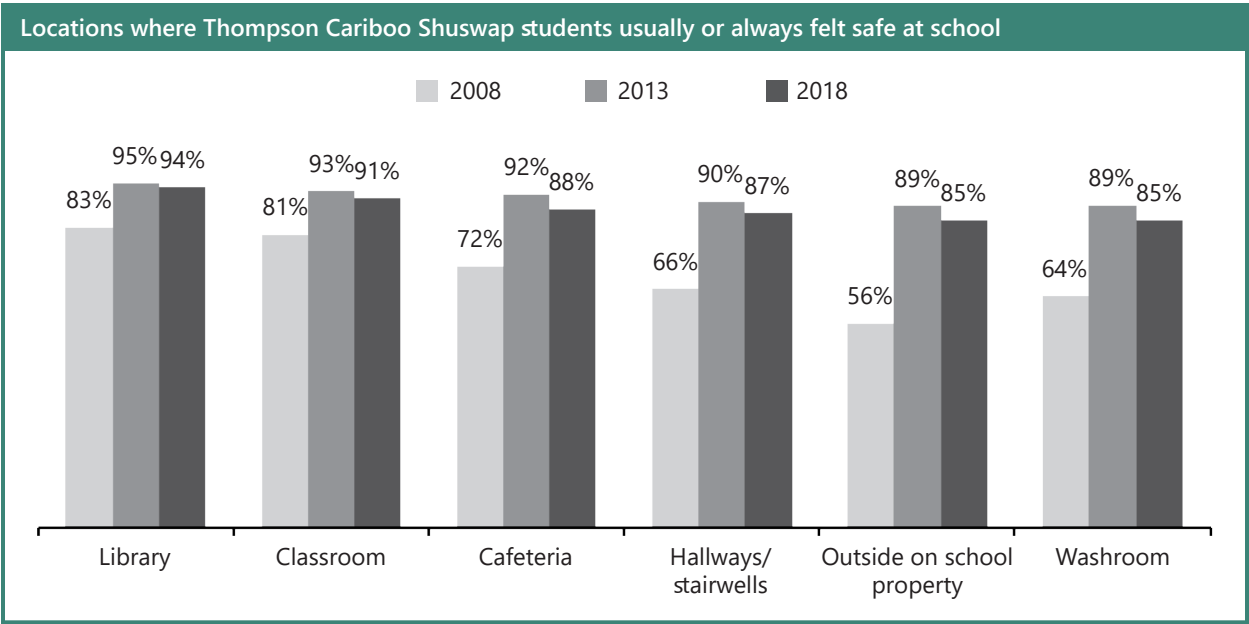
Compared to five years earlier, local students were more likely to report that school staff (other than teachers) cared about them (56% vs. 52% in 2013), but were less likely to report that they felt happy at school (54% vs. 66%).

SAFETY

Overall, 68% of local youth felt safe at school (vs. 73% across BC). This represented a local decrease from 77% in 2013 and 72% in 2008.

Males were the most likely to feel safe at school and non-binary youth were the least likely (74% of males vs. 64% of females vs. 47%* of non-binary youth).

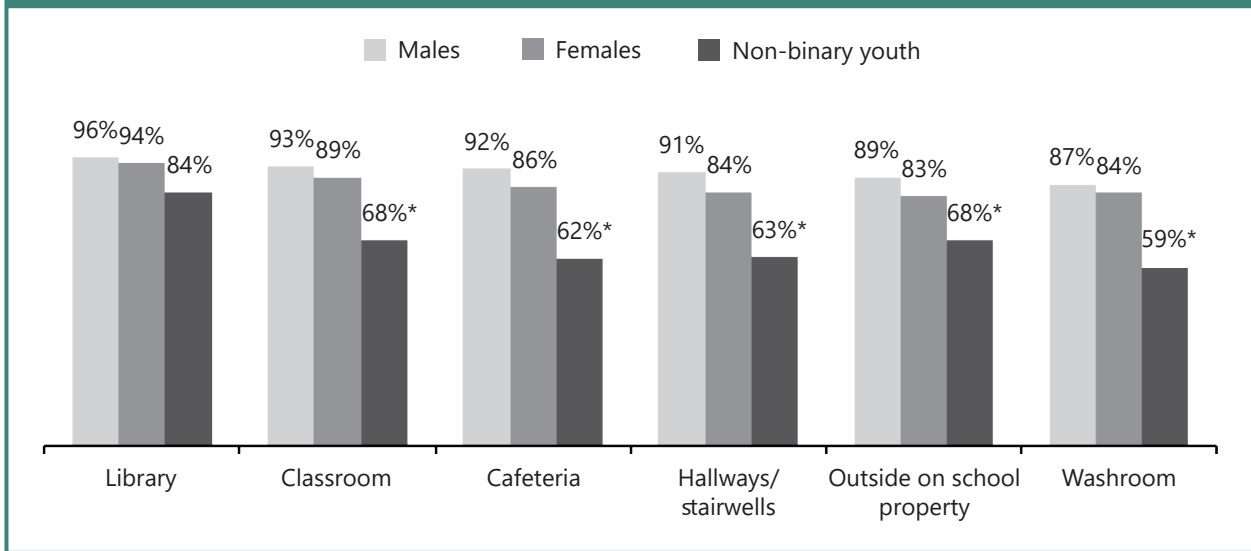
As in previous years, students felt safest in the library and classroom.



Note: The difference between 2013 and 2018 was not statistically significant for feeling safe in the library.



Locations where Thompson Cariboo Shuswap students usually or always felt safe at school



Note: The difference between males and females was not statistically significant for feeling safe in the washroom.

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

Most local students (84%) felt safe in the changing rooms (87% of males vs. 83% of females vs. 60%* of non-binary youth). This represented a decrease from 88% in 2013 when the question was first asked.

Also, 89% of local youth felt safe getting to/from school (92% of males vs. 86% of females vs. 68%* of non-binary youth). This was a decrease from 2013 (91%).

EDUCATION PLANS

Similar to five years earlier and to youth across BC, most Thompson Cariboo Shuswap students planned to finish Grade 12 (86%). However, fewer students intended to go on to post-secondary than was seen provincially (80% vs. 83%).

Most students who did not report planning to finish high school had not yet thought about it or were unsure if they would complete high school. Only 1% specifically did not plan to complete high school, which was similar to the provincial rate and half the local rate a decade ago (2%).

In 2013, local males were less likely than males across the province to expect to finish Grade 12 and plan to go on to post-secondary education. In 2018, these differences were no longer present. However, local females were less likely than females across the province to plan to go on to post-secondary education (83% vs. 87%).

Reflecting the provincial picture, local females were the most likely to anticipate continuing their education beyond high school (e.g., 83% vs. 77% of males).

SCHOOL ABSENCES

Most Thompson Cariboo Shuswap students (80%) had missed classes on at least one day in the past month, which was higher than the provincial rate of 73%.

Local students most commonly missed school to attend appointments (46% vs. 36% across BC) and due to illness (43% vs. 39%). Local youth were also more likely than their peers across BC to have missed school due to family responsibilities (20% vs. 14%), mental health (18% vs. 15%), and bullying (6% vs. 4%).

Compared to five years earlier, there was an increase in the percentage of local youth who skipped school in the past month (27% vs. 24% in 2013) and who missed classes due to bullying (4% vs. 6%).

Non-binary youth were the most likely and males were the least likely to miss classes due to bullying (23% vs. 9% of females and 3% of males) or mental health (46%* vs. 26% of females and 9% of males). Also, females were more likely than males to miss school due to appointments, family responsibilities, illness, other school responsibilities, and skipping classes.

Reasons Thompson Cariboo Shuswap students missed classes in the past month	
Appointments	46%
Illness	43%
Skipping class	27%
Family responsibilities	20%
Slept in	20%
Mental health (e.g., anxiety, depression)	18%
Other school responsibilities	18%
Bullying	6%
No transportation	5%
Work	5%

Note: Students could choose more than one response.

COMMUTE TO SCHOOL

Thompson Cariboo Shuswap students most commonly got to school by car (42%), or by school bus or public transit (39%).

Local students were more likely than their peers across BC to commute to school by car (42% vs. 47% provincially); and were less likely to take a school bus or public transit (39% vs. 23%) or commute by active means (walk/bike/skateboard; 19% vs. 29%).

Most Thompson Cariboo Shuswap students (85%) had a commute to school that was less than 30 minutes, whereas 4% commuted for an hour or more.



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 and to local youth in 2013, 41% of Thompson Cariboo Shuswap youth felt quite a bit or very much connected to their community. However, 24% felt only a little or not at all connected. Non-binary youth were less likely than males and females to feel connected to their community.

Most youth (73%) felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them (with no gender differences). This was a local increase from 68% in 2013, and above the provincial rate of 65%.

SAFETY

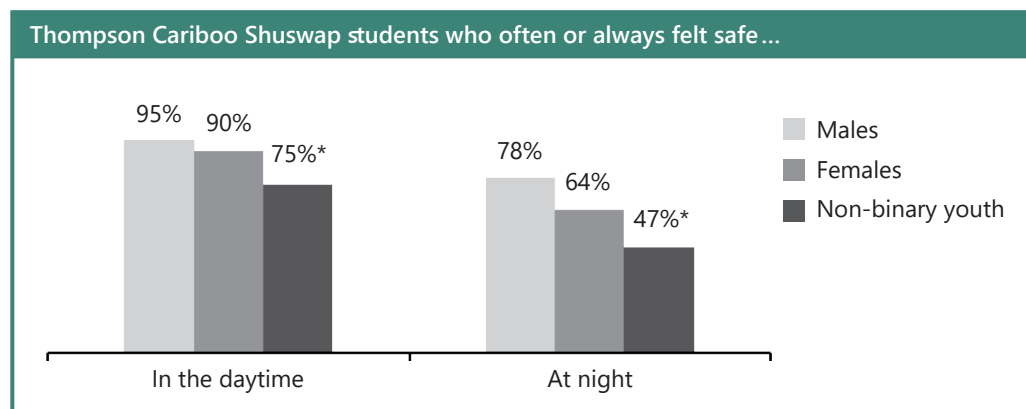
The majority of youth often or always felt safe in their neighbourhood in the daytime (92%) and at night (70%). Males were the most likely to feel safe during the day and at night.

As in 2013, local youth were more likely than their peers across BC to often or always feel safe in their neighbourhood at night (70% vs. 65%).

Among local youth who used public transit, 21% always felt safe and 4% never did.

RELATIONSHIP TO THE LAND/NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Forty-seven percent of local students reported often or always feeling connected, whereas 34% sometimes felt this way, and 19% hardly ever or never felt connected.



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

SUPPORTIVE RELATIONSHIPS

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

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

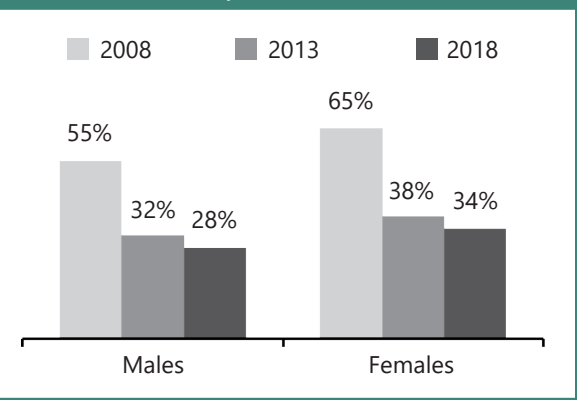
SUPPORTIVE ADULTS

Locally, 31% of students had an adult outside their family who they could talk to if they had a serious problem. This was above the provincial rate (27%), but below the local rate five (35%) and ten (60%) years earlier.

Females were more likely than males to have a supportive adult outside their family, and were more likely than females across BC to have such an adult in their life (34% vs. 30%).

Most Thompson Cariboo Shuswap students had an adult who helped them to make and get to appointments, prepare for post-secondary, get a job, and with homework. Local students were more likely than youth across BC to have an adult who helped them get to appointments (91% vs. 89%), find employment (76% vs. 69%), and with their homework (68% vs. 63%).

Thompson Cariboo Shuswap students who had an adult outside their family they could talk to when faced with a serious problem



Thompson Cariboo Shuswap students who had an adult who helped them with...			
	Yes	No	Don't need this
Getting to appointments	91%	4%	5%
Making appointments	90%	4%	5%
Preparing for post-secondary	77%	14%	9%
Getting a job	76%	13%	11%
Homework	68%	16%	16%

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

ASKING ADULTS FOR HELP

Outside of family members and friends, students most commonly approached a teacher when they needed help. In comparison to the rest of the province, local youth were more likely to ask for help from a friend's parent (25% vs. 21% across BC), a mental health counsellor (13% vs. 11%), an Aboriginal Education Worker (10% vs. 6%), or an Indigenous Elder (6% vs. 4%). The majority of youth found the people they approached helpful.

Adults outside their family whom Thompson Cariboo Shuswap students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	55%	92%
Doctor	34%	93%
Sports coach	30%	96%
School counsellor	29%	80%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	27%	84%
Friend's parent	25%	91%
Nurse	17%	91%
Mental health counsellor	13%	81%
Aboriginal Education Worker [†]	10%	78%
Youth worker	8%	80%
Social worker	7%	69%
Indigenous Elder [†]	6%	77%
Spiritual leader	6%	75%
Online community/online support group	6%	70%
Telephone helpline	5%	50%

[†] Among Indigenous students, 27% had approached an Aboriginal Education Worker for help and 88% of these youth found this experience helpful, while 18% had approached an Elder and 90% found this helpful.

FRIENDS

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

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

Most students in Thompson Cariboo Shuswap (97%) had at least one close friend in their school or neighbourhood, and 81% had three or more close friends (with no gender differences).

Also, 40% of students had at least one close friend who they knew online but had never met in person, including 20% who had three or more such friends. Two thirds (67%*) of non-binary youth reported having at least one online friend who they had never met, compared to 46% of males and 32% of females.

In the past year, 8% of students had dated someone they met online but had not met in person, including 2% who had two or more such romantic partners. Female and non-binary students were more likely than males to have dated someone online whom they had never met.

CONNECTING WITH FRIENDS

When asked how much time they had to do the things they wanted with friends, 68% felt like they had the right amount of time, 27% did not have enough time, and 5% had too much time. Females and non-binary youth were more likely than males to report they did not have enough time with their friends, as were older youth in comparison to younger ones (e.g., 34% of 17-year-olds had insufficient time with their friends vs. 20% of 13-year-olds).

ASKING FOR HELP

In the past year, 73% of local students asked a friend they knew in person for help. Among these students, 94% found their friend to be helpful. Also, 20% asked a friend they only knew online for help, and 83% found this helpful.

Females were more likely than males to have sought help from a friend they knew in person (80% vs. 67%). Non-binary youth were more likely than male and female youth to ask a friend they only knew online for help (38%* vs. about a fifth of males and females).

In the past year, 80% of students had a friend who had asked them for help, with females and non-binary youth more likely than males to report being asked (e.g., 85% of females vs. 74% of males). Most youth (97%) who were asked felt able to help (with no gender differences).



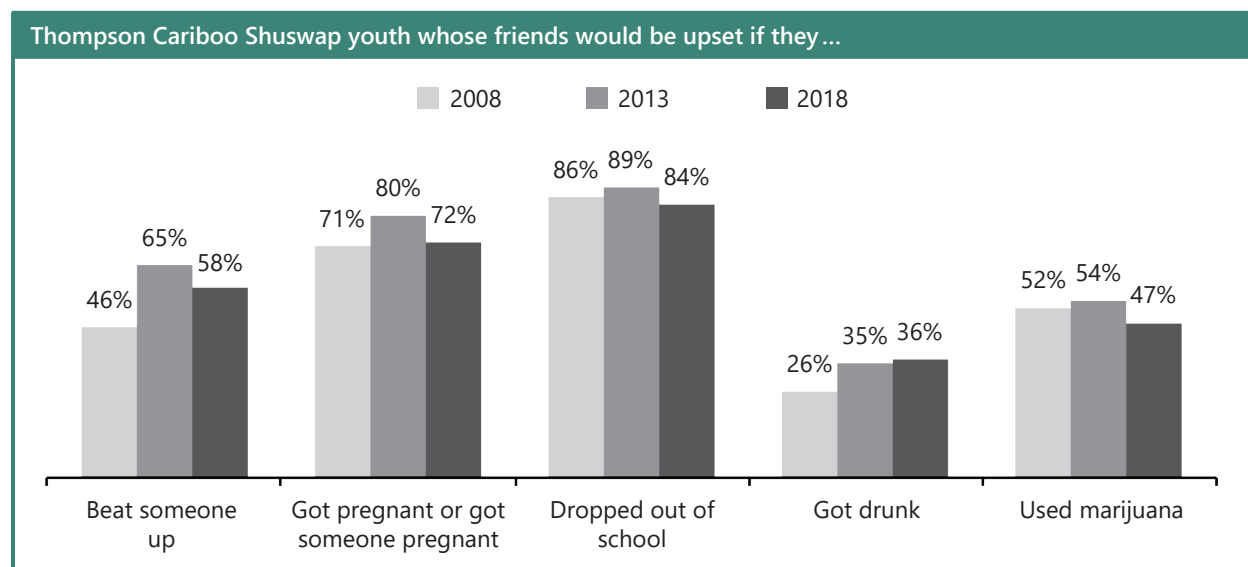
FRIENDS WITH PROSOCIAL ATTITUDES

Students in Thompson Cariboo Shuswap generally had friends who would be upset with them for engaging in health risk behaviours. However, they were less likely than their peers across BC to have friends who would be upset with them if they beat someone up (58% vs. 65%), got drunk (36% vs. 45%), or used marijuana (47% vs. 55%).

Reflecting the provincial pattern, local students were less likely than five years earlier to report their friends would be upset with them if they beat someone up, were involved in a pregnancy, dropped out of school, or used marijuana.

As in previous years, females were more likely than males to have friends who would be upset with them if they beat someone up (67% vs. 48%), dropped out of school (87% vs. 80%), or were involved in a pregnancy (75% vs. 68%).

Unlike in 2013 when females were more likely than males to have friends who would be upset if they got drunk, this gender difference was no longer present in 2018.



Note: The differences between 2008 and 2018 were not statistically significant for 'got pregnant or got someone pregnant' and 'dropped out of school.'

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

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

YOUNG PEOPLE'S STRENGTHS & RESILIENCY

QUALITY OF LIFE & WELL-BEING

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

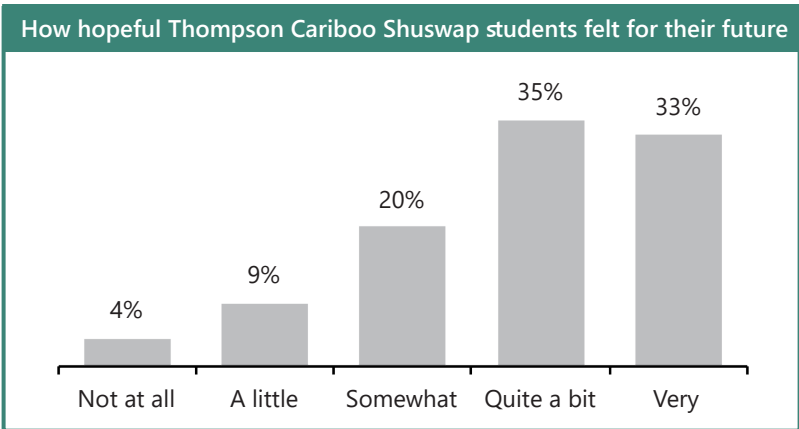
HOPEFULNESS

Around two thirds (68%) of students felt quite a bit or very hopeful for their future, with males being the most likely to feel this way (73% vs. 65% of females and 33%* of non-binary students).

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 Thompson Cariboo Shuswap youth			
	Agree/ Strongly agree	Neither agree nor disagree	Disagree/ Strongly disagree
I have a good life	79%	15%	6%
My life is going well	73%	18%	9%
I have what I want in life	60%	26%	14%
My life is going just right	57%	26%	17%
I wish I had a different life	16%	21%	64%

Note: Percentages for 'I wish I had a different life' do not equal 100% due to rounding.



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



PERSEVERANCE

"Broke my foot and missed the whole soccer season. I was very upset but I'm mentally strong enough to persevere."

Grade 11 student

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 had never gone wrong for them. Among those who had experienced challenges or setbacks, 45% always pushed themselves to achieve their goals in these situations (with males the most likely to report doing so), whereas 6% never pushed themselves, and the rest sometimes pushed themselves.

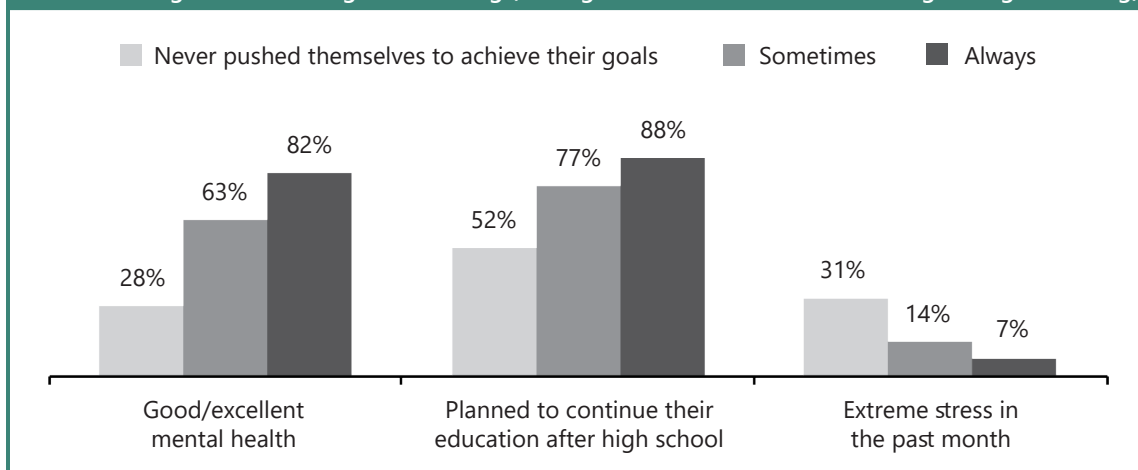
The more often Thompson Cariboo Shuswap students persevered when faced with obstacles, the more likely they were to experience positive mental health and to have plans to pursue post-secondary education, and the less likely they were to experience extreme stress.

FEELING SKILLED & CONFIDENT

Compared to five years earlier, local students were more likely to be able to name something they were really good at (such as sports, school work, and art; 82% vs. 78%). However, this was still below the 2008 rate (87%). Consistent with previous results, males were more likely than females to name something they were really good at.

The majority (59%) of local students also usually felt good about themselves, with males the most likely to feel this way. Students who felt good about themselves were more likely than those who did not feel this way to feel hopeful for their future (86% vs. 29%).

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



UNSTRUCTURED TIME

Around two thirds (68%) of students felt they had the right amount of time to do what they wanted on their own, whereas 21% did not have enough time, and the remainder felt they had too much time.

Students who felt they had the right amount of time on their own were more likely than those who did not get enough time to report positive mental health and well-being. For example, they were more likely to feel happy in the past month (72% vs. 41%) and to feel their life was going well (81% vs. 54%), and were less likely to experience extreme stress in the past month (7% vs. 25%).

Locally, 58% of youth felt they had the right amount of time to do what they wanted in nature, and 38% felt they did not have enough time. Those who felt they had the right amount of time in nature were more likely to feel connected to the land/nature (50% vs. 43% of those who felt they did not have enough time to spend in nature).

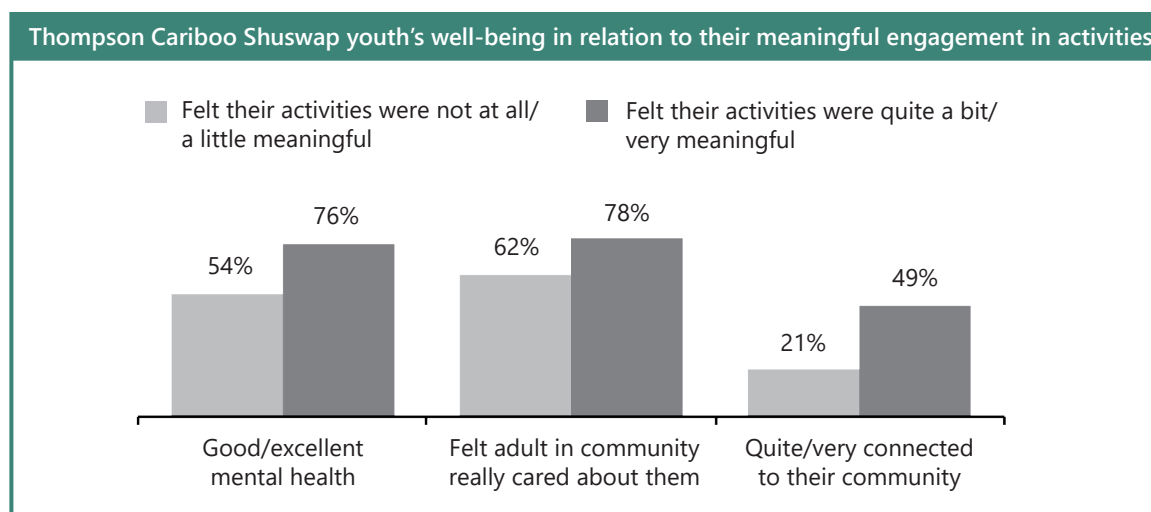
SPIRITUALITY

Thirteen percent of Thompson Cariboo Shuswap students reported that spirituality was very important in their life, while 19% felt it was somewhat important, 16% a little important, and 40% felt it was not important to them. Also, 12% indicated not knowing how important spirituality was in their life.

MEANINGFUL ENGAGEMENT

Compared to five years earlier, there was a decrease in the percentage of local youth who felt that the activities they were involved in were meaningful (66% vs. 72% in 2013). However, the percentage who felt their ideas were listened to and acted upon in these activities remained similar (42%).

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 THOMPSON CARIBOO SHUSWAP YOUTH WOULD LIKE TO LEARN MORE ABOUT

The final question on the 2018 BC AHS was an open-ended question which asked youth if there were any topics which affected their health that they wanted to learn more about. Locally, 3% of students provided a comment and identified at least one health-related topic they would like to receive training about or see included in their school's curriculum.

A little over half of all students who identified a topic they would like to learn more about wanted more information about mental health, including information about specific conditions; how to manage symptoms of depression, stress, and anxiety; where and how to access help; and how to help a friend or relative who had mental health challenges.

"Managing mental health should be taught in class."
Grade 9 student

"I'd like to learn more about depression stats, prevention, and help. I know many depressed people aren't getting help so I want to know who's more likely to get it, how we can prevent it, and how to pull them out of it. It's so common at Grade 10–12 and it's mind-blowing how little they teach about it."
Grade 10 student

"I think we should be taught more about mental illness and disorders... they should be taught about so people can understand or at least know why people are the way they are."
Grade 12 student

"Teach us about trauma, mental health, mental recovery, and how to love yourself truly and fully."
Grade 9 student

Sexual health was the next most common topic youth wanted to learn more about. This included general sex education, including information about birth control and STIs, as well as sex education aimed specifically at LGBTQ youth.

"We need to learn way more about safe sex... We pretty much didn't even have sex ed and I know only what I learnt on the Internet about safe sex."
Grade 10 student

"We need a better sex ed unit. We should be taught at a younger age so we don't get pregnant, and birth control should be easy to access."
Grade 8 student

"Better sex education, and not just heterosexual sex education."
Grade 8 student

"What to do if someone has an STD."
Grade 12 student

Physical health topics included sleep, nutrition, and information about how to adopt a healthy lifestyle and become more physically active.

"How to manage and deal with obesity."
Grade 11 student

Other topics students wanted to learn more about included life skills such as budgeting and paying taxes, gender identity and sexual orientation, accessing services, healthy relationships, substance use, and discrimination.

"I want to learn more about the effects of marijuana on the teenage brain: long-term and short-term effects."
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 Thompson Cariboo Shuswap 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 Thompson Cariboo Shuswap BC AHS findings, and to conduct workshops which explore how local stakeholders can utilize the results. For more information contact mccreary@mcs.bc.ca.

ENGAGING YOUTH IN THE BC AHS RESULTS



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

YOUTH ACTION GRANTS



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

BC AHS NEXT STEPS



McCreary is committed to returning the results of the 2018 BC AHS to young people in Thompson Cariboo Shuswap. 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.

