



BALANCE AND CONNECTION IN VANCOUVER



THE HEALTH AND WELL-BEING OF OUR YOUTH

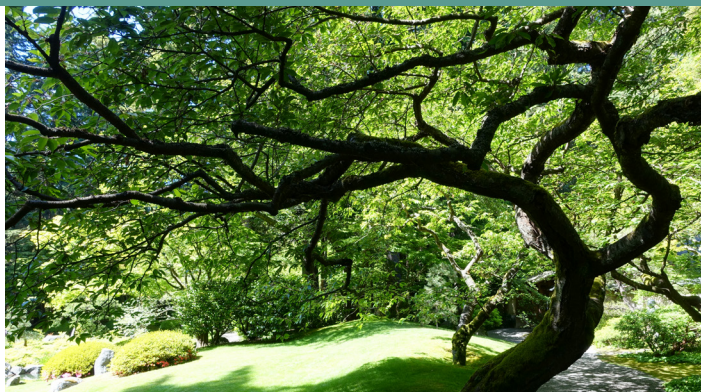


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Jennifer Z

Mikano

Robert Linsdell

Daderot

BALANCE AND CONNECTION IN VANCOUVER:

THE HEALTH AND WELL-BEING OF OUR YOUTH

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McCreary Centre Society
3552 East Hastings Street
Vancouver, BC V5K 2A7

Copies of this report are available at: www.mcs.bc.ca.
For enquiries about this report, please email: mccreary@mcs.bc.ca.

PROJECT TEAM

Annie Smith, Executive Director
Elizabeth Saewyc, Research Director
Karen Forsyth, BC AHS Coordinator/Research Associate
Colleen Poon, Senior Research Associate
Maya Peled, Director of Evaluation
Stephanie Martin, Community Development Manager
Garrett Jones, Research and Evaluation Analyst
Zainab Thawer, Research Associate
Danielle Mahdal, Research Assistant
Samantha Martin-Ferris, Indigenous Researcher
Maren Tergesen, Research Assistant
Katie Meredith, Research Assistant
Katie Horton, Community Research Coordinator
Allysha Ram, Administrative Assistant

YOUTH RESEARCH ACADEMY

Barbara-Jean Johnson
Brandon Kenna
Cheylene Moon
Dyllon Longpeter
Jada Couchman
Jaden Reinhardt
Kayla Green
Keri Claudio
Martha Dzhenganin
Nina Sunday
Quincy Applewhite
Skyla Barahona

Additional assistance was provided by Max Ferguson, Zeina Elkarsh, and Langara Nursing Students.

Statistical weighting and consultation provided by Rita Green.

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Cindy Dielt
Florence Escandor
Morgan George
Shane Glanville
Tracy Harford
Danielle Harris
Tabitha Havers
Emily Ho
Harj Johal
Asifa Kassam
Amy Lee

Bianca Lindner
Jessica Marcelino
Jeremy Martin
Amita Matharoo
Sandra McLean
Stephanie
Mortimer-Lamb
Tracey Mueller
Linda Nguyen
Laura Neilsen
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Derek Roelofsen
Pamela Sagert
Kristen Stockford
Krista Stoilen
Jennifer Suico
Ajantheni Tharmaratnam
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Amy Tran
Angela Tran

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



KEY FINDINGS

■ As in 2013, students in Vancouver most commonly identified as East Asian (47%). Local students were more likely than those across the province to identify as East Asian and Southeast Asian; and less likely to identify as European, South Asian, and Indigenous.

■ Three quarters (75%) of students spoke a language other than English at home (vs. 53% provincially), with 38% doing so most of the time (vs. 23% provincially).

■ Reflecting the picture across BC, there was a decrease from 2013 in local students who rated their health (82% vs. 86%) and their mental health (75% vs. 81%) as good or excellent.

■ Locally, 45% of students slept for at least eight hours on the night before completing the survey. This was lower than the provincial rate (48%), and a decrease from 2013 (also 48%). Also, 60% of students were doing homework after the time they were expected to be asleep.

■ Vancouver students were less likely than their peers across the province to participate weekly in informal sports (48% vs. 52%) and extreme sports (5% vs. 9%). However, unlike across the province where there were decreases in some activities (organized sports; and dance, yoga and exercise classes) there were no such decreases locally.

■ There was a decline from 2013 in the percentage of youth who always ate breakfast on school days (55% vs. 59%) and a rise in those who never did (14% vs. 12%). However, the percentage who ate three meals a day was higher than across BC (43% vs. 37%).

■ Locally, 8% of youth experienced a concussion in the past year, which was a decrease from 11% in 2013 and lower than the 2018 provincial rate (13%). Around half of local youth (51%) who experienced a concussion received medical treatment for their injury.

■ There was a rise in the percentage of males (11% vs. 7% in 2013) and females (19% vs. 13%) who seriously considered suicide in the past year. However, the percentage of females who attempted suicide decreased (4% vs. 7%), while the percentage among males stayed consistent over time (3%).

■ In the past year, 15% of Vancouver students had missed out on accessing needed mental health services. This was an increase from 10% in 2013, but was lower than the rate across the province (18%). Among students who did not access needed mental health services, the most common reasons were thinking or hoping the problem would go away and not wanting their parents to know.

■ Local youth were less likely than those across BC to have ever had sexual intercourse. However, they were less likely than local youth five years earlier to wait until they were at least 15 years old to first have sex (68% vs. 75% in 2013; among those who ever had intercourse).

■ Vancouver youth continued to be less likely than their peers across BC to have used tobacco (11% vs. 18%), alcohol (35% vs. 44%), or marijuana (15% vs. 25%). They were also less likely to have vaped in the past month (18% vs. 27%).

● Half of youth (50%) who used alcohol or other substances reported negative consequences of their use in the past year, which was an increase from 40% in 2013. The most commonly reported consequences were being told they did something they could not remember and passing out.

● One in ten youth (10%) went to bed hungry at least sometimes because there was not enough money for food at home (an increase from 6% in 2013).

● Vancouver students were more likely than those across the province to feel deprived of a space of their own to hang out in (8% vs. 6% provincially); but were less likely to feel deprived of money to spend on themselves (7% vs. 10%), lunch for school or money for lunch (3% vs. 4%), and access to transportation (2% vs. 3%).

● Compared to five years earlier, there were increases in youth who reported they had been discriminated against in the past year on the grounds of race, ethnicity, or skin colour (16% vs. 13% in 2013); gender (8% vs. 6%); and income or family income (7% vs. 5%).

● Most students felt connected to their family. Also, 73% turned to a family member for help in the past year (an increase from 69% in 2013), and the majority (93%) found the support helpful.

● Most students in Vancouver felt that school staff expected them to do well (76%), they were treated fairly by school staff (72%), they were happy to be at school (64%), their teachers cared about them (63%), and they were part of their school (61%). However, students were less likely to feel safe at school than in 2013 (75% vs. 78%).

● Youth were more likely than five years earlier to feel that an adult in their neighbourhood or community (outside their family or school) really cared about them (59% vs. 50% in 2013). However, youth in Vancouver were less likely than those across the province to have such an adult (65% provincially).

● Most youth had friends with healthy attitudes towards risk behaviours. Local youth were more likely than students across the province to feel their friends would be upset with them if they used marijuana (63% vs. 55%), got drunk (53% vs. 45%), and beat someone up (70% vs. 65%), but were less likely to have friends who would be upset if they dropped out of school (79% vs. 82%).

● Vancouver youth generally felt positively about their quality of life. For example, 77% indicated they had a good life and 70% reported their life was going well.

● Around three quarters of Vancouver youth (74%) were able to name something they were really good at (such as sports, school work, or art). This reflected an increase for females (from 66% in 2013 to 72%) and was unchanged for males (76%).

● The majority of youth (62%) felt the activities they took part in were meaningful to them, and 42% felt their ideas were listened to and acted upon in these activities. 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.

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 Vancouver Health Service Delivery Area (HSDA).

The Vancouver HSDA report has previously been comprised exclusively of the Vancouver School District (SD 39). SD 39 has participated in all six waves of the BC AHS (1992, 1998, 2003, 2008, 2013, and 2018). In 2018, Conseil scolaire franco-phone school district (SD 93) participated for the first time, and accounted for 2% of the sample in this region. Additional analyses were conducted to ascertain if this may have affected the regional results, and this did not appear to be the case.

Although SD 39 participated in the 2008 BC AHS, the school district used different consent procedures to those used in other years. For this reason, no trend data is reported for 2008. This report focuses on the 2018 local results with relevant comparisons to the 2018 provincial results, as well as to local results in 2013.

"I highly appreciate whoever's idea it was to do this, and I hope our information was useful to you."

Grade 11 student

"Thanks 4 listening."

Grade 9 student

A GUIDE TO THIS REPORT

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

The report is divided into five main sections. The first provides background information about the young people who completed the survey, the second focuses on their health profile, the next section considers some potentially adverse experiences or challenges to growing up healthy, and precedes a section which looks at factors that can support young people to thrive. The final section offers Vancouver 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 Vancouver and to 2013 local results 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 Vancouver and the province are statistically significant at $p < .01$, which means there is up to a 1% likelihood the results occurred by chance. Where it is not obvious, differences in tables or charts that are not statistically significant are noted.

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

LIMITATIONS

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

GLOSSARY

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

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

YOUNG PEOPLE IN VANCOUVER

BACKGROUND

Unchanged from five years earlier, students in Vancouver most commonly identified as East Asian (47%). Local students were more likely than those across the province to identify as East Asian and Southeast Asian; and were less likely to identify as European, South Asian, and Indigenous.

Family background	Vancouver	BC
East Asian	47%	18%
European	26%	46%
Southeast Asian	17%	8%
South Asian	7%	11%
Latin/South/Central American	5%	5%
Indigenous	3%	10%
West Asian	3%	3%
African	3%	3%
Australian/Pacific Islander	1%	2%
Don't know	2%	10%
Other	3%	4%

Note: Youth could choose more than one response.

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

Note: The differences between Vancouver and BC were not statistically significant for Australian/Pacific Islander.

BIRTHPLACE & LANGUAGE

Similar to 2013, 30% of Vancouver students were born outside Canada (vs. 21% provincially). This included 7% who were international students (an increase from 5% in 2013), and 1% who arrived as refugees.

Among students who were born abroad, 20% had been in Canada less than two years and 36% had been in Canada between two and five years.

Locally, 75% of students spoke a language other than English at home (vs. 53% provincially), with 38% doing so most of the time (vs. 23% across BC).

INDIGENOUS YOUTH

Among the 3% of local students who identified as Indigenous, the majority were First Nations (67%), 18% were Métis, and the remainder identified as another Indigenous background (including Inuit).

A little over a quarter (27%) of Indigenous students had ever lived on a First Nations reserve.

Twenty-nine percent of Indigenous students could speak at least a few words of an Indigenous language, although few could speak at a conversational level or fluently.

A little less than half (47%) of Indigenous students reported that at least one member of their family had been in residential school, including 29% who indicated that at least one of their grandparents had attended. This may be an underestimation as 30% of Indigenous youth did not know if a family member had been in residential school.

GENDER IDENTITY & SEXUAL ORIENTATION

"I think I'm gay, but I'm afraid to tell my parent!"

Grade 7 student

A little over half (53%) of Vancouver students were male on their birth certificate and 47% were female. For nearly all Vancouver youth their current gender identity corresponded with their sex at birth, whereas 2% were non-binary (i.e., they did not identify as male or female or were not yet sure of how they identified) and less than 1% were transgender.

Most Vancouver students identified their sexual orientation as straight. Males were more likely than females to identify as straight (89% vs. 77%); and females were more likely to identify as mostly straight (7% vs. 5% of males), bisexual (7% vs. 1%), or to be unsure of their sexual orientation (7% vs. 4%).

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

Note: Among Vancouver students who specified a sexual orientation other than the options listed on the survey, common responses included pansexual and asexual.

GOVERNMENT CARE

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

LIVING SITUATION

Most Vancouver youth (96%) lived with at least one parent. Compared to 2013, they were more likely to report living with their parents, grandparents, and siblings.

On a typical school day, 21% of Vancouver youth looked after another relative (e.g., a relative with a disability or younger sibling), and 30% took care of a pet or other animal. Females were more likely than males to be caring for a relative (23% vs. 19%) or a pet (34% vs. 26%).

Similar to the provincial picture and to local results in 2013, about a quarter (24%) of youth had moved from one home to another in the past year, including 5% who moved three or more times. Also, 7% had run away from home and 5% had been kicked out in the past year.

Also similar to five years earlier, the vast majority of students (94%) often or always felt safe inside their homes, while 2% never or rarely felt safe there.

Who Vancouver youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	88%	90%	↑
Father/Stepfather	71%	76%	↑
Two mothers or two fathers	1%	1%	–
Grandparent(s)	15%	19%	↑
Foster parent(s)	<1%	<1%	–
Sibling(s)/Step-sibling(s)	62%	69%	↑
Own child or own children	NR	NR	–
Other children or youth	2%	2%	–
Other related adult(s)	6%	6%	–
Other unrelated adult(s)	2%	2%	–
Live alone	1%	1%	–
Live with both parents at different times	5%	6%	–

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.



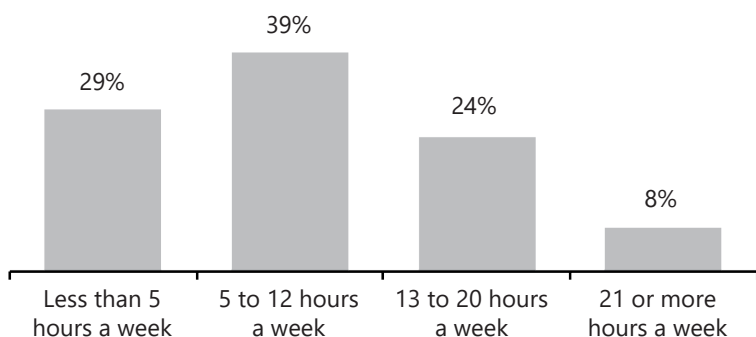
EMPLOYMENT

During the school year, 24% of local students had worked at a paid job. This was a local increase from 18% in 2013, but remained below the provincial rate of 33%.

PHONE USE

Most students (96%) in Vancouver had a cell phone, smartphone, or other portable device. They most commonly used their device to listen to music, communicate with friends they knew in person, and engage in social media.

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



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

Listening to music	88%
Communicating with friends they know in person	88%
Using social media	87%
Watching shows, movies, YouTube, etc.	83%
Communicating with parent(s)/guardian(s)	77%
Doing homework	69%
Finding information (other than health information)	68%
Playing games	63%
Communicating with someone they know only online	25%
Finding health information	21%
Watching porn	13%
Sexting	4%
Gambling	2%

Note: Youth could choose more than one response.

HEALTH PROFILE OF VANCOUVER 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.

Reflecting the picture across BC, there was a decrease in local students who rated their health as good or excellent (82% vs. 86% in 2013). As in 2013, males were more likely than females to rate their health as excellent.

Compared to five years earlier, there was an increase in the percentage of youth who reported having a severe allergy (3% vs. 2%) and a decrease in those who reported having a long-term/chronic medical condition (7% vs. 8%).

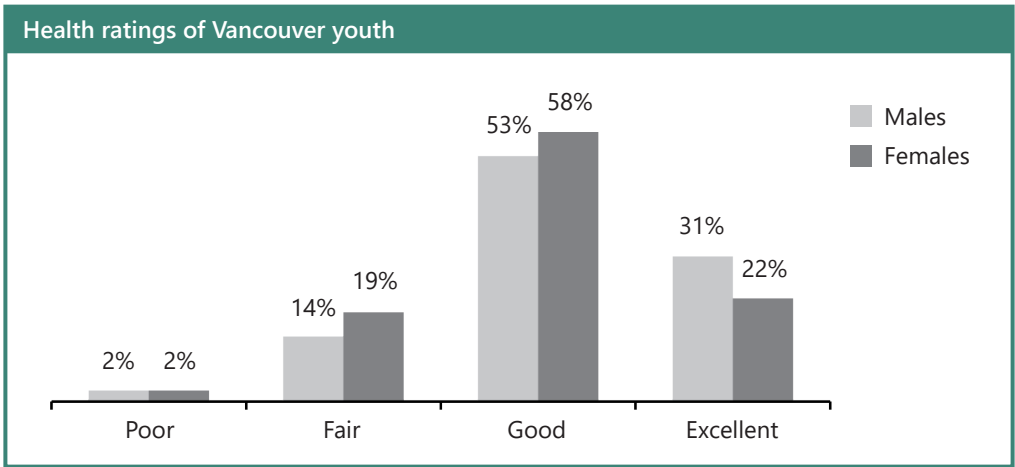
Around 4 in 10 youth (38%) who had a disability or health condition reported that it prevented them from doing things their peers could do.

HEALTH CONDITIONS & DISABILITIES

Around a quarter (24%) of youth reported having a health condition or disability, which was an increase from 22% in 2013. They most commonly reported having a mental health condition (12%), which was below the provincial percentage (15%) but a local increase from 7%.

Health conditions and disabilities reported by Vancouver youth	
Mental health condition	12%
Long-term/chronic medical condition	7%
Sensory disability	3%
Learning disability	3%
Severe allergy requiring EpiPen	3%
Physical disability	1%
Other	2%

Note: Youth could choose more than one response.



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

PHYSICAL ACTIVITY

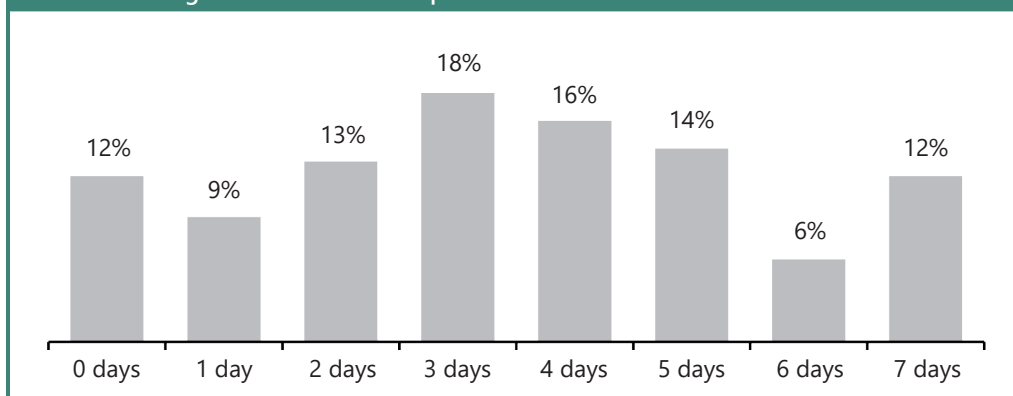
"I go to the gym 4 times a week to lift heavy weights. Working out with my friends has helped me relieve stress from school."

Grade 12 student

The Canadian Physical Activity and Sedentary Behaviour Guidelines state that children and youth aged 5–17 should complete at least 60 minutes of moderate to vigorous exercise every day. Unchanged from five years earlier, 13% of Vancouver youth aged 12–17 met these recommendations in the week before taking the survey (vs. 18% provincially). Males were more likely than females to exercise this regularly (17% vs. 8%).

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Similar to 2013, 52% of local students aged 18 or older met this recommendation by participating in 60 minutes of exercise on at least three days in the past week (67%* of males vs. 30%* of females).

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



SLEEP

"I have not had enough sleep."

Grade 8 student

"I want to learn about sleep problems and how to deal with them."

Grade 9 student

Locally, 45% of students slept for at least eight hours on the night before completing the survey (including 19% who slept nine or more hours), and 5% slept four hours or less. The percentage of students who slept for eight or more hours was lower than the provincial rate (48%), and a decrease from 2013 (48%).

Males were more likely than females to have slept eight or more hours the night before taking the survey (48% vs. 41%), as were younger students in comparison to older ones (e.g., 63% of 13-year-olds vs. 41% of 15-year-olds vs. 28% of 17-year-olds).

Students reported doing various activities after the time they were normally expected to go to sleep. These included homework (60% vs. 49% provincially), chatting or texting (57%), gaming (33% vs. 29% provincially), and online activities other than gaming (e.g., watching videos, checking social media; 74%).

Females were the most likely to report doing homework (67% vs. 53% of males and a similar percentage of non-binary youth), and the least likely to report gaming (e.g., 23% vs. 43% of males). Also, females were more likely than males to report chatting/texting (62% vs. 53%) or doing online activities other than gaming such as watching videos and checking social media (76% vs. 72%).

Around 4 in 10 students (42%) reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). Females were more likely than males to go offline (44% vs. 40%).

On the day they completed the survey, 42% of local students had woken up feeling rested. Students who reported going offline at night were more likely to wake up feeling rested (47% vs. 38% of those who did not go offline). This rose to 61% if they went offline and did not engage in any other activities (e.g., homework) after their expected bedtime.

ACCESS TO HEALTH CARE

Mirroring the provincial findings, 22% of Vancouver youth reported they did not need health care in the past year, and 4% did not get the health care they needed.

Most local youth who had needed and accessed health care had visited a family doctor, and they were more likely to have done so than youth across the province (64% vs. 61%). Students in Vancouver were also more likely than youth across BC to have visited a youth clinic (5% vs. 4%); and were less likely to have visited a walk-in clinic (29% vs. 35%), an emergency room (12% vs. 16%), and a nurse (7% vs. 9%).

When asked specifically about accessing medical care when they were physically sick or hurt in the past year, 63% reported they did not need this type of medical help, and 31% got the care they needed. However, 6% of students had not received the care they needed (similar to 2013).

Females were more likely than males to have missed out on needed medical care (7% vs. 5%) but were less likely to have missed out than females across the province (7% vs. 10%).

Where Vancouver youth got health care in the past year	
Family doctor	64%
Walk-in clinic	29%
Emergency room (ER)	12%
Counsellor/psychologist	10%
Nurse	7%
Youth clinic	5%
School wellness centre	2%
Traditional healer	1%

Note: Youth could choose more than one response.

DENTAL VISITS

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

Eight percent of students who had been to the dentist reported that their last visit had been for pain.



NUTRITION

Provincially, there was a slight decrease from 2013 in the percentage of youth who ate fruit or vegetables on the day before completing the BC AHS. However, in Vancouver the percentage was similar to that in 2013, and above the 2018 provincial rate (95% vs. 93% provincially).

Students in Vancouver were also more likely than their peers across BC to have eaten traditional foods from their background (64% vs. 41%), and were less likely to have had pop (32% vs. 37%).

Compared to five years earlier, there was an increase in the percentage of local youth who ate sweets (77% vs. 74%), fast food (47% vs. 42%), and food grown or caught by them or their family (14% vs. 10%). There was also an increase in those who drank water (98% vs. 97% in 2013) and energy drinks (6% vs. 4%).

What Vancouver students ate or drank yesterday		
	Once or twice	Three or more times
Water	20%	79%
Fruit	60%	25%
Vegetables or green salad	64%	21%
Sweets (cookies, cake, candy, chocolate, etc.)	61%	16%
Traditional food from their background	41%	23%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	40%	7%
Pop	28%	4%
Food grown/caught by them or their family	10%	4%
Energy drinks	4%	1%



MEALS

Reflecting the provincial trend, there was a decline from 2013 in the percentage of youth who always ate breakfast on school days (55% vs. 59%), and a rise in the percentage who never did (14% vs. 12%). Males were the most likely to always eat breakfast (59% vs. 51% of females vs. 36%* of non-binary youth).

Among students who ate breakfast, the majority ate at home, while 8% got their breakfast at school, and 7% got it on the way to school.

The 2018 survey asked for the first time about eating lunch and dinner. Locally, 71% of students always ate lunch and 88% always ate dinner, while 3% never ate lunch and 1% never ate dinner.

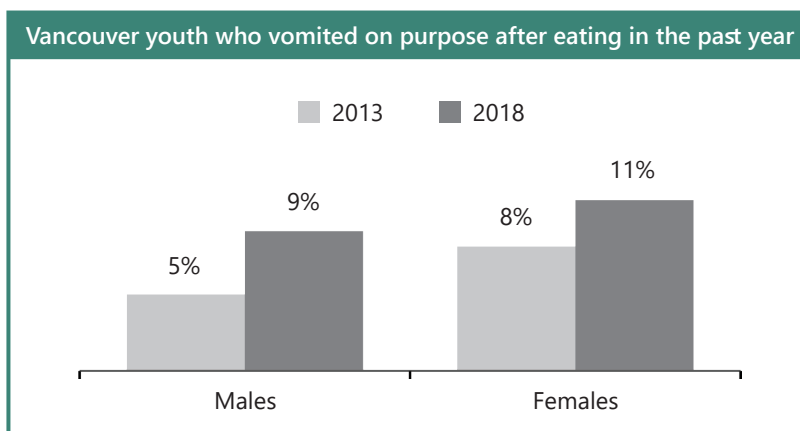
Males were more likely than females to always eat lunch (73% vs. 68%) and dinner (92% vs. 84%).

Locally, 43% of students ate three meals a day on school days, which was higher than the percentage for youth across BC (37%).

EATING BEHAVIOURS

In the past year, 10% of youth had vomited on purpose after eating or purged (vs. 7% in 2013), including 1% who had done so two to three times a month and 1% who had vomited on purpose at least weekly.

In 2013, females were more likely than males to have purged but there was no such gender difference in 2018.



Note: The difference between males and females in 2018 was not statistically significant.

INJURIES & INJURY PREVENTION

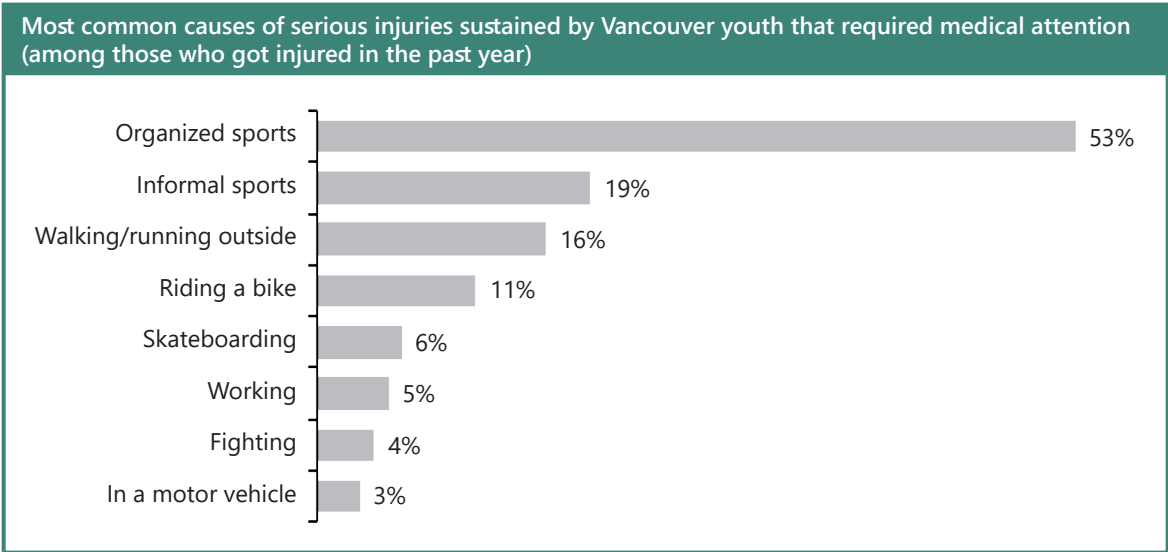
INJURIES

"I had surgery on my right elbow because of baseball, and I fractured my hand because of hockey."
Grade 9 student

Around 1 in 5 youth (22%) were injured seriously enough to require medical attention in the past year, including 5% who experienced two serious injuries and 2% who had three or more. Males continued to be more likely than females to have sustained a serious injury (23% vs. 20%).

As in 2013, youth in Vancouver were less likely than their peers across the province to have been seriously injured in the past year (22% vs. 26%).

Youth were most likely to have been seriously injured when playing or training for organized sports, which was consistent with the provincial picture and with local findings five years earlier. Youth in Vancouver were half as likely as those across BC to have been injured in a motor vehicle (3% vs. 6%).



Note: Youth could choose more than one response.



CONCUSSIONS

"I have fallen from playing a sport in our PE class and my head was banged on the floor very hard. I don't know if I have a concussion, but it's not a big deal."

Grade 11 student

"I've had multiple concussions—on average 1 per year, every year for the past 9 years (due to sport)."

Grade 11 student

Locally, 8% of youth experienced a concussion in the past year (including 2% who had two or more concussions), which was a decrease from 11% in 2013. This decrease was seen for both males (9% vs. 12%) and females (7% vs. 9%).

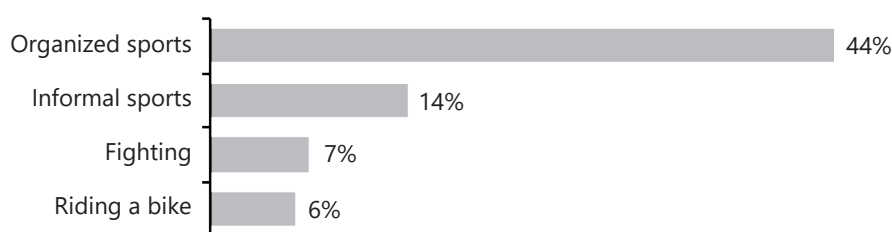
Concussion rates also decreased across the province, but Vancouver youth remained less likely to experience a concussion than students across BC (8% vs. 13%).

Local youth who experienced a concussion in the past year typically reported multiple symptoms including headaches (72%); dizziness or balance problems (63%); feeling dazed, confused, or suffering a gap in memory (39%); ringing in their ears (38%); blurred vision (36%); and loss of consciousness (25%).

The most common cause of concussion was playing or training for organized sports.

Around half of local youth (51%) who experienced a concussion in the past year received medical treatment for their injury.

Most common activities Vancouver 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

Compared to five years earlier, there was a slight decrease provincially in the percentage of youth who always wore a seat belt when riding in a motor vehicle. This was not the case locally, as 71% of Vancouver youth always wore a seat belt, which was similar to the rate in 2013. There were no gender differences in seat belt use.

Over half of youth (54%) always wore a helmet when cycling in the past year, which was higher than the provincial rate (45%) and the local rate five years earlier (45% in 2013). The local increase was mainly driven by females, who were more likely than males to always wear a helmet when cycling in 2018 (58% vs. 51%), while there was no gender difference in 2013.

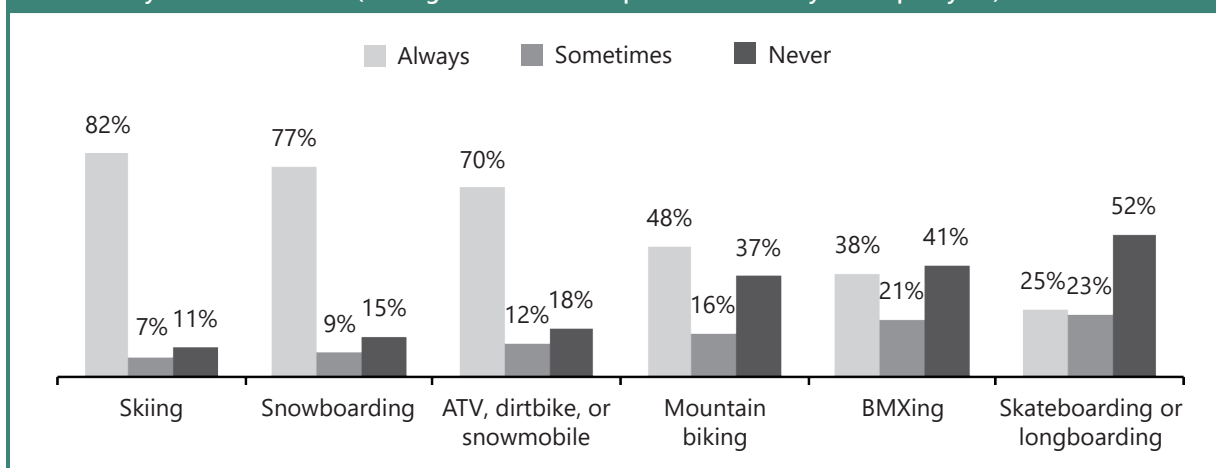
"I want to better understand physical health limits (sore or injuries from sports, recovery and knowing how far you can go)."

Grade 11 student

Youth were also asked about helmet use in other activities with a risk of head injury. They were most likely to wear one when skiing, and least likely to wear one when skateboarding or longboarding.

In comparison to their peers across BC, local youth were less likely to always wear a helmet when riding an ATV, dirtbike, or snowmobile (48% vs. 66%).

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



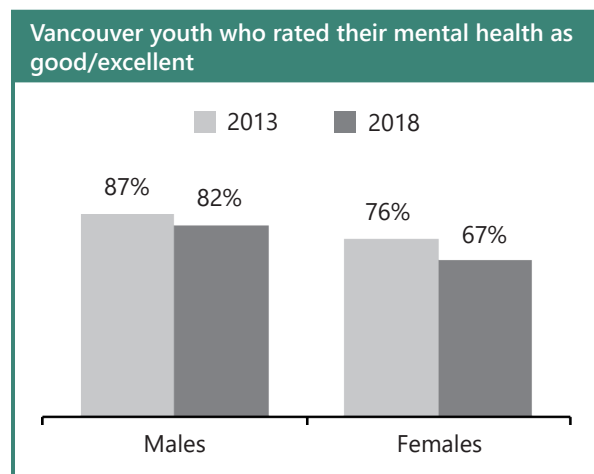
Note: For BMXing, the difference between 'always' and 'never' was not statistically significant.

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

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

MENTAL HEALTH

Mirroring the trend across BC, there was a decrease in Vancouver students who rated their mental health as good or excellent (75% vs. 81% in 2013). As in 2013, males were more likely than females to rate their mental health positively.



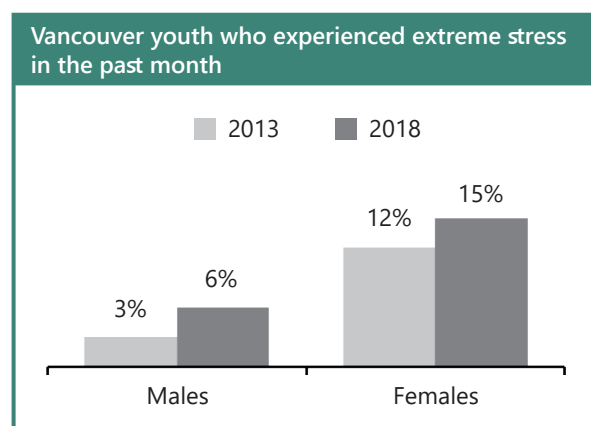
HAPPINESS

The majority of students (64%) felt happy most or all of the time in the past month (vs. 68% in 2013), while 27% felt happy some of the time, and 9% rarely or never did.

Males were the most likely to feel happy most or all of the time (70% vs. 57% of females vs. 30%* of non-binary youth).

STRESS & DESPAIR

In the past month, 89% of students experienced some level of stress, including 10% who felt so stressed that they could not function properly. Females were more likely than males to experience extreme stress.



Among students who experienced stress, 38% felt they managed it well and 16% managed it very well, while 32% felt they managed their stress only fairly well and the remainder managed it poorly.

The majority of students (64%) felt some level of despair in the past month, and 7% felt so much despair that they were unable to function properly. The percentage experiencing this level of despair was similar to five years earlier, with females remaining more likely than males to report feeling this way (9% vs. 4%).

MENTAL HEALTH CONDITIONS

Local students were more likely than five years earlier to report having Anxiety Disorder/panic attacks (12% vs. 5% in 2013), Depression (12% vs. 7%), Attention Deficit/ Hyperactivity Disorder (ADHD; 5% vs. 4%), and Post-Traumatic Stress Disorder (PTSD; 2% vs. 1%). Also, 1% had Asperger's or Autism Spectrum Disorder.

Females were more likely than males to report having Anxiety Disorder/panic attacks, Depression, and PTSD (2% vs. 1%), while males were more likely to have ADHD (7% vs. 4% of females). Among non-binary students, 34%* reported Anxiety Disorder/panic attacks and 22%* had Depression.

"I often feel depressed and don't know if I should go to a doctor to see if it's a real problem."

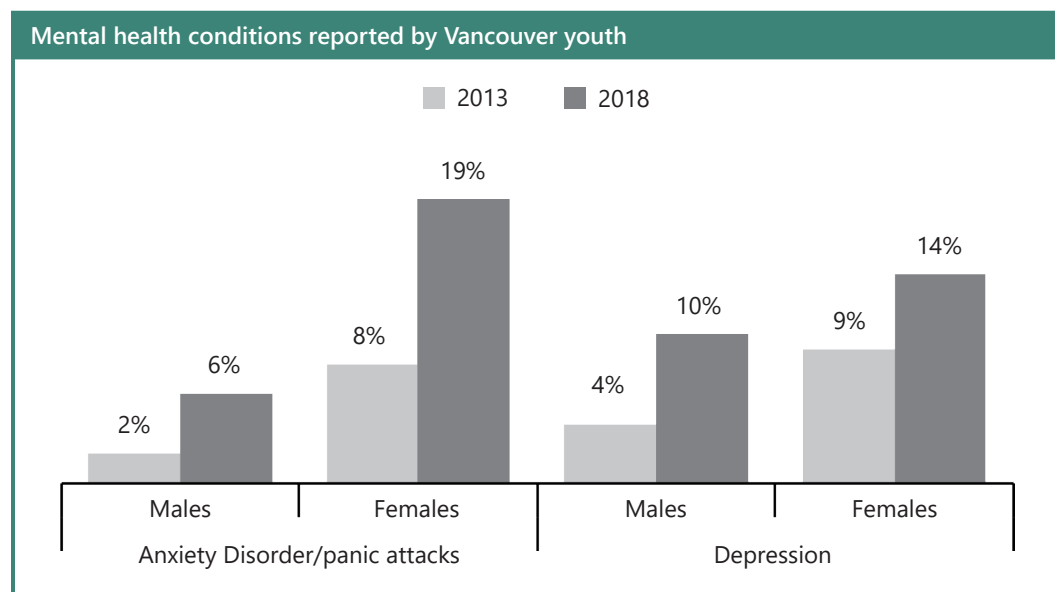
Grade 7 student

"Sometimes I feel sad but I don't know if I am depressed."

Grade 11 student

"How does one determine whether they have extreme/minimal amount of anxiety? Or how does one determine whether they have anxiety as a disorder?"

Grade 12 student



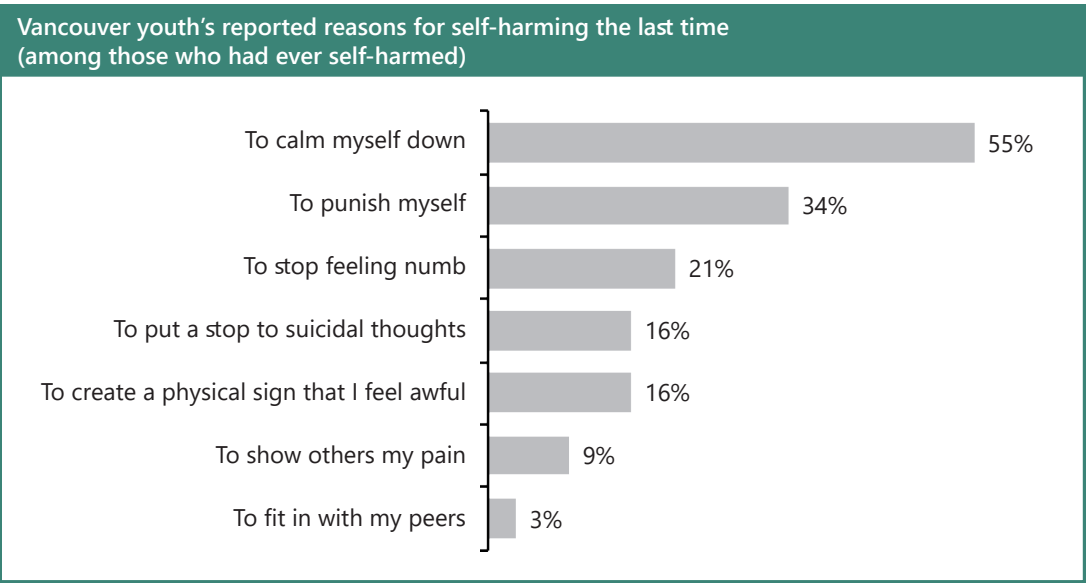
SELF-HARM & SUICIDALITY

Similar to the province, 16% of youth had cut or injured themselves on purpose in the past year without trying to kill themselves. Males were the least likely to have done so (11% vs. 20% of females vs. 34%* of non-binary youth). The most common reason youth identified for self-harming was to calm themselves down.

There was a rise in the percentage of youth who seriously considered suicide in the past year (15% vs. 10% in 2013). This increase was seen for both males (11% vs. 7%) and females (19% vs. 13%). However, Vancouver youth were less likely than students across the province to have seriously considered suicide (15% vs. 17% provincially).

"I only stopped cutting to make others happy. There is no substantial downside to cutting for me."
Grade 10 student

Students in Vancouver were also less likely than their peers across BC to have attempted suicide in the past year (3% vs. 5%). The percentage of local females who attempted suicide decreased (from 7% in 2013 to 4%), while the rate among males was consistent over time. Females remained more likely than males to have attempted suicide (4% vs. 3%).



Note: Youth could choose more than one response.

MISSED OUT ON NEEDED MENTAL HEALTH SERVICES

In the past year, 15% of Vancouver students had missed out on accessing needed mental health services. This was an increase from 10% in 2013, but was lower than the rate across the province (18%).

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

Compared to five years earlier, students were more likely to report missing out on needed mental health services because they were too busy to go (39% vs. 31% in 2013), did not think they could afford it (23% vs. 17%), and because of a prior negative experience (14% vs. 7%). They were less likely to miss out because they had no transportation (5% vs. 9% in 2013), and were half as likely as their peers across BC to forego services for this reason (10% provincially).

"I don't know where to get [mental health] help PLUS that stuff's mad expensive so it would suck for my parents—being Asian and having more of a traditional mindset, they don't really believe in things like anxiety and depression."

Grade 11 student

"I don't think resources are made available enough to students who might need them (especially counsellors). We can go see them but it's either they're busy or we'd have to miss class to do so."

Grade 11 student

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

Thought or hoped the problem would go away	66%
Didn't want parents to know	63%
Didn't know where to go	44%
Afraid of what I would be told	40%
Too busy to go	39%
Afraid someone I know might see me	36%
Didn't think I could afford it	23%
Had prior negative experience	14%
Parent/guardian would not take me	10%
Had no transportation	5%
Couldn't go when it was open	4%
On a waiting list	4%
The service was not available in my community	3%

Note: Youth could choose more than one response.

SEXUAL HEALTH

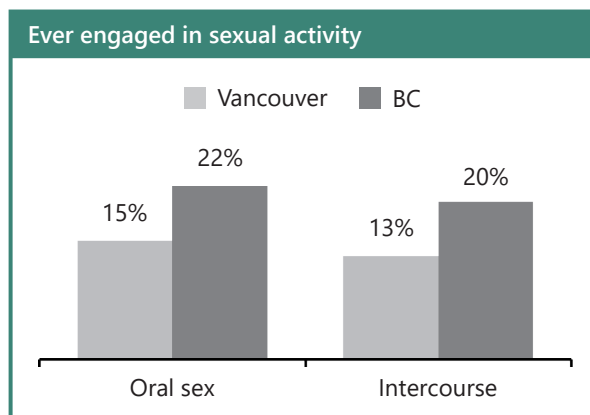
"I would like birth control information to be more available/maybe talked about at schools?"

Grade 12 student

Vancouver students were less likely than students across BC to have ever had oral sex or sexual intercourse and local percentages were similar to five years earlier.

ORAL SEX

Males were more likely than females to have had oral sex (17% vs. 13%). Among students who ever had oral sex, 17% used a condom or other protection the last time they had oral sex, which was unchanged from 2013 and similar to youth across BC.



SEXUAL INTERCOURSE

"I like having sex but not having to buy condoms every month."

Grade 8 student

Vancouver youth were less likely than five years earlier to wait until they were at least 15 years old to first have intercourse (68% vs. 75% in 2013; among those who ever had intercourse).

Around half of youth (49%) who ever had intercourse had one sexual partner in the past year, 22% had two partners, 21% had three or more partners, and 8% did not have intercourse in the past year.

The majority of youth (61%) who had intercourse used a condom or other protection the last time they had sex. There was no gender difference in 2013 but in 2018 males were more likely than females to have used protection (66% vs. 54%; among those who ever had intercourse).

When asked specifically about what efforts they made to prevent pregnancy the last time they had sex, condoms were the most commonly used method. The percentage using withdrawal increased from five years earlier (44% vs. 32% in 2013; among those who ever had intercourse). Also, 13% used withdrawal as their only contraceptive method, which was an increase from 7% in 2013.

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

Most common methods Vancouver youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	58%
Withdrawal	44%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	30%
Emergency contraception	8%

Note: Youth could choose more than one response.

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

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.

Vancouver youth who felt they could say no if asked to ...			
	Could say no	Could not say no	Not sure
Send nudes/sext	93%	1%	6%
Have sex with a new partner when didn't want to	92%	1%	7%
Have sex with a long-term partner when didn't want to	85%	3%	12%

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

Locally, 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. Just over a quarter (27%) of Vancouver youth reported they had been vaccinated (14% of youth who were assigned male on their birth certificates vs. 40% of females). Also, 52% (63% of males vs. 42% of females) did not know if they had had been vaccinated.

USED PHONE TO SEXT OR WATCH PORNOGRAPHY

Among youth with a phone, 4% used it on their most recent school day to engage in sexting (a slight decrease from 5% in 2013). Also, 13% used their device to watch pornography (asked for the first time on the 2018 survey).

Older youth were more likely than younger ones to have watched pornography on their device on their last school day. For example, 17% of 16- to 18-year-olds had done so, compared to 4% of those aged 13 or younger.

SUBSTANCE USE

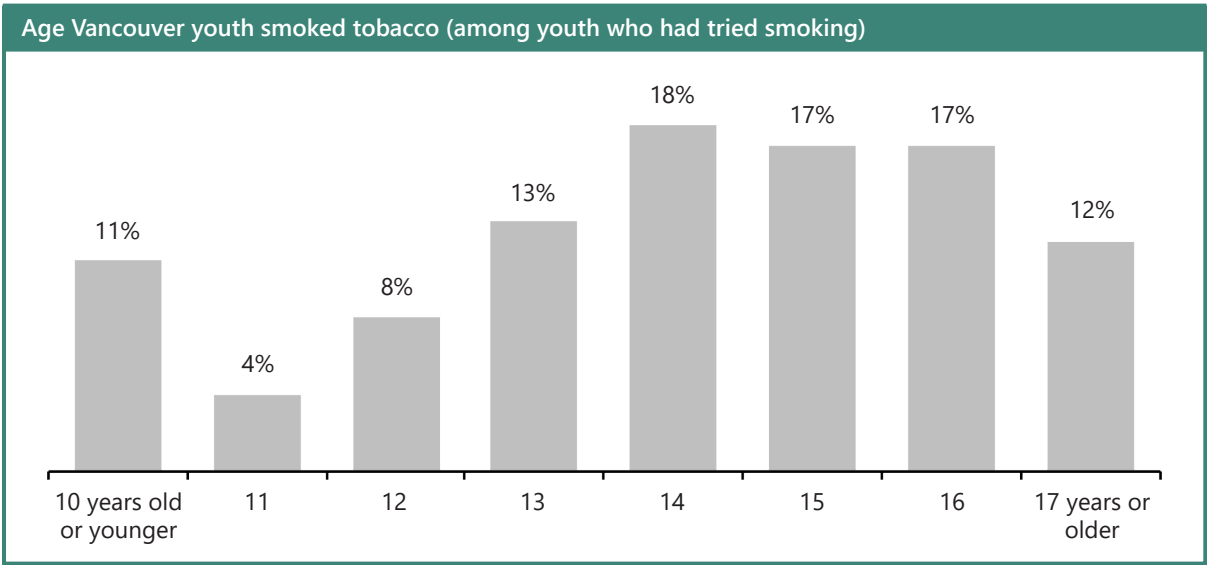
SMOKING, VAPING, & TOBACCO USE

Youth in Vancouver continued to be less likely than their peers across the province to have smoked tobacco (e.g., cigarettes, cigars, or cigarillos; 11% vs. 18%). However, while provincial smoking rates declined for both males and females, the decrease was only seen among females locally (10% vs. 13% in 2013).

In 2013 there was no gender difference in smoking tobacco, but in 2018 males were more likely than females to have done so (13% vs. 10%).

Local youth most commonly first smoked tobacco between the ages of 14 and 16. As in 2013, 47% of those who tried smoking waited until they were at least 15 years old to first smoke.

Among those who had smoked tobacco, 38% smoked in the past month (vs. 48% in 2013), and 3% smoked daily (similar to 2013).

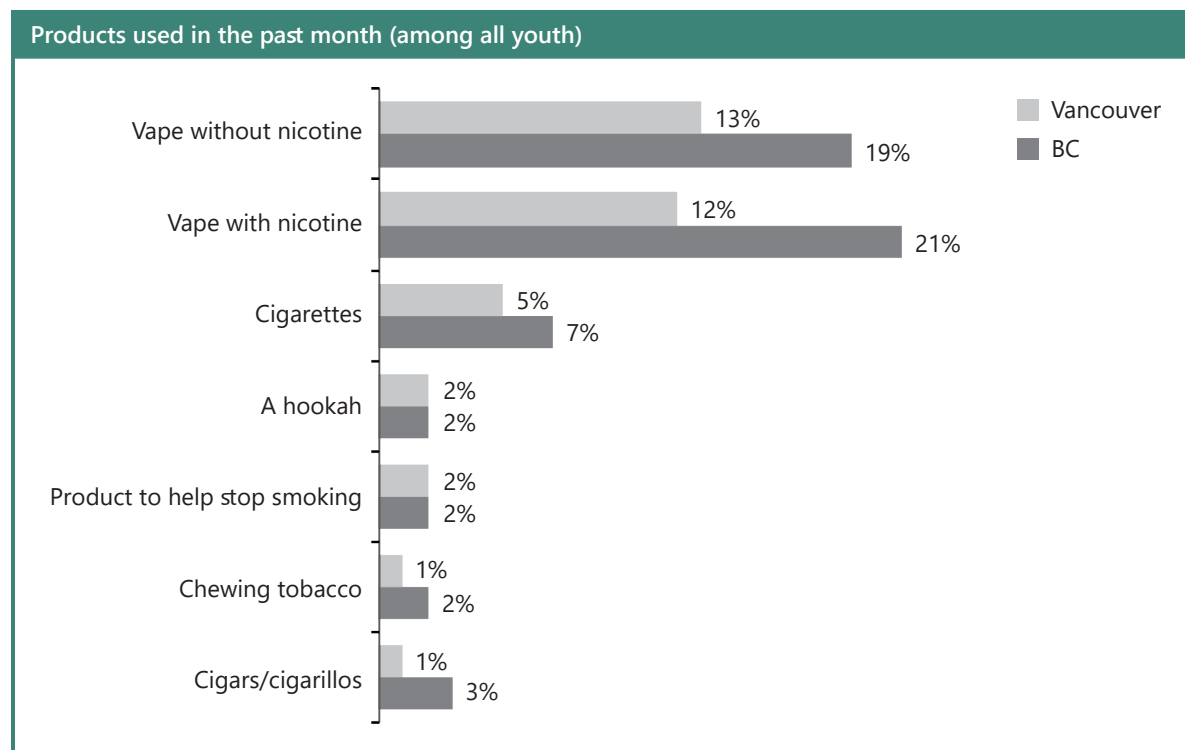


Reflecting the provincial pattern, the most common smoking products used by Vancouver students in the past month were a vape pen or stick with or without nicotine. However, local youth were less likely than youth across the province to have vaped (18% vs. 27%). They were also less likely to have smoked cigarettes, cigars/cigarillos, or used chewing tobacco.

Males were more likely than females to have vaped with nicotine (15% vs. 10%), vaped without nicotine (14% vs. 11%), used cigars/cigarillos, chewed tobacco, and used a product to help them stop smoking (3% vs. 2%).

Among students who reported they had smoked tobacco, 66% vaped in the past month, including 57% who vaped with nicotine (comparable to the provincial rates).

Youth who had never smoked tobacco were also vaping but at rates lower than their peers across the province, as 11% had vaped in the past month (vs. 17% provincially), including 6% who vaped with nicotine (vs. 11% provincially).



Note: Youth could choose more than one response.

ALCOHOL

"When I do drink alcohol it's usually during a family event and only a few sips."

Grade 8 student

"I don't drink beer with more than 5% alcohol."

Grade 11 student

Similar to 2013, 35% of Vancouver youth had tried alcohol (vs. 44% provincially).

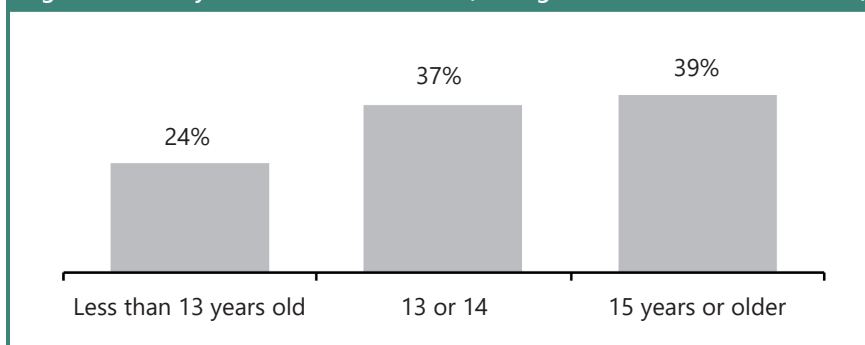
The most common ages for youth to have their first drink of alcohol were 14 or 15. Around 4 in 10 youth waited until they were 15 or older to have their first drink (comparable to five years earlier and the province). However, around a quarter had their first drink at age 12 or younger (which was an increase from 20% in 2013).

Among youth who had tried alcohol, 57% had at least one drink in the past month, including 4% who drank on at least 10 days that month.

Among youth who had tried alcohol, Vancouver youth were less likely than their peers across the province to have consumed alcohol on the Saturday before completing the survey (29% vs. 35%). Those who did drink that day most commonly drank liquor (28%). They also drank beer (19%), coolers (14%), and wine (10%).

There were no gender differences in the type of alcohol youth drank except males were more likely than females to drink beer (25% vs. 13%). Vancouver youth were less likely than youth across BC to drink coolers (14% vs. 22%) and were more likely to drink wine (10% vs. 6%).

Age Vancouver youth first drank alcohol (among those who had tried alcohol)



Among youth who drank the previous Saturday, 49% mixed at least two different types of alcohol (e.g., liquor and coolers), including 19% who mixed three or four types. Females were less likely than males to mix three or four different types of alcohol (14% vs. 24%).

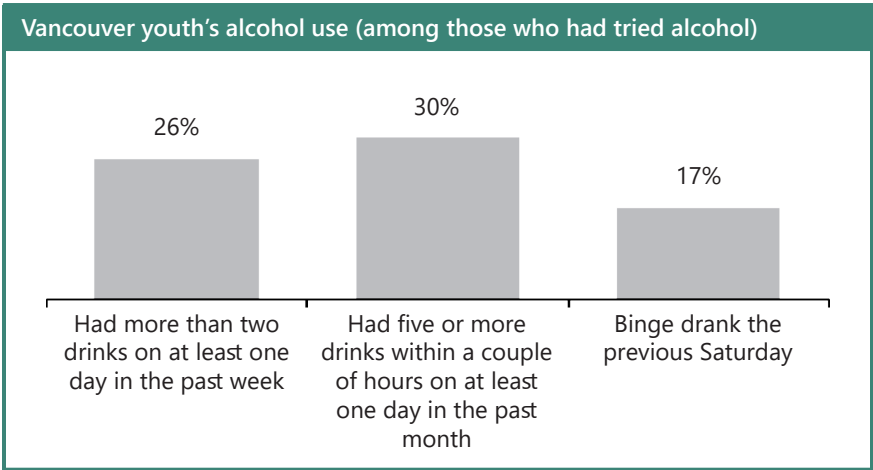
Canadian Low Risk Drinking Guidelines suggest not exceeding two drinks on any one occasion. Among local youth who had tried alcohol, 26% had more than two drinks at least once in the past week, and 5% did so on at least three days that week. Also, 30% consumed five or more drinks within a couple of hours at least once in the past month, including 4% who did so on six or more days. The percentage who engaged in this type of heavy drinking in the past month decreased from 36% in 2013.

In this report, 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. Among students who drank the previous Saturday, 59% engaged in binge drinking, which was a decrease from 73% in 2013.

For the first time, the BC AHS asked youth where they got their alcohol the last time they drank. Youth in Vancouver most commonly got their alcohol at a party (45% vs. 35% provincially; among those who had tried alcohol), unlike youth across the province who most commonly got their alcohol from an adult (40% provincially vs. 36% locally).

Where Vancouver youth got alcohol from the last time (among those who had tried alcohol)	
At a party	45%
Adult gave it to me	36%
Gave someone money to buy it for me	19%
Youth gave it to me	12%
Took it without permission	9%
Bought it	6%
Exchanged something for it	1%
Made it	NR

NR: Not releasable due to risk of deductive disclosure.



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

MARIJUANA

Results in this section were similar to 2013 except method of use and medical marijuana which were asked for the first time on the 2018 BC AHS.

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. Fifteen percent of Vancouver youth had tried marijuana, which was below the provincial rate (25%). As was the case provincially, there were no gender differences in having tried marijuana.

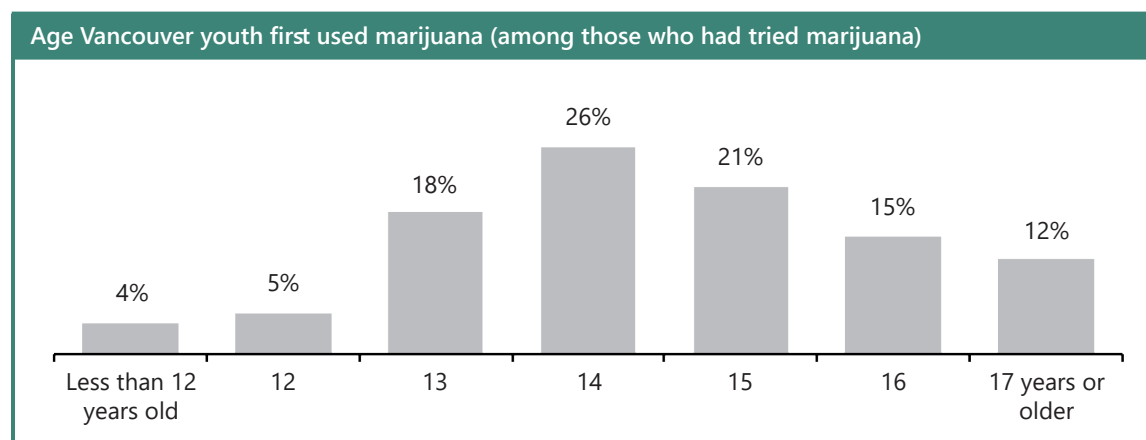
As with alcohol, the most common ages for youth in Vancouver to first try marijuana were 14 or 15 years old. Almost half (48%) of youth who had tried marijuana waited until they were 15 or older to first try marijuana.

Among youth who had tried marijuana, 58% used it in the past month. Around 1 in 5 students (21%) had used it on six or more days, including 7% who used it on 20 or more days in the past month.

A little over a quarter (27%) of Vancouver youth who had tried marijuana had used it on the Saturday before taking the survey. Also, 3% of local youth had used both alcohol and marijuana that day.

Most students (89%) who had used marijuana smoked it the last time they used, 14% ate it in a cooked recipe, and 8% took it another way such as gummies.

One percent of local youth had been prescribed medical marijuana.



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

USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

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

Compared to 2013, the use of prescription pills without a doctor's consent decreased (from 11% to 8%).

Vancouver youth were less likely than those across the province to have tried mushrooms (3% vs. 5%).

One percent of Vancouver youth had injected an illegal drug.

Vancouver youth who had used substances other than alcohol and marijuana	
Prescription pills without a doctor's consent	8%
More of my own prescription than prescribed	5%
Mushrooms	3%
Cocaine	2%
Ecstasy/MDMA	2%
Hallucinogens (excluding mushrooms, ecstasy/MDMA, and ketamine)	2%
Inhalants	2%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	1%
Crystal meth	1%
Heroin	1%
Ketamine, GHB	1%
Other substances	1%

Note: Youth could choose more than one response.



CONSEQUENCES OF USE

Half of youth (50%) who used alcohol or other substances reported negative consequences of their use in the past year, which was an increase from 40% in 2013. The most commonly reported consequences were being told they did something they could not remember and passing out.

Among youth who ever had sex, 16% used alcohol or other substances before having sex the last time, which was similar to 2013.

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

Consequences of substance use experienced by Vancouver 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	33%
Passed out	23%
Argued with family members	14%
School work or grades changed	13%
Got injured	12%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	9%
Damaged property	9%
Got into a physical fight	5%
Got into trouble with the police	5%
Had sex when I didn't want to	4%
Overdosed	2%
Had to get medical treatment	2%
Used alcohol or other substances but none of these happened	50%

Note: Youth could choose more than one response.

DRIVING AFTER SUBSTANCE USE

Among youth who had tried alcohol, 4% reported ever driving a vehicle after they had been drinking (vs. 6% provincially), including 2% who did so in the past month.

Nine percent of local youth who had tried marijuana drove after using it (vs. 14% provincially), including 5% in the past month.

Local students were as likely as in 2013 to have driven after drinking alcohol or using marijuana.

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

Youth in Vancouver were less likely than their peers across the province to have been a passenger of a driver who had been using alcohol, marijuana, or other substances.

REPORTED REASONS FOR USING

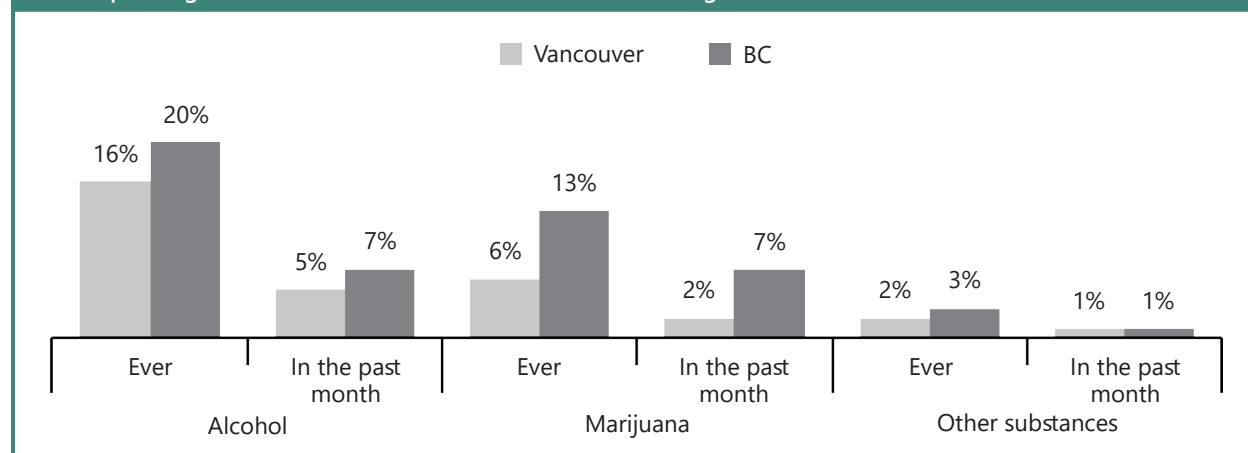
As in 2013, the most common reason youth gave for using substances the last time was to have fun.

Reasons Vancouver youth used substances the last time (among those who had used alcohol or other substances)	
I wanted to have fun	63%
I wanted to try it/experiment	36%
My friends were doing it	31%
Because of stress	21%
I felt down or sad	19%
I felt like there was nothing else to do	10%
To manage physical pain	4%
I thought it would help me focus	3%
I was pressured into doing it	3%
Because of an addiction	2%
I didn't mean to do it	2%
To change the effects of some other substance	1%
Other	11%

Note: Youth could choose more than one response.

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

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



Note: Vancouver youth were less likely than youth across BC to have been a passenger with a driver who had used substances other than alcohol or marijuana in the past month, but percentages appear the same due to rounding.

EXTRACURRICULAR ACTIVITIES

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

In the past year, 93% of Vancouver students participated in at least one extracurricular activity (such as sports, dance, clubs, art, or volunteering), including 84% who did so on at least a weekly basis.

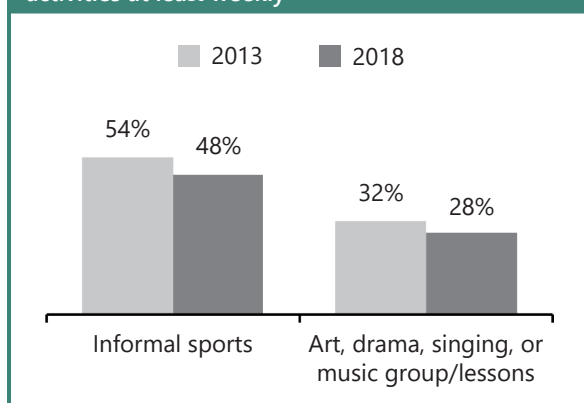
Among youth who engaged in weekly extracurricular activities, 71% took part in two or more different types of activities (e.g., volunteering and organized sports), including 15% who participated in four or more different types.

The most common weekly extracurricular activities were organized sports (sports with a coach, such as school teams; 52%) and informal sports (sports without a coach, such as biking, skateboarding, or hiking; 48%).

Vancouver students were less likely than their peers across the province to participate weekly in informal sports (48% vs. 52%) and extreme sports (5% vs. 9%). However, local youth were more likely to participate in art, drama, singing, or music (28% vs. 23%); volunteering (25% vs. 18%); and clubs or groups (15% vs. 11%).

Compared to 2013, there was a decrease in local students' weekly participation in informal sports and in art, drama, singing or music groups or lessons. However, participation in organized sports; dance, yoga, and exercise classes; and extreme sports was comparable to five years earlier, unlike provincial results where there were decreases in these activities.

Vancouver youth who participated in extracurricular activities at least weekly



As in 2013, males were more likely than females to participate weekly in informal sports (56% vs. 40%) and extreme sports (6% vs. 4%). Females were more likely to participate weekly in art, drama, music, and singing groups or lessons (37% vs. 20% of males); volunteer activities (29% vs. 21%); dance, yoga, and exercise classes (24% vs. 9%); clubs or groups (18% vs. 12%); and cultural or traditional activities (9% vs. 6%).

Males and females reported similar rates of weekly involvement in organized sports, unlike in 2013 when males were more likely to participate.

BARRIERS TO PARTICIPATION

Students were asked about any barriers they had experienced to taking part in extracurricular activities in the past year. Over half (52%) reported being too busy (vs. 48% provincially).

Local youth were less likely than those across BC to report missing out on extracurricular activities because they were too anxious or depressed (11% vs. 14% provincially), were worried about being bullied (4% vs. 7%), or because they had no transportation (11% vs. 14%).

There was a drop in local youth reporting they did not participate in extracurricular activities because they could not afford it (from 14% in 2013 to 12%), while the percentage who reported the activity was not available in their community remained similar (11%).

Vancouver 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	27%	25%	33%	15%
Organized sports	40%	9%	34%	18%
Volunteered without pay	48%	27%	21%	4%
Art/drama/singing/music (group or lessons)	63%	9%	23%	6%
Cultural/traditional activities	68%	25%	6%	1%
Dance, yoga, and exercise classes	77%	7%	12%	4%
Clubs/groups	78%	7%	13%	2%
Extreme sports	87%	8%	3%	2%

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

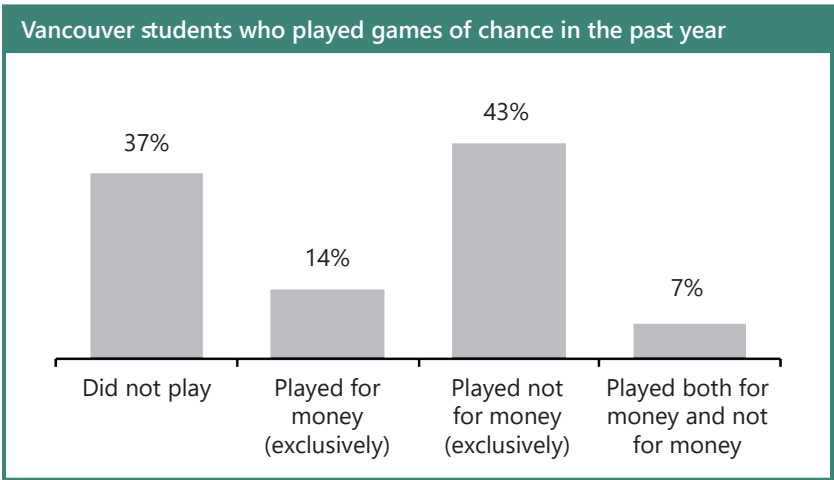
GAMBLING

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.

"I have a gambling addiction—But, I make money :)"
Grade 12 student

The BC AHS asked students if they had played a number of games of chance in the past year (e.g., online gaming, cards/dice, sports betting, lottery tickets/scratch cards); and, if so, whether they had played these games for money. Comparable to youth across the province, 64% of Vancouver students had played at least one of these games, including 20% who had played for money.

Local females were less likely than local males and non-binary youth to have engaged in these gambling activities (e.g., 50% vs. 75% of males).



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

GAMBLING FOR MONEY

Among students who gambled for money in the past year, the most common ways they gambled were through online gaming (46%) and playing cards/dice in person (41%). They also engaged in sports betting in person (30%) and online (13%), buying lottery tickets/scratch cards (28%), and playing cards/dice online (13%).

Vancouver youth were more likely than their peers across BC to participate in online gaming for money (46% vs. 37% provincially; among those who gambled for money), but were less likely to have bought lottery tickets/scratch cards (28% vs. 37%).

Among local youth who gambled for money in the past year, males were the least likely to buy lottery tickets/scratch cards (e.g., 19% vs. 50% of females), while females were the least likely to participate in online gaming (e.g., 22% vs. 63%* of non-binary youth and a similar percentage of males).

Reflecting the provincial pattern, 22% of local youth who had gambled for money did so on at least a weekly basis over the past 12 months. Online gaming was the most popular weekly activity among these youth (18%), followed by playing cards/dice in person (5%) and online (3%), sports betting in person (3%) and online (2%), and buying lottery tickets/ scratch cards (2%).

Among local students who had gambled for money in the past year and had access to a phone, 6% had used their device to gamble on their last school day.

Among youth who gambled for money in the past year, 4% felt or were 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

One in ten youth (10%) went to bed hungry at least sometimes because there was not enough money for food at home. This percentage was higher than five years earlier (6% in 2013), and was similar to the provincial picture. One percent of Vancouver youth often or always went to bed hungry.

DEPRIVATION

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

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

Most youth had all the items on the list. For example, almost all Vancouver youth had access to the Internet, 1% 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.

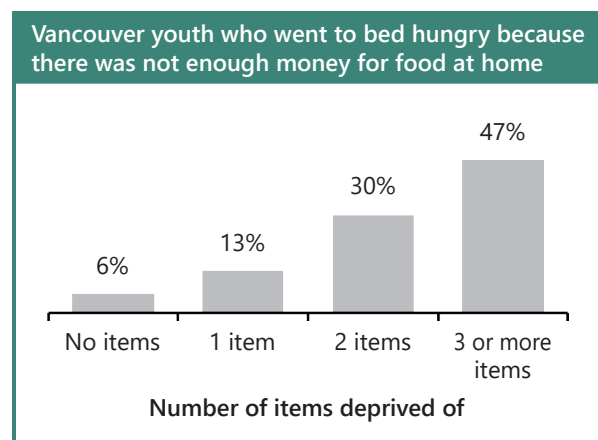
Vancouver youth who felt deprived of ...	
Space of their own to hang out in	8%
Money to spend on themselves	7%
Smartphone	6%
Money for school supplies, trips, and extracurricular activities	4%
Equipment/clothes for extracurricular activities	4%
Lunch for school/money for lunch	3%
A quiet place to sleep	3%
Clothes to fit in	2%
Access to transportation	2%
Access to the Internet	1%

Vancouver students were more likely than those across the province to feel deprived of a space of their own to hang out in (8% vs. 6% provincially); but were less likely to feel deprived of money to spend on themselves (7% vs. 10%), lunch for school or money for lunch (3% vs. 4%), and access to transportation (2% vs. 3%).

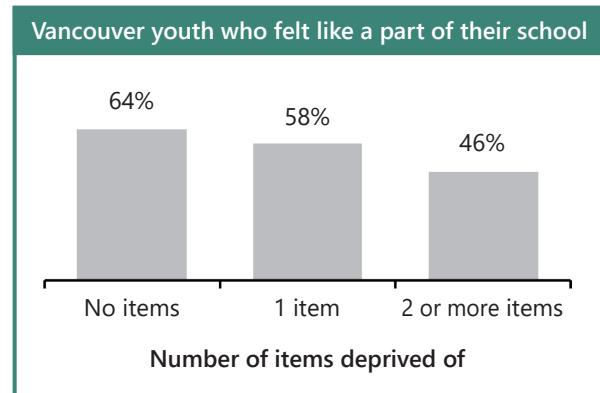
When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 75% of youth who did not have but wished for a quiet place to sleep had slept for less than eight hours on the night before completing the survey, compared to 54% of those who had somewhere quiet to sleep. Also, youth who wished for but did not have the money to buy school supplies, go on school trips, or join in extracurricular activities were less likely to think they would go on to post-secondary (74% vs. 86% who had money for these things).

Almost a quarter (23%) of youth reported they lacked but wished they had at least one of the items in the Index, including 5% who lacked two items, 2% who lacked three items, 1% who lacked four items, and 1% who lacked five or more items.

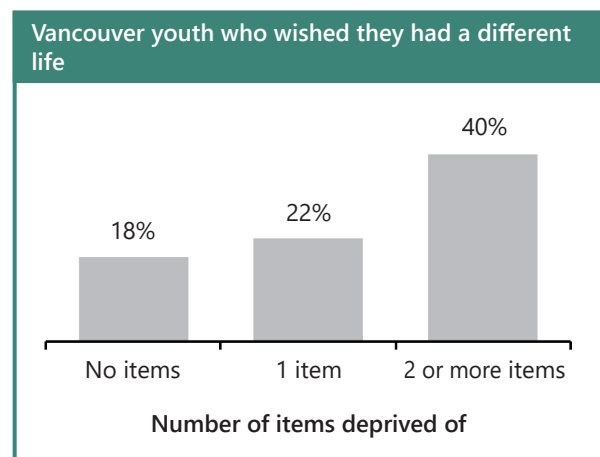
The more items youth reported not having but wishing they had, the more likely they were to go to bed hungry because there was not enough money for food at home.



The more items youth were deprived of, the less likely they were to feel like a part of their school or community. For example, 42% of youth who had all the items in the Index reported feeling connected to their community, compared to 24% of those who were deprived of two or more items on the list.



Deprivation was also associated with poorer overall health and well-being. For example, 85% of local youth who had all items on the list reported good or excellent health, compared to 77% who felt deprived of one item, and 66% who were deprived of two or more items. Similarly, 78% of local youth who had all the items reported that their mental health was good or excellent, compared to around half (53%) of those who were deprived of two or more items on the list. Also, the more items youth were deprived of, the more likely they were to wish they had a different life.



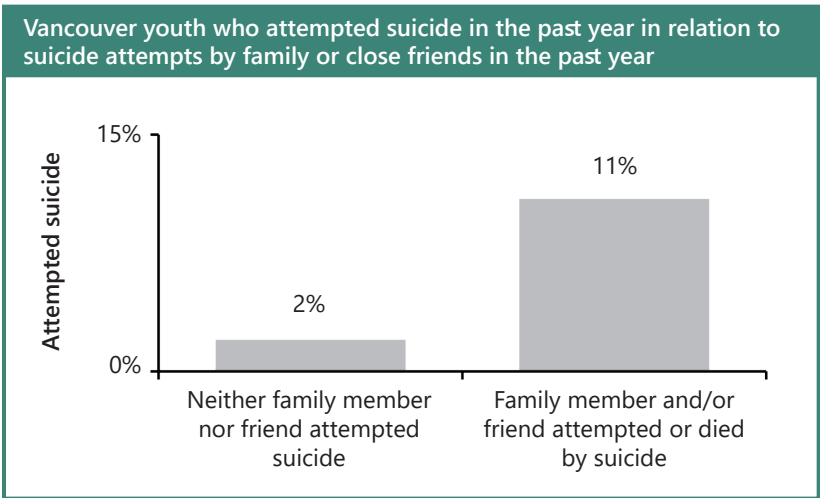
LOSS & BEREAVEMENT

The majority of students (63%) had experienced bereavement, and had most commonly lost someone close to them due to illness (40%) and old age (40%). Other reasons included accident (9%), suicide (5%), violence (2%), a fentanyl overdose (2%), and an overdose from a substance other than fentanyl (2%).

The BC AHS also asked students 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, 10% of youth had a family member who had attempted or died by suicide (vs. 16% provincially), and 3% had this occur in the past year (vs. 5% provincially). Also, 23% had a close friend who had attempted or died by suicide (vs. 29% provincially), and 14% had this experience within the past year (vs. 17% provincially).

Overall, 28% of local youth had experienced at least one of these events (vs. 36% provincially), which was an increase from 22% in 2013. This trend was consistent for both males (from 16% in 2013 to 22%) and females (from 28% to 35%).

Youth who had a close friend or family member attempt or die by suicide were more likely to have attempted suicide than their peers who had neither of these experiences.



VIOLENCE & DISCRIMINATION

DATING VIOLENCE

In the past year, 33% of Vancouver students had been in a romantic relationship (compared to 43% provincially). Among these students, 8% had been the victim of physical violence within their relationship (with no gender differences), which reflected an increase from 6% in 2013.

SEXUAL HARASSMENT

Rates of sexual harassment in the past year were similar to five years earlier, with females remaining more likely than males to have been sexually harassed verbally (41% vs. 27%) and physically (22% vs. 13%).

Vancouver females were less likely than females across the province to have experienced verbal sexual harassment (41% vs. 50%) and physical sexual harassment (22% vs. 31%) in the past year.

PHYSICAL & SEXUAL ABUSE

"I don't know if I have been abused before but I know that my dad would scream and yell at me a lot and he also has a lot of alcohol and he's also grabbed me before."

Grade 7 student

Overall, 13% of Vancouver youth reported they had been physically abused or mistreated at some point, which was comparable to youth across BC, and to the local percentage five years earlier. In 2018, females were more likely than males to report they had been physically abused (15% vs. 12%), unlike in 2013 when there was no such gender difference.

Also, 7% of students had been sexually abused (compared to 11% provincially). Consistent with findings five years earlier, females were more likely than males to have been sexually abused (11% vs. 3%).



DISCRIMINATION

Reflecting provincial results, 36% of students had experienced discrimination in the past year. This was a local increase from 32% in 2013. The most commonly perceived reasons for being discrimination against were physical appearance and race, ethnicity, or skin colour.

Youth in Vancouver were more likely than those across BC to have experienced discrimination due to their race, ethnicity, or skin colour (16% vs. 14% provincially); and were less likely to have been discriminated against because of their physical appearance (19% vs. 23%), their weight (13% vs. 16%), and their sexual orientation (4% vs. 5%).

Compared to five years earlier, there were increases in discrimination on the grounds of race, ethnicity, or skin colour (from 13% in 2013 to 16%); gender (from 6% to 8%); and income or family income (from 5% to 7%).

Vancouver youth's perceived reasons for being discriminated against in the past year	
Physical appearance	19%
Race, ethnicity, or skin colour	16%
Weight	13%
Gender/sex	8%
Income or family income	7%
Sexual orientation (e.g., being or thought to be gay or lesbian)	4%
A disability	3%

Note: Youth could choose more than one response.

BULLYING

"Bullying is hard. I've experienced too much of it."

Grade 7 student

Similar to youth across BC, 52% of Vancouver students had been bullied in the past 12 months. This included being teased to the point they felt bad or extremely uncomfortable (38%), being socially excluded on purpose (37%), and being physically attacked at school or on the way to or from school (7%).

Females were more likely than males to have been teased (44% vs. 32%) and purposefully excluded (45% vs. 29%), while males were more likely to have been physically attacked (10% vs. 4% of females). There was a rise in females who had been socially excluded (from 39% in 2013 to 45%).

Eleven percent of Vancouver students reported they had teased, excluded, or physically attacked someone else at school or on the way to or from school in the past year, which was similar to the provincial picture.

WEAPON CARRYING

Locally, 5% of students carried a weapon to school in the past month, including 1% who always carried a weapon. Students who had been the victim of bullying were more likely to carry a weapon. For example, 22% of youth who had been physically attacked in the past year carried a weapon, compared to 4% who had not been attacked.

INTERNET SAFETY

"The topic that I would like to learn a lot about would be technology use because I want to learn more about dangerous people on the Internet and how to avoid them."

Grade 7 student

Sixteen percent of students had met someone through the Internet who made them feel unsafe, which was similar to the provincial percentage and to the local percentage five years earlier.

Females continued to be more likely than males to have met someone unsafe online (21% vs. 10%).

Also, 11% of students had been cyberbullied in the past year, which was similar to the percentage in 2013, and lower than the provincial rate in 2018 (14%). Females remained more likely than males to have been cyberbullied (13% vs. 10%).

Similar to five years earlier, 6% of students reported they had cyberbullied someone in the past year, with no gender differences.



SUPPORTING HEALTHY DEVELOPMENT

FAMILY

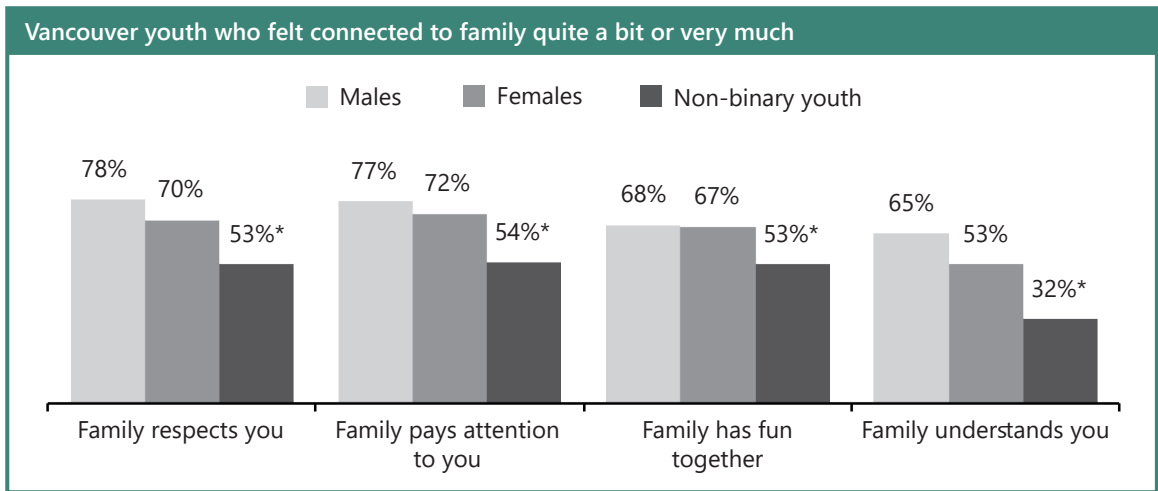
BC AHS results show that family relationships are one of the most important protective factors in the lives of youth. For example, youth who report feeling connected to family, have supportive adults they can turn to within their family, and have parents or caregivers who know what they are doing in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

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

Youth in Vancouver generally felt connected to their family. Overall, 74% felt respected by their family, 74% felt their family paid attention to them, 67% felt their family had fun together, and 59% felt their family understood them.

"I have a 13 year age gap with my younger brother. I don't know how to connect with him."

Grade 11 student



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

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

SUPPORTIVE FAMILY

"The only person who I could speak to properly is my brother."

Grade 12 student

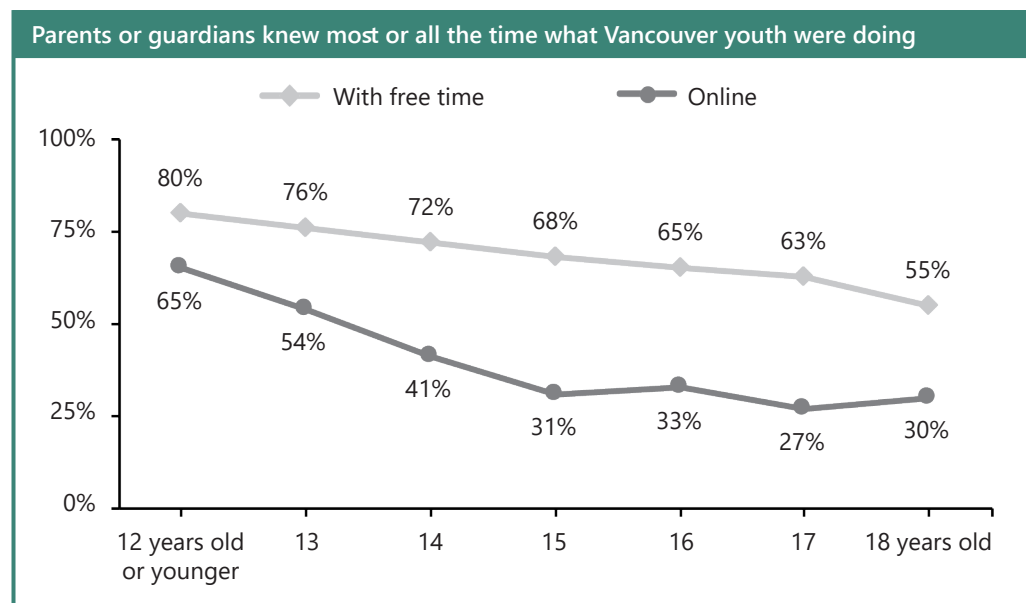
As in 2013, around two thirds of students (68%) felt they had an adult inside their family they could talk to if they had a serious problem. Males were the most likely to feel this way (72% vs. 65% of females vs. 35%* of non-binary youth).

Most students (73%) turned to a family member for help in the past year (an increase from 69% in 2013), and the majority of these students (93%) found the support helpful. The increase in asking a family member for help was seen for males, while the percentage for females was consistent over time. As in 2013, there was no gender difference in asking a family member for help.

MONITORING

Over two thirds of youth (69%) had parents who monitored their free time, while 13% had parents who rarely or never did. Also, 39% reported their parents usually or always monitored their time online, while 38% rarely or never did.

When asked how much time they had to do the things they wanted with their family, most students (73%) felt they had the right amount of time, while 21% felt they did not have enough time.



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

SCHOOL

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

"I feel as if school makes a big deal about being healthy but overwhelms us with work to do that not only cuts at our leisure time, but stresses us out."

Grade 9 student

Most students in Vancouver felt that school staff expected them to do well (76%), they were treated fairly by school staff (72%), they were happy to be at school (64%), their teachers cared about them (63%), and they were a part of their school (61%). Also, 47% felt that school staff other than teachers cared about them.

"I feel that I haven't been doing my best in school and that it is taking a huge toll on my mental health and relationships with friends."

Grade 11 student

SAFETY

Three quarters of students (75%) felt safe at school, which was lower than five years earlier (78% in 2013) and similar to youth across the province.

Non-binary youth were the least likely to feel safe in various places around their school, such as hallways or stairwells (61%* vs. around 90% of males and females) and washrooms (60%* vs. more than 8 out of 10 males and females). Males were the most likely to feel safe outside on school grounds (88% vs. 82% of females vs. 66%* of non-binary youth) and getting to or from school (90% of males vs. 86% of females vs. 68%* of non-binary youth).

Compared to five years earlier, students felt slightly less safe in the library (94% vs. 96% in 2013) and the classroom (93% vs. 94%).

Locations where Vancouver students usually or always felt safe at school



EDUCATION PLANS

Reflecting the pattern across BC, most Vancouver students planned to graduate from high school and attend post-secondary. However, they were less likely than five years earlier to plan to finish Grade 12 (88% vs. 91% in 2013) and attend post-secondary (85% vs. 90%).

Most students who did not report planning to finish high school had not yet thought about it or were unsure of their plans, and only 1% specifically did not expect to graduate. This was similar to both the provincial rate and the local percentage in 2013.

SCHOOL ATTENDANCE

In the past month, 65% of Vancouver youth had missed class at least once (vs. 73% provincially). Local youth most commonly missed school because of illness. Around a quarter of local students had skipped class, with 9% doing so on three or more days.

Vancouver students were less likely than their peers across BC to have missed school because of illness (34% vs. 39% provincially), appointments (30% vs. 36%), their mental health (11% vs. 15%), family responsibilities (10% vs. 14%), and bullying (2% vs. 4%).

Compared to five years earlier, there was an increase in local youth who missed school in the past month because of work (3% vs. 2%).

Females were more likely than males to miss class because of appointments (34% vs. 27%), other school responsibilities (19% vs. 13%), and bullying, while males were more likely to miss school because their mental health (7% vs. 15% of females) and work.

Reasons Vancouver students missed classes in the past month	
Illness	34%
Appointments	30%
Skipping class	26%
Slept in	20%
Other school responsibilities	16%
Mental health (e.g., anxiety, depression)	11%
Family responsibilities	10%
No transportation	4%
Work	3%
Bullying	2%

Note: Youth could choose more than one response.

Non-binary youth were the most likely to miss class because of their mental health (35%*) and because they slept in (38%* vs. around 20% of males and females).

COMMUTE TO SCHOOL

Vancouver youth were more likely than students across the province to walk, cycle, or skateboard to school (40% vs. 29%); and were less likely to get to school by car (35% vs. 47%). A quarter of youth (25%) took the school bus or public transit to school, which was comparable to youth across the province.

Most youth (88%) had a commute to school that was less than 30 minutes, while 2% had a commute which was an hour or more (comparable to youth across BC).

COMMUNITY

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

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

In Vancouver, 40% of students felt quite a bit or very connected to their community, while 24% felt only a little or not at all connected (similar to youth across the province and to local findings five years earlier).

Youth were more likely than five years earlier to feel that an adult in their neighbourhood or community (outside their family or school) really cared about them (59% vs. 50% in 2013). However, youth in Vancouver were less likely than those across the province to have such an adult in their life (65% provincially).

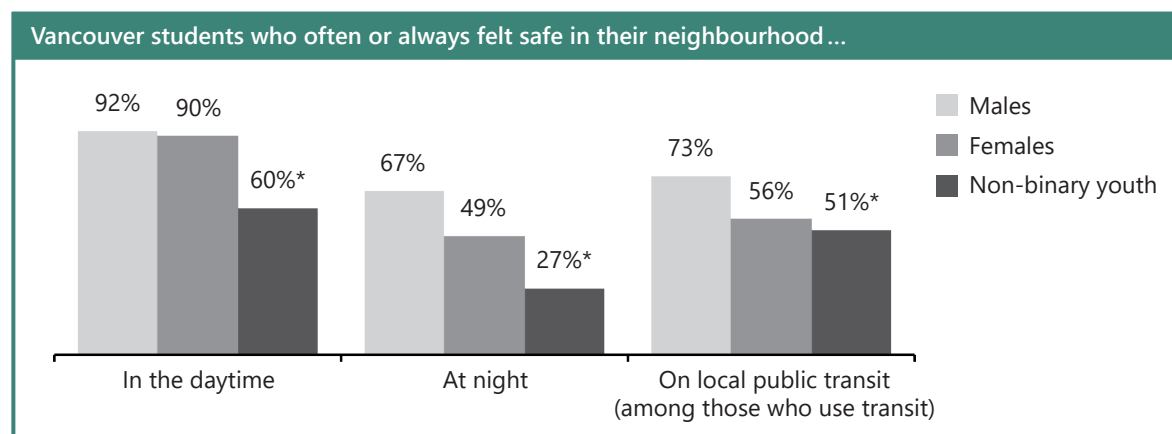
SAFETY

Unchanged from 2013, the majority of youth often or always felt safe in their neighbourhood in the daytime (90%) and at night (58%). However, they were less likely to feel safe in their neighbourhood at night in comparison to youth across BC (58% vs. 65%).

Among local youth who used public transit, 19% always felt safe and 3% never felt safe on transit. Males were more likely than females and non-binary youth to feel safe in their neighbourhood and on transit.

RELATIONSHIP TO THE LAND/NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Thirty-seven percent of Vancouver students reported often or always feeling connected, while 43% sometimes felt this way, and 20% hardly ever or never felt connected.



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

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

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

Around a quarter of youth (24%) reported having an adult outside their family they could talk to when faced with a serious problem, which was lower than five years earlier (29% in 2013).

As in 2013, there were no gender differences in youth who reported having an adult outside their family they could turn to.

Vancouver youth were less likely than students across BC to have this type of supportive adult in their life (24% vs. 27% provincially).

Most students had an adult who helped them to make and get to appointments, prepare for post-secondary, find employment, and with homework. However, youth in Vancouver were less likely than those across the province to have an adult who helped them to make appointments (87% vs. 89%), get to appointments (86% vs. 89%), and find employment (59% vs. 69%).

Vancouver students who had an adult who helped them with ...

	Yes	No	Did not need this
Making appointments	87%	7%	6%
Getting to appointments	86%	8%	7%
Preparing for post-secondary	76%	14%	10%
Homework	62%	22%	17%
Getting a job	59%	22%	19%

Note: Percentages for getting to appointments and for homework do not equal 100% due to rounding.

ASKING ADULTS FOR HELP

Outside of family members and friends, students most commonly approached a teacher for help. Vancouver students were more likely than those across the province to seek help from a school counsellor (36% vs. 31%); and were less likely to ask for help from a friend's parent (17% vs. 21%), a doctor (31% vs. 34%), and a sports coach (23% vs. 27%).

Adults outside their family whom Vancouver students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	56%	93%
School counsellor	36%	84%
Doctor	31%	94%
Sports coach	23%	93%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	23%	84%
Friend's parent	17%	84%
Nurse	15%	91%
Youth worker	9%	85%
Mental health counsellor	9%	77%
Online community/online support group	7%	72%
Spiritual leader	6%	74%
Social worker	6%	72%
Telephone helpline	6%	56%
Aboriginal Education Worker [†]	5%	62%
Indigenous Elder [†]	3%	53%

[†]Among Indigenous students, 24% had approached an Aboriginal Education Worker for help and 70% of these youth found this experience helpful, while 21% had approached an Indigenous Elder and 78% of these youth found this experience 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.

"I seriously considered suicide once, but with the help of one close friend I recovered and am now happy with who I am today."

Grade 10 student

Most students in Vancouver (96%) had at least one close friend in their school or neighbourhood, and 83% had three or more close friends. Local females were as likely as males to have three or more close friends, which was consistent with findings in 2013, but differed from the provincial pattern where males were the most likely to have three or more close friends.

Just under a third of students in Vancouver (32%) had at least one close friend online whom they had never met in person, and 16% had three or more such friends (20% of males vs. 12% of females).

In the past year, 6% of students had dated someone they met online and had never met in person, including 1% who had two or more such romantic partners. Males were more likely than females to have had an online relationship with someone they had never met in person (7% vs. 5%).

Connecting with friends

When asked how much time they had to do the things they wanted with friends, 67% felt they had the right amount of time, while 26% did not have enough time, and 7% had too much time. Males were the most likely to report having the right amount of time with their friends (72% vs. 63% of females vs. 47%* of non-binary youth).

Asking for help

"I want to learn how to deal with friends that are suicidal [and] how to help them."

Grade 10 student

In the past year, 78% of students had asked a friend they knew in person for help, with females more likely than males to have done so (81% vs. 76%). Among these students, 95% found their friends helpful, with males the most likely to do so.

Also, 20% of youth had asked a friend they exclusively knew online for help (41%* of non-binary youth vs. 21% of males vs. 18% of females). Most of these youth (83%) found the support helpful, and there were no gender differences.

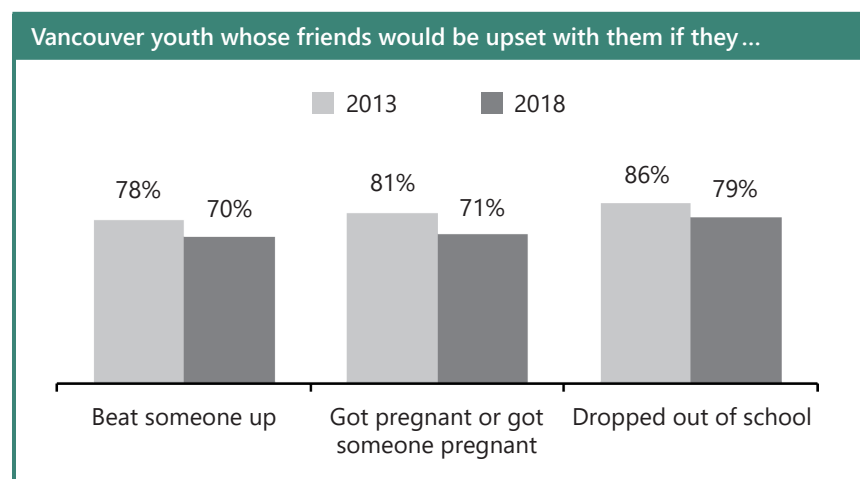
In the past year, 82% of students had a friend who had asked them for help, and most of these youth (95%) felt able to help. Females were more likely than males to have a friend approach them for help (86% vs. 79%), but there were no gender differences in feeling able to help their friend.

Friends with prosocial attitudes

Most youth had friends with healthy attitudes to risk behaviours. Local youth were more likely than students across the province to feel their friends would be upset with them if they used marijuana (63% vs. 55% provincially), got drunk (53% vs. 45%), and beat someone up (70% vs. 65%); but were less likely to have friends who would be upset if they dropped out of school (79% vs. 82% provincially).

Females were generally the most likely to have friends who would be upset with them for engaging in health risk behaviours.

Compared to five years earlier, Vancouver youth were less likely to have friends who would disapprove of them dropping out of school, beating someone up, or if they were involved in a pregnancy.



YOUNG PEOPLE'S STRENGTHS & RESILIENCY

QUALITY OF LIFE & WELL-BEING

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

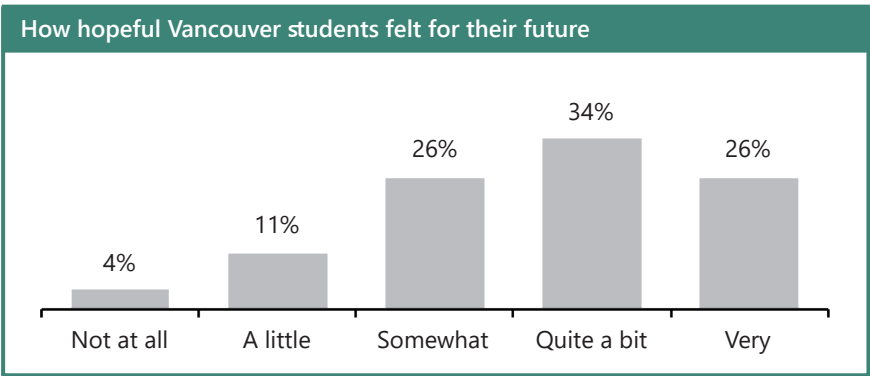
HOPEFULNESS

About 6 in 10 Vancouver students (59%) felt quite a bit or very hopeful for their future, with males the most likely to feel this way.

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

Quality of life and well-being among Vancouver youth			
	Agree/ Strongly agree	Neither agree nor disagree	Disagree/ Strongly disagree
I have a good life	77%	19%	5%
My life is going well	70%	22%	8%
I have what I want in life	56%	29%	14%
My life is going just right	55%	30%	15%
I wish I had a different life	20%	27%	53%

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



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



PERSEVERANCE

"My parents will often hold me back from achieving my goals/dreams."

Grade 8 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, 42% indicated that they always pushed themselves to achieve their goals in these situations (with males the most likely to report doing so), whereas 5% never pushed themselves, and the remaining 53% sometimes pushed themselves.

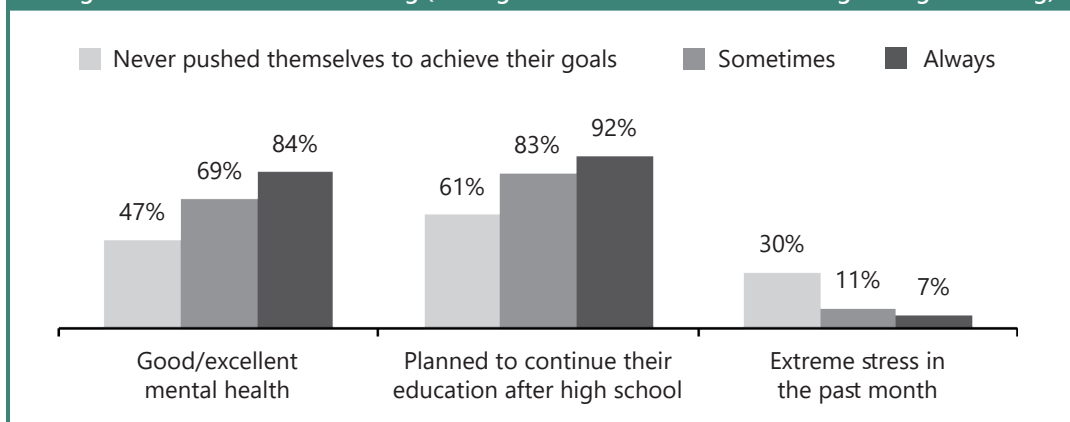
The more often students persevered when faced with obstacles, the more likely they were to experience positive mental health and to have plans to pursue post-secondary education, and the less likely they were to experience extreme stress.

FEELING SKILLED & CONFIDENT

Around three quarters of Vancouver youth (74%) were able to name something they were really good at (such as sports, school work, or art). This reflected an increase for females (from 66% in 2013 to 72%) and was unchanged for males (76%). As in 2013, males were more likely than females to identify something they were good at.

Also, over half of youth (56%) usually felt good about themselves, with males the most likely to feel this way. Students who felt good about themselves were more likely to feel hopeful for their future (77% vs. 27% of youth who did not feel good about themselves).

How often Vancouver students pushed themselves to achieve their goals when things went wrong in relation to their well-being (among those who indicated that things had gone wrong)



UNSTRUCTURED TIME

Around two thirds (65%) of Vancouver youth felt they had the right amount of time to do what they wanted on their own, while 22% felt they did not have enough time, and the remainder felt they had too much time. Students who felt they had the right amount of time to spend on their own were more likely to report positive mental health and well-being. For example, they were more likely to feel happy in the past month and to feel their life was going well, and were less likely to experience extreme stress.

Around half of Vancouver youth (49%) felt they had the right amount of time to do what they wanted in nature, while another 49% 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 (41% vs. 34% of those who felt they had insufficient time to spend in nature).

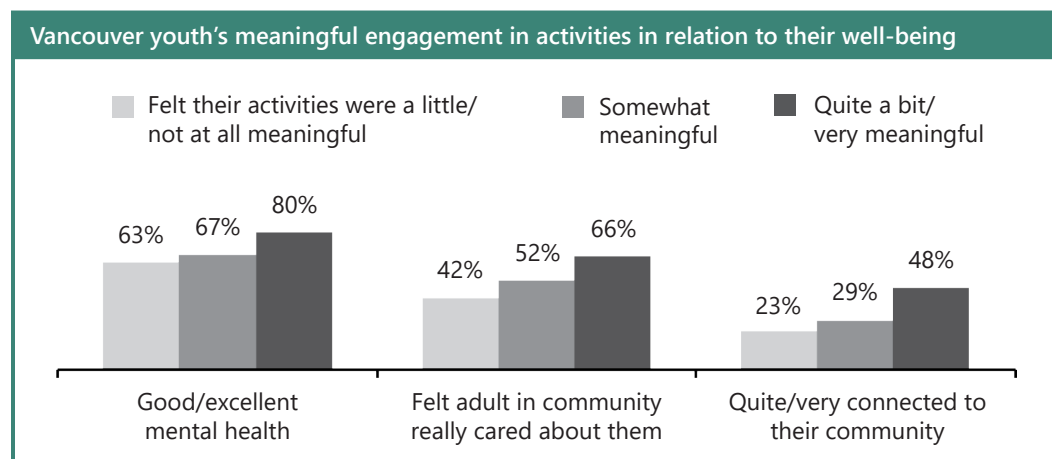
SPIRITUALITY

Fifteen percent of Vancouver students reported that spirituality was very important in their life, while 26% felt it was somewhat important, 18% a little important, and 30% felt it was not important to them. The remainder reported not knowing how important spirituality was in their life.

MEANINGFUL ENGAGEMENT

The majority of youth (62%) felt the activities they took part in were meaningful to them, and 42% felt their ideas were listened to and acted upon in these activities (similar to findings in 2013).

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.



Note: For good/excellent mental health, the difference between 'a little/not at all' and 'somewhat' was not statistically significant.



TOPICS VANCOUVER YOUTH WOULD LIKE TO LEARN MORE ABOUT

The final question on the 2018 BC Adolescent Health Survey was an open-ended question which asked participants if there were any topics which affected their health that they wanted to learn more about. In Vancouver, 4% of students identified at least one health-related topic they would like to receive training about or see included in their school's curriculum.

Among those who provided a suggestion, mental health was the most common topic they wanted to learn more about, including information about specific conditions, how to manage symptoms, and how to help friends who were experiencing mental health challenges.

"I would like to learn more about anxiety and stress. Like what to do about it or some tips."

Grade 9 student

"[I want to learn about] eating disorders, anxiety, and depression. I want to learn more about mental illnesses."

Grade 7 student

"There should be more information surrounding breaking the stigma related to mental illness and medication taken for it."

Grade 12 student

Physical health and sexual health were also common topics students wanted to learn more about including nutrition, sleep, managing health conditions, adopting a healthy lifestyle, sexual health for LGBTQ youth, and about birth control and consent in sexual relationships.

"[I want to learn about] healthy eating decisions [and] implementing healthy eating into busy lifestyles for youth that may have limited budgets and motivation."

Grade 12 student

"More about sexual health. I feel like youth often don't get to learn much about it."

Grade 12

"We need more sexual education and education [about] consent."

Grade 12 student

"[I want information on] LGBTQ+ and sex ed! I learned everything I know from online."

Grade 11 student

Other common topics Vancouver students wanted to learn more about included healthy relationships, discrimination, life skills, and online safety.

"I would like to learn more about bullying and peer pressure. I think it would be good if it was more informative on this topic because it can really affect some people."

Grade 12 student

"[I want to learn] how to conclusively balance working (a job), a family, academics, and a social life."

Grade 11 student

McCREARY RESOURCES

BC AHS PROVINCIAL & REGIONAL RESULTS



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

ADDITIONAL PUBLICATIONS



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

PRESENTATIONS & WORKSHOPS



McCreary staff are available to present BC AHS findings for Vancouver, 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



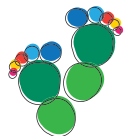
McCreary's Youth Advisory and Action Council (YAC) have created a youth-friendly poster of the key findings of the provincial report. Additional youth-friendly posters will be available on a range of topics, including substance use and mental health. The YAC have also created a workshop to share the 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 in school districts that participated in the 2013 BC AHS (including 40 grants in Vancouver). 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 Vancouver. An interactive 'Next Steps' workshop is available to engage young people in a dialogue about the results and about 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.



