



McCreary
Centre Society

TA SAANTII DEU/NESO:

A Profile of Métis Youth Health in BC

Ta Saantii Deu/Neso: A Profile of Métis Youth Health in BC

YOUTH HEALTH • YOUTH RESEARCH • YOUTH ENGAGEMENT

Founded in 1977, McCreary Centre Society is a non-governmental not-for-profit organization committed to improving the health of BC youth through research, evaluation, and youth engagement projects.

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Special thanks are due to all the Métis young people who completed the BC Adolescent Health survey.

Quotes from Métis participants in the 2018 BC Adolescent Health Survey are included throughout the report.

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Foreword

Ta Saantii Deu/Neso (deu or neso means 2)

Métis Nation British Columbia's Ministry of Health is pleased to be able to support the development of a second full report on Métis Youth health based on responses to the 2018 BC Adolescent Health Survey.

Special thank you to all the Métis Youth that completed the survey and shared their experiences. In doing this, you invited us to have greater insight into the successes, health issues, and challenges that 12–19-year-old Métis Youth have in BC.

Aligned with Statistics Canada, one third (1/3) of the Indigenous Youth surveyed in the 2018 BC AHS, identified as Métis. With findings from this valued survey, we are able to gain a better understanding of Métis Youth, and how we can work within the existing systems to build resilience in schools and in communities through supporting Métis identity.

Métis cultural supports are needed in schools and Aboriginal Support Workers play a significant role in strengthening Youth mental health. School Districts need the tools, funding and resources to meet students where they are at, and address the distinct needs of Métis students in a culturally appropriate way.

Sincerely,



Susie Hooper
Minister of Health, MNBC



Tanya Davoren
Director of Health, MNBC

Key findings

- ∞ Among the 38,000 young people aged 12 to 19 who completed the 2018 BC Adolescent Health Survey, 3% identified as Métis. As in 2013, Métis youth represented almost a third (32%) of Indigenous youth who completed the survey.
- ∞ In total, 13% of Métis students spoke an Indigenous language, including 2% who could hold a conversation or were fluent.
- ∞ A quarter (24%) of Métis youth had a family member who had attended residential school. Having a family history of residential school involvement was associated with having a family member attempt or die by suicide (50% vs. 25% of those who did not have a family member in residential school), and an increased likelihood of experiencing government care (17% vs. 10%).
- ∞ Métis youth were nearly three times as likely as non-Métis youth to have been in government care (11% vs. 4% of non-Métis). In total, 7% of Métis youth had ever been in foster care, 5% on a Kith and Kin agreement, 2% in custody, 2% in a group home, and 1% on a Youth Agreement.
- ∞ The percentage of Métis students who slept for eight or more hours on the night before completing the survey decreased from 49% in 2013 to 44%. Also, fewer than 4 in 10 students (38%) reported going offline after their expected bedtime (e.g., turning off their phone or putting it in silent mode).
- ∞ In the week before taking the survey, 23% of Métis youth aged 12–17 met Canadian Physical Activity recommendations (vs. 18% of non-Métis youth). Males in this age range remained more likely than females to meet the recommendations (29% vs. 18%). However, the percentage of females exercising daily increased from 11% in 2013, whereas the percentage among males was comparable to five years earlier.
- ∞ There was a decline in the percentage of Métis males who experienced a concussion in the past year (from 31% in 2013 to 23%), while rates among females were unchanged (21%).
- ∞ Females were less likely than five years earlier to rate their mental health as good or excellent (49% vs. 65%), while rates among males remained consistent (76%). Both males and females were more likely to report having a mental health condition. For example, 16% of males reported experiencing Anxiety Disorder/panic attacks (vs. 8% in 2013), as did 47% of females (vs. 25%).
- ∞ In the past year, 27% of Métis youth had deliberately harmed themselves without the intention of killing themselves, 24% had seriously considered suicide and 8% had attempted suicide. The percentage who considered suicide was similar to 2013 and higher than in 2008 (16%), whereas the percentage who attempted suicide returned to the 2008 rate after rising in 2013 (14%).

- ∞ Métis youth with care experience were three times more likely to have attempted suicide than their peers without care experience (21% vs. 7%). However, these youth reported a more positive health picture if they had a supportive adult in their life.
- ∞ In the past year, 27% of Métis youth had missed out on mental health services which they felt they needed.
- ∞ In the past month, 32% of Métis youth had vaped with nicotine and 28% had vaped without nicotine. Métis youth were more likely than non-Métis youth to have vaped.
- ∞ Similar to five years ago, 62% of Métis youth had tried alcohol and 42% had tried marijuana. Youth in 2018 were more likely than their peers ten years earlier to wait until they were at least 15 years old to first use either of these substances.
- ∞ Among students who drank alcohol on the Saturday before taking the survey, 59% engaged in binge drinking which was similar to non-Métis youth, and a decrease from 79% in 2013.
- ∞ Similar to 2008 and 2013, 23% of students had been physically abused or mistreated. There was an increase in the percentage of females who experienced sexual abuse (from 23% in 2013 to 32%), while rates for males remained comparable (6%).
- ∞ A fifth (20%) of Métis youth engaged in traditional or cultural activities in the past year, with 5% doing so on at least a weekly basis. Youth who had taken part in cultural activities were more likely to be volunteering in their community and to feel connected to their community.
- ∞ Unchanged from 2013, two thirds (67%) of Métis students felt they had an adult inside their family they could talk to if they had a serious problem. Métis students who had a supportive adult inside their family were less likely than those who did not have this support to have attempted suicide (2% vs. 20%) or self-harmed (17% vs. 46%) in the past year.
- ∞ Métis students were more likely than those five years ago to report that their teachers cared about them (62% vs. 57% in 2013) and other school staff cared about them (55% vs. 48%). Métis youth who felt part of their school and felt safe at school were more likely to plan to pursue post-secondary education and to report positive mental health.
- ∞ The majority of Métis youth (69%) felt there was an adult in their neighbourhood or community who really cared about them, which was an increase from 63% in 2013. Métis youth were more likely than non-Métis youth to have such an adult in their community (69% vs. 64%).
- ∞ Half of Métis students (50%) often or always felt connected to the land/nature (vs. 44% of non-Métis students). These youth were more likely to report good or excellent mental health (64% vs. 53% who rarely or never felt connected), and to feel that they managed their stress very well (20% vs. 11%).
- ∞ The percentage of youth who felt listened to and valued in the activities they were involved in increased (from 38% in 2013 to 44%). Métis youth who experienced this type of 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

“Métis” is a term used to describe people with mixed First Nations and European ancestry. The Métis have lived in BC since the 18th century and are recognized as one of the three Aboriginal Peoples in Canada (alongside First Nations and Inuit people).

This is the second full-length report about the health of Métis youth in BC. It was created using data from the 2008, 2013, and 2018 BC Adolescent Health Survey (BC AHS). The BC AHS has been conducted every five years since 1992. Since 2008 the survey has contained questions specific to Métis heritage. In partnership with Métis Nation BC and with the support of Métis youth and adult stakeholders across the province, a short report about the health of Métis youth was completed following the 2008 survey, and a full-length report followed the 2013 survey.

The BC AHS is a voluntary and anonymous pencil and paper survey administered to students in Grades 7 to 12 in mainstream public schools across the province. In 2018, over 38,000 students in 58 of BC’s 60 school districts completed the survey.

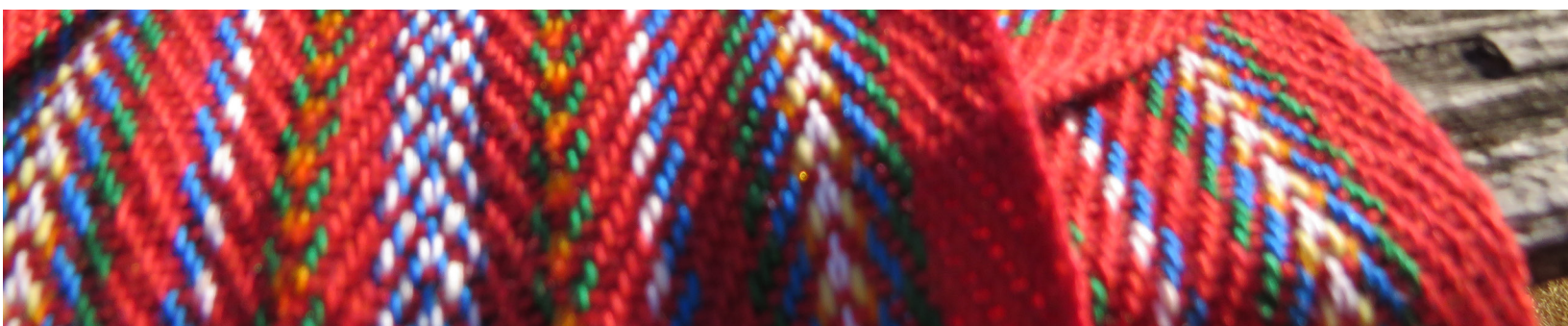
Analyses for this report

All analyses are among Métis youth, unless otherwise specified. Graphs and charts relate to Métis youth in Grades 7 to 12 (aged 12–19) unless otherwise stated. Graphs and charts show frequencies that are not necessarily statistically significant at every point. Where this is not obvious, it is indicated in a note below the graph.

The report includes some comparisons between the health pictures of Métis and non-Métis youth. Where these occur, the non-Métis sample includes non-Indigenous, First Nations, and other Indigenous students.

All reported comparisons between Métis and non-Métis youth are statistically significant at $p < .01$. This means there is up to a 1% likelihood the results occurred by chance. All other associations and comparisons were considered statistically significant at $p < .05$, which means there is up to a 5% likelihood the results occurred by chance.

Where an asterisk (*) appears beside a percentage, this figure should be interpreted with caution as the standard error was relatively high but still within a releasable range.



Limitations

As with all surveys, the BC AHS has limitations. Most significantly, the BC AHS was not designed as a Métis-specific survey, asked few culturally-specific questions, and was only administered within BC's mainstream public school system to students present on the day administration was scheduled.

The BC AHS asked students to self-identify their heritage and cultural identity. This may mean that students were included in the survey who identified as Métis but who may not be recognized as such by the Métis Nation.

The 2018 BC AHS included a question which asked participants about the sex they were assigned at birth with the response options of male or female. A second question asked about their current gender identity with the option for students to identify as non-binary (i.e., neither male or female or unsure of their identity).

Due to the small number of Métis youth who identified as non-binary, it was often not possible to report the percentages when the 2018 BC AHS was analyzed by gender. Additionally, previous versions of the BC AHS only included the options of male or female. Therefore, trend analyses were conducted using the sex assigned at birth question.

Changes since first Ta Saantii report

The first full-length Métis youth health report (Ta Saantii) was published in 2016. That year, the Supreme Court of Canada ruled that Métis people are considered "Indians" under the definition used in the *Canadian Constitution* (Daniels v. Canada, 2016). Subsequently, provincial Métis Nations and the Métis National Council began negotiations with the Federal Government in areas such as health care, self-government, housing, and education. It is unclear how this might have impacted the 2018 BC AHS results as Métis Nation BC began their negotiations with the Federal Government after the completion of the 2018 survey.

In June 2018, Métis Nation BC completed child welfare negotiations with the provincial government, with plans to take over the care of Métis children and youth who enter government care by 2021. This would not have affected 2018 results.

Definitions used in this report

FOR THE PURPOSE OF THIS REPORT, THE FOLLOWING DEFINITIONS ARE USED:

Government care: Youth in the care of the BC government (in a foster home, group home, kith and kin agreement, or custody centre), or on a Youth Agreement (which is considered an alternative to care).

Informal sports: Sports without a coach or instructor, such as biking, skateboarding, hiking, etc.

Métis: Youth who self-identified as Métis.

Non-binary: Youth who did not identify as either male or female or who were not yet sure of their gender identity.

Organized sports: Sports with a coach such as school teams, swimming team/lessons, etc.

Parent: Student's parent(s) or guardian(s).

Phone: Cell phone, smartphone, or other similar portable electronic device.

Rural: Youth's school was located in an area classified as rural.

Sexually abused: Youth who reported they had been sexually abused, forced into sexual activity against their will, or were the younger of an illegal age pairing the first time they had sex.

Two Spirit: An umbrella term used within some Indigenous communities to refer to diverse gender identities, gender presentations, and sexual orientations. For many Indigenous people, connections to land, culture, and spirituality are key aspects of Two Spirit identity.

Urban: Youth's school was located in an area classified as urban.

Youth Agreement: An alternative to government care which supports youth to live independently. It is for young people aged 16 to 18 who are homeless and cannot live with their family, and for whom government care is not an option.

Youth or student: Refers to those who self-identified as Métis, unless otherwise specified.

Métis youth in BC

Among the 38,000 young people aged 12 to 19 who completed the 2018 BC Adolescent Health Survey (BC AHS), 3% identified as Métis. As in 2013, Métis youth represented almost a third (32%) of Indigenous youth who completed the survey.

Regionally, a similar proportion of Métis youth participated in the survey in the North (8%) and Interior (7%), while 4% of students on Vancouver Island, 2% in the Fraser, and 1% in Vancouver Coastal identified as Métis. These percentages were unchanged from 2013.

Around 1 in 5 Métis youth (21%) completed the survey in a rural school and 79% in an urban one. Métis youth were almost twice as likely to be attending school in a rural area as non-Métis youth (21% vs. 11%).



Sexual orientation and gender identity

For most youth, their current gender identity matched their sex assigned at birth, whilst 1% were transgender and 4% did not identify as either male or female or were not yet sure of their gender identity (referred to in the rest of this report as non-binary).

Four percent of Métis youth identified as Two Spirit, which was comparable to 2013. Non-binary youth were more likely than males or females to identify as Two Spirit (22%* vs. 3%).

Métis youth most commonly identified their sexual orientation as completely straight. Non-binary youth were the least likely to identify as straight and the most likely to identify as lesbian, gay, or bisexual (37%* vs. 13% of females and 5% of males).

Females were less likely than males to identify as completely straight (71% vs. 87%), and were more likely to identify as mostly straight (10% vs. 5%) and bisexual (12% vs. 3%).

Sexual orientation of Métis youth

Completely straight	75%
Mostly straight	8%
Bisexual	9%
Lesbian or gay	1%
Questioning	4%
Something other than the options listed above	3%

Note: Among Métis youth who indicated a sexual orientation other than the options listed on the survey, the most common was pansexual.



Indigenous language

Thirteen percent of Métis students spoke an Indigenous language, including 2% who could hold a conversation or were fluent.

There were some regional differences. For example, youth in Vancouver Coastal were around twice as likely as those in Fraser and Vancouver Island to speak an Indigenous language (21% vs. 10%).

There were benefits associated with speaking a traditional language. For example, youth who spoke conversationally or fluently were more likely to plan to finish high school (97% vs. 87% who spoke a few words or less).

Living situation

Similar to 2013, 95% of Métis youth lived with at least one parent. Compared to five years earlier, they were more likely to be living with their father, sibling(s), and grandparent(s), as well as with other children or youth. They were less likely to be living alone.

About a quarter (26%) of Métis youth had changed address in the past year, including 7% who had moved three or more times. Unlike a decade ago, when Métis youth were more likely to have moved than their non-Métis peers, the percentage of youth who had moved was similar to the rate among non-Métis youth.



Who Métis youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	81%	83%	–
Father/Stepfather	64%	72%	↑
Sibling(s)/Step-sibling(s)	54%	65%	↑
Live with both parents at different times	12%	11%	–
Grandparent(s)	7%	11%	↑
Other children or youth	2%	3%	↑
Other related adults	3%	3%	–
Other unrelated adults	2%	3%	–
Foster parent(s)	2%	1%	–
Two mothers or two fathers	NR	1%	–
Own child or own children	NR	NR	–
Live alone	1%	NR	↓

Note: Youth could choose more than one response.

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

NR: The percentage could not be reported due to risk of deductive disclosure.

Technology use

Also, 13% of Métis youth had run away from home in the past year (vs. 8% of non-Métis youth) and 9% had been kicked out (vs. 5% of non-Métis youth).

On a typical school day, a quarter (25%) of Métis youth took care of a relative (e.g., a relative with a disability or younger sibling), with females and non-binary youth more likely to do so than males. Métis youth were more likely than non-Métis youth to be caring for a relative (25% vs. 21%) and a pet (74% vs. 50%).

Most Métis youth (96%) reported they had a cell phone or similar portable electronic device. Among youth who had a phone, 97% had used it on their last school day.

There were no gender differences in having a phone, but there were some differences in the activities youth used their phone for. For example, females were more likely than males to listen to music (92% vs. 84%), communicate with in-person friends (90% vs. 79%), communicate with parents (85% vs. 73%), engage with social media (89% vs. 80%), do homework (60% vs. 43%), and find health information (26% vs. 18%). They were less likely to watch pornography (4% vs. 21% of males) or play games (43% vs. 69%).

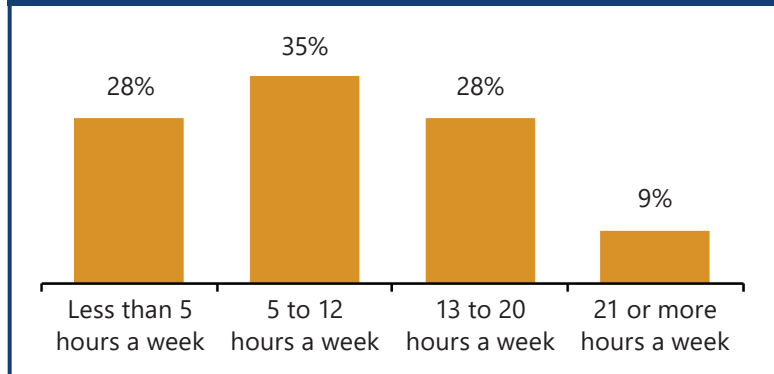
Métis youth's phone use on their last school day (among those with a phone)	
Listening to music	89%
Engaging in social media	84%
Communicating with in-person friends	84%
Communicating with parent(s) or guardian(s)	79%
Watching shows, movies, YouTube, etc.	72%
Finding information (other than health information)	64%
Playing games	54%
Doing homework	53%
Communicating with someone they only know online	30%
Finding health information	23%
Watching pornography	12%
Sexting	6%
Gambling	2%

Note: Youth could choose more than one response.

Employment

Compared to five years earlier, there was an increase in the percentage of Métis youth who worked at a paid job during the school year (42% vs. 38% in 2013), with no gender differences. Métis youth were more likely to have been employed than non-Métis youth (42% vs. 33%).

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



Government care experience

Youth who completed the BC AHS were asked if they had experienced government care or alternatives to government care, including services provided by a Delegated Agency. In total, 11% of Métis youth had experienced foster care, a group home, a kith and kin agreement, custody, or a Youth Agreement (among those who were age eligible). Métis youth were nearly three times as likely as non-Métis youth to have had one of these experiences (11% vs. 4% of non-Métis youth).

The percentage of Métis youth who had been in a foster home, in a group home, or on a Youth Agreement was comparable to percentages over the past decade.

One percent of Métis youth had been on a Youth Agreement, which was the same as the percentage among non-Métis youth.

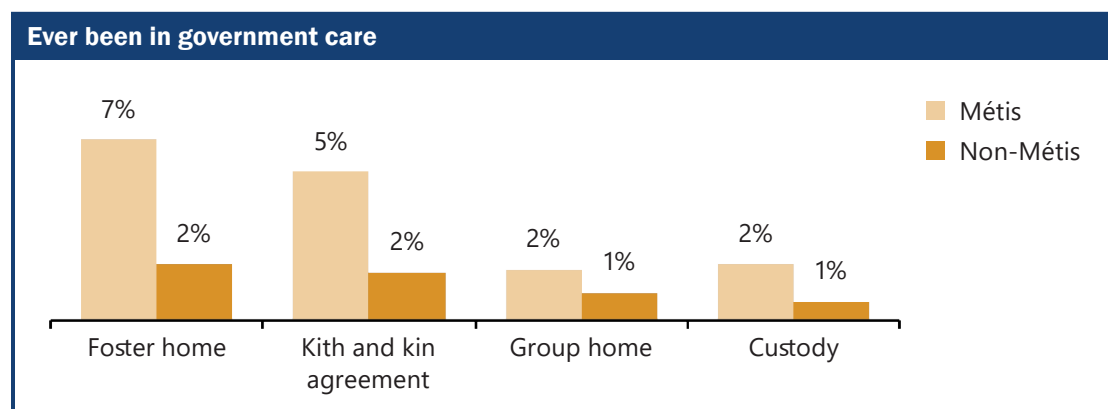
There were few regional or gender differences in care experience. However, females were more likely than males to have been on a kith and kin agreement (7% vs. 3%).

Métis youth who had lived on reserve were more likely to have government care experience (22% vs. 10% who had not lived on reserve).

Youth who had ever been in government care were less likely to report good or excellent mental health (44% vs. 63% of those who had never been in care). They were more likely to have ever been sexually abused (37% vs. 19% of those who had never been in care); and to have self-harmed (42% vs. 25%), considered suicide (44% vs. 22%), or attempted suicide (21% vs. 7%) in the past year.

Three percent of Métis youth were currently in care including 1% in a foster home, 1% in a group home, and 1% on a kith and kin agreement.

Compared to Métis youth without care experience, youth currently in care were more likely to have moved from one home to another in the past year (53%* vs. 24%), including around a quarter who had moved three or more times (24%* vs. 5% of those without care experience).



Note: Youth could choose more than one response.

Note: For group home, the difference between Métis and non-Métis youth was not statistically significant.

Supporting Métis youth with care experience

Youth with care experience were less likely to have a supportive adult in their life than their peers who had never been in care. For example, they were less likely to have an adult they felt comfortable talking to if they had a serious problem (67% vs. 80% of youth who had never been in care), to feel a teacher cared about them (53% vs. 64%), and to feel an adult in their community really cared about them (59% vs. 70%). They were also less likely than youth who had never been in care to have an adult who helped them with tasks such as making and getting to appointments, and preparing for post secondary education.

Métis youth who had an adult to help them with... (among those who needed help)		
	Ever in care	Never in care
Making appointments	86%	95%
Getting to appointments	89%	95%
Homework	60%	75%
Getting a job	68%	86%
Preparing for university, college, or trade school	67%	82%

Note: The difference between ever and never in care for getting to appointments was not statistically significant.

However, if youth with government care experience had a supportive adult in their life, they were more likely to report positive outcomes. For example, if they had an adult they could turn to for help with a serious problem, they were less likely to have considered suicide (35% vs. 63%* of those who did not have such an adult) or attempted suicide (15% vs. 33%*) in the past year.

Also, having a supportive adult family member, an adult to help with homework, or a supportive teacher were linked to youth reporting positive mental health and feeling connected to their community. For example, Métis youth with government care experience who had approached a teacher for support and found the experience helpful were more likely to report good or excellent mental health (75% vs. 47%* of those who had not found their teacher supportive), to feel happy most or all of the time (67% vs. 44%*), and to feel hopeful about their future (73% vs. 51%*).

Health profile of Métis youth

Physical health

Around three quarters (76%) of Métis youth rated their health as good or excellent, which was a decrease from 80% in 2013. As in 2013, males were more likely than females to rate their health this positively (82% vs. 71%).

Reflecting the pattern over the past decade, Métis youth were less likely than their non-Métis peers to rate their health as good or excellent (76% vs. 81%).

Health conditions and disabilities

Overall, 46% of Métis youth reported they had at least one health condition or disability, which was an increase from 39% in 2013. For 45% of these students their condition or disability prevented them from doing things their peers could do.

Health conditions and disabilities reported by Métis youth

Mental or emotional health condition	29%
Long-term/chronic medical condition	15%
Learning disability	8%
Sensory disability	7%
Severe allergy requiring EpiPen	4%
Physical disability	2%
Other	2%

Note: Students could choose more than one response.



Physical activity

The Canadian Physical Activity and Sedentary Behaviour Guidelines state that children and youth aged 5–17 should complete at least 60 minutes of moderate to vigorous exercise every day. In the week before taking the survey, 23% of Métis youth aged 12–17 met these recommendations, and 9% did not take part in this level of physical activity on any day that week. Métis youth were more likely than non-Métis youth to have met these recommendations (23% vs. 18%).

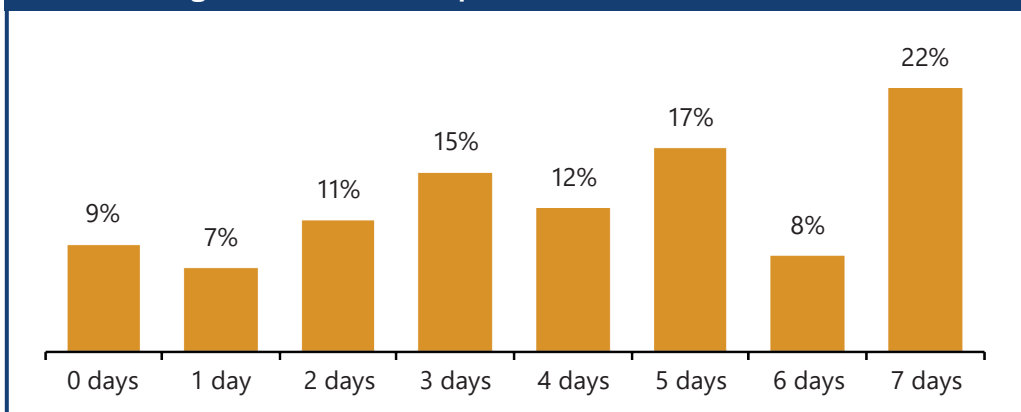
"I don't do physical activities as much as I probably need to."

Grade 7 student

Among those aged 12–17, males remained more likely than females to get 60 minutes of moderate to vigorous exercise every day (29% vs. 18%). However, the percentage of females exercising this regularly increased from 11% in 2013, whereas the percentage among males was comparable to five years earlier.

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Around two thirds (68%*) of Métis students aged 18 or older met this recommendation by participating in 60 minutes of exercise on at least three days in the past week. Males aged 18 and over were more likely than females to have met these recommendations (78%* vs. 56%*).

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



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

Sleep

The percentage of Métis students who slept for eight or more hours on the night before completing the survey decreased from 49% in 2013 to 44% (including 19% who slept nine or more hours). Also, 17% slept five hours or less.

Older students were less likely than younger ones to have slept eight or more hours.

Getting a full night's sleep was associated with mental health benefits. For example, Métis youth who slept for at least eight hours were more likely to report good or excellent mental health (78% vs. 48% of those who slept seven hours or less), and were less likely to experience extreme despair (5% vs. 16%).

Students reported doing various activities after the time they were expected to be asleep. These included chatting or texting (63%), homework (45%), gaming (28%), and online activities other than gaming (e.g., watching videos or checking social media; 73%). There were some gender differences in the activities students

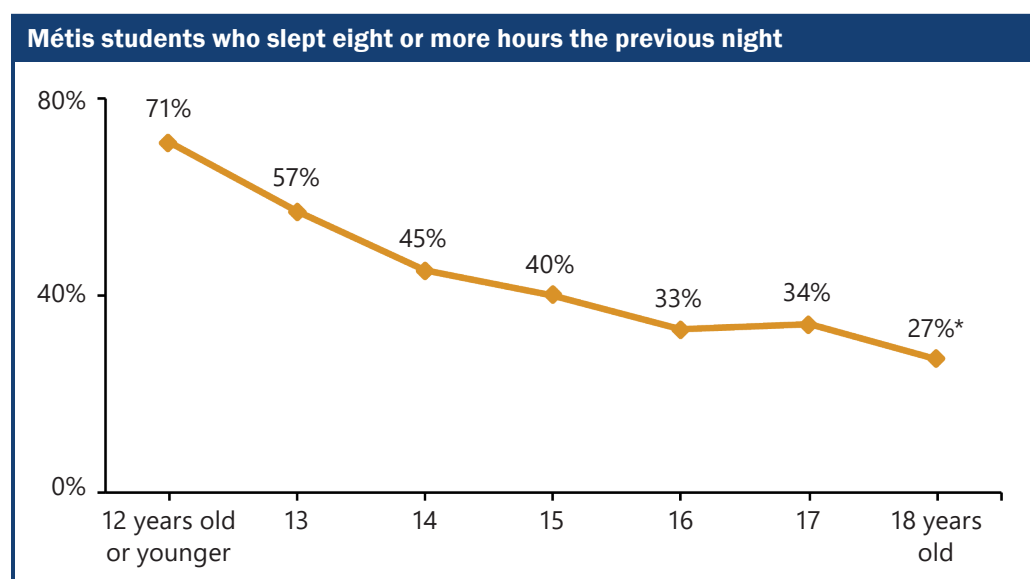
“We should learn about how sleep affects your health.”

Grade 8 student

engaged in. For example, females were more likely than males to report chatting or texting (69% vs. 57%), while males were more likely to be gaming (41% vs. 16% of females).

Fewer than 4 in 10 students (38%) reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). Males were the least likely to report doing homework or going offline (e.g., 32% of males vs. 43% of females went offline after their expected bedtime).

On the day they completed the survey, almost half (47%) of Métis students had woken up feeling like they got enough rest. Students who reported going offline and who did not engage in any activity after their expected bedtime were more likely to wake up feeling rested (60% vs. 44% of those who did not go offline).



“School starts too early.”

Grade 9 student

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

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

Access to health care

Comparable to non-Métis youth, most Métis youth were able to access health care when they needed it but 5% reported they had missed out on needed care.

Most youth got their health care from a family doctor. Métis youth were more likely than their non-Métis peers to have visited an emergency room (24% vs. 16%), a counsellor/psychologist (19% vs. 11%), or a nurse (13% vs. 9%).

Where Métis youth got health care in the past year	
Family doctor	60%
Walk-in clinic	37%
Emergency room (ER)	24%
Counsellor/psychologist	19%
Nurse	13%
Youth clinic	4%
School wellness centre	2%
Traditional healer	1%

Note: Youth could choose more than one response.

When asked specifically about accessing medical care when they were physically sick or hurt in the past year, 12% of Métis youth had missed out on needed medical help, which was unchanged from 2013. Reflecting the pattern five and ten years ago, Métis youth were more likely than their non-Métis peers to miss out on needed medical services (12% vs. 8%).

In comparison to females and non-binary students, males were the least likely to miss out on needed medical care. For example, 8% of males did not get needed medical care in the past year compared to 15% of females.

Métis youth were less likely to miss out on needed medical help if they had a supportive adult in their family (6% vs. 25% of those who did not have this type of support), an adult who helped them with making appointments (12% vs. 27%*) or getting to appointments (12% vs. 31%*), and if they had an adult in their community who cared about them (10% vs. 18%).

Dental visits

Most youth (81%) had been to the dentist in the past 12 months, while 11% had visited the dentist between a year and two years ago, 6% had visited more than two years ago, and 2% had never been to the dentist (which was similar to the rate in 2013).

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

Nutrition

Comparable to rates five years ago, on the day before taking the survey Métis youth consumed fruit or vegetables (91%), sweets (72%), fast food (45%), pop (40%), food grown or caught by them or their family (19%), and foods traditional to their background (15%). There was an increase in Métis youth who drank water (from 96% in 2013 to 98%) and energy drinks (from 7% to 10%).

As was the case in 2013, males were more likely than females to have eaten fast food (53% vs. 39%), food grown or caught by them or their family (21% vs. 16%), foods traditional to their background (19% vs. 11%), and to have had pop (50% vs. 31%). In 2018, they were also more likely to have consumed energy drinks (14% vs. 7% of females).

Métis youth were more likely than non-Métis youth to have eaten food grown or caught by them or their family (19% vs. 16%) and to have

had energy drinks (10% vs. 7%); and were less likely to have eaten fruit or vegetables (91% vs. 93%), sweets (72% vs. 77%), and foods traditional to their background (15% vs. 43%).

Healthy eating was associated with other positive health behaviours. For example, Métis youth who ate fruit or vegetables the day before taking the survey were more likely to have exercised every day in the past week (23% vs. 10%), and those who ate fruit or vegetables three or more times were more likely to have slept for at least eight hours that night (52% vs. 40%).

Eating healthier foods was also associated with positive mental health. For example, Métis youth who ate fruit or vegetables the day before they completed the survey were more likely to report good or excellent mental health (63% vs. 47%) and to usually feel good about themselves (52% vs. 36%).

What Métis students ate or drank yesterday

	Once or twice	Three or more times
Water	26%	72%
Fruit	56%	24%
Vegetables or green salad	59%	19%
Sweets (cookies, cake, candy, chocolate, etc.)	59%	14%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	40%	5%
Pop	35%	4%
Food grown or caught by them or their family	14%	5%
Traditional food from their background	11%	4%
Energy drinks	9%	2%

Meals

Reflecting findings over the past decade, 39% of Métis youth always ate breakfast on school days. However, the percentage who never ate breakfast increased from 17% in 2013 to 24%. As in previous years, males were more likely than females to always eat breakfast.

Students were asked about all the places they got breakfast on a school day. Among those who ate breakfast, 94% ate at home, 13% ate breakfast at school, and 12% got it on the way to school. Compared to non-Métis youth, Métis youth were more likely to eat breakfast at school (13% vs. 8%) and on the way to school (12% vs. 8%).

The 2018 BC AHS asked for the first time about eating lunch and dinner. Overall, 52% of Métis youth always ate lunch and 83% always ate dinner, whereas 7% never ate lunch and 1% never ate dinner. As with breakfast, males were the most likely to always eat lunch and dinner.

Métis students were less likely than non-Métis students to always have three meals a day (27% vs. 38%).

Eating behaviours

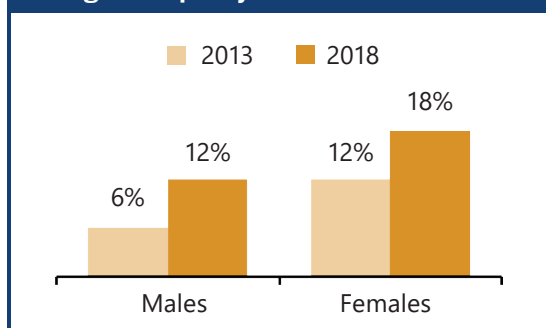
“We should learn more about positive body image.”

Grade 9 student

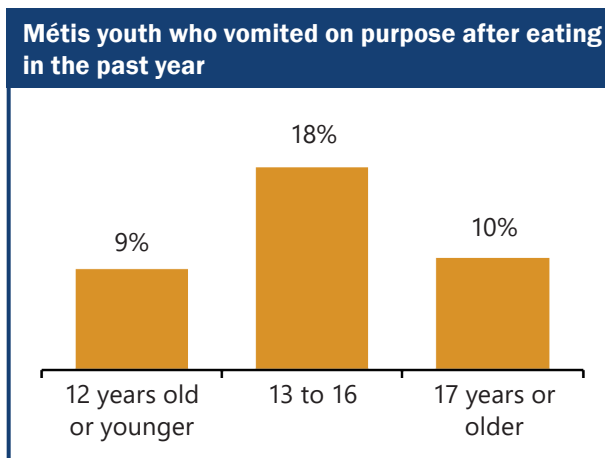
Reflecting the provincial trend for all students, there was an increase in the percentage of male and female Métis youth who vomited on purpose after eating (purged) in the past year. Overall, 16% of Métis youth had purged, including 3% who did so two or three times a month and 2% who did so at least once a week.

Métis youth were more likely than their non-Métis peers to have purged (16% vs. 12%).

Métis youth who vomited on purpose after eating in the past year



Youth aged 13 to 16 were more likely than younger and older youth to have purged in the past year.



Note: The difference between '12 years old or younger' and '17 years or older' was not statistically significant.

Youth were more likely to have purged in the past year if they had experienced discrimination due to their weight (29% vs. 11% of those who had not been discriminated against for this reason) or physical appearance (24% vs. 12%).

Youth who felt good about themselves were less likely to have engaged in purging (9% vs. 28% of those who did not feel good about themselves).

Youth who had engaged in purging most commonly went to a family doctor for health care services (61%). They were more likely than their peers who had not engaged in purging to access health care from a counsellor or psychologist (32% vs. 17%), an emergency room (33% vs. 23%), youth clinic (10% vs. 3%), and school wellness centre (5% vs. 1%).

Métis youth who vomited on purpose after eating were more likely to seek help from a mental health counsellor (30% vs. 13% of those who did not purge) and school counsellor (44% vs. 29%) in the past year. If they found their school counsellor helpful, they were less likely to have purged (18% vs. 31% of those who did not find the school counsellor helpful; among those who asked for help).

Métis students who had purged in the past year were more likely to have missed out on needed mental health services during this time (46% vs. 24% of those who had not engaged in this type of vomiting behaviour).

When asked why they had not accessed the mental health care they needed, youth who had purged were more likely than those who had not purged to report it was because they did not want their parents to know, they had a negative experience when they previously accessed services, and their parents would not take them.

Injuries and injury prevention

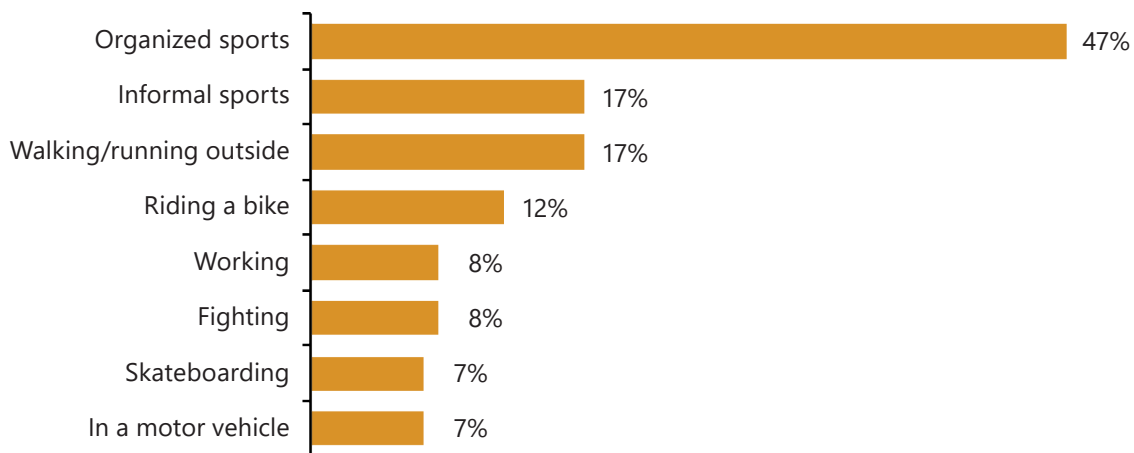
Injuries

In the past year, 32% of Métis youth (vs. 26% of non-Métis youth) were injured seriously enough to need medical attention, including 9% who experienced two serious injuries and 5% who had three or more.

In 2008 and 2013, males were more likely than females to experience a serious injury requiring medical attention. However, no such gender difference was present in 2018.

Consistent with previous years, Métis youth were most likely to experience a serious injury while playing or training for organized sports.

**Most common causes of injuries serious enough to require medical attention
(among Métis youth who got injured in the past year)**



Note: Youth could choose more than one response.



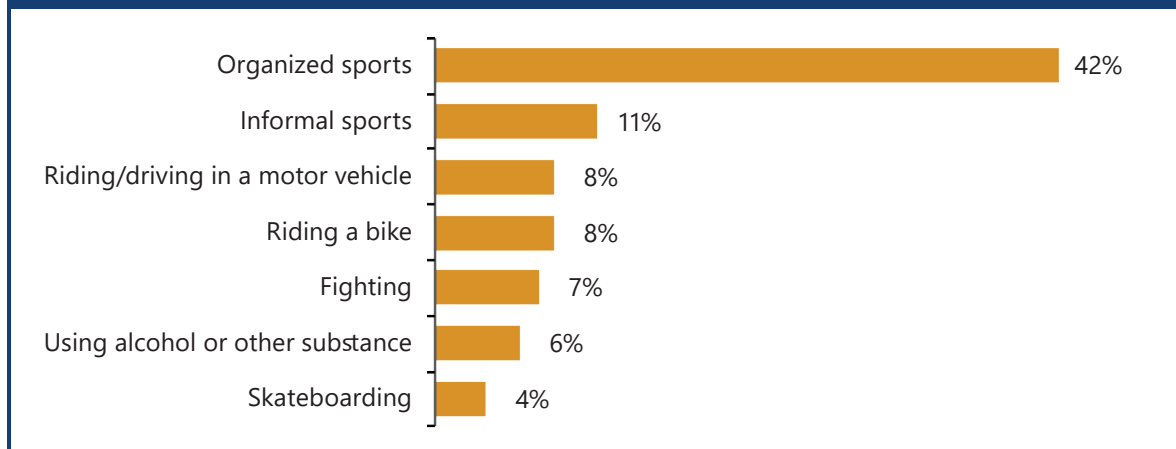
Concussions

In the past year, Métis youth were more likely to experience a concussion than their non-Métis peers (22% vs. 13%). However, there was a decline in Métis males who experienced a concussion (from 31% in 2013 to 23%), while rates among females were unchanged (21%).

Métis youth who had a concussion experienced a variety of symptoms including headaches (78%); dizziness or balance problems (72%); ringing in their ears (50%); blurred vision (48%); being dazed, confused, or suffering a gap in memory (47%); and loss of consciousness (34%).

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

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



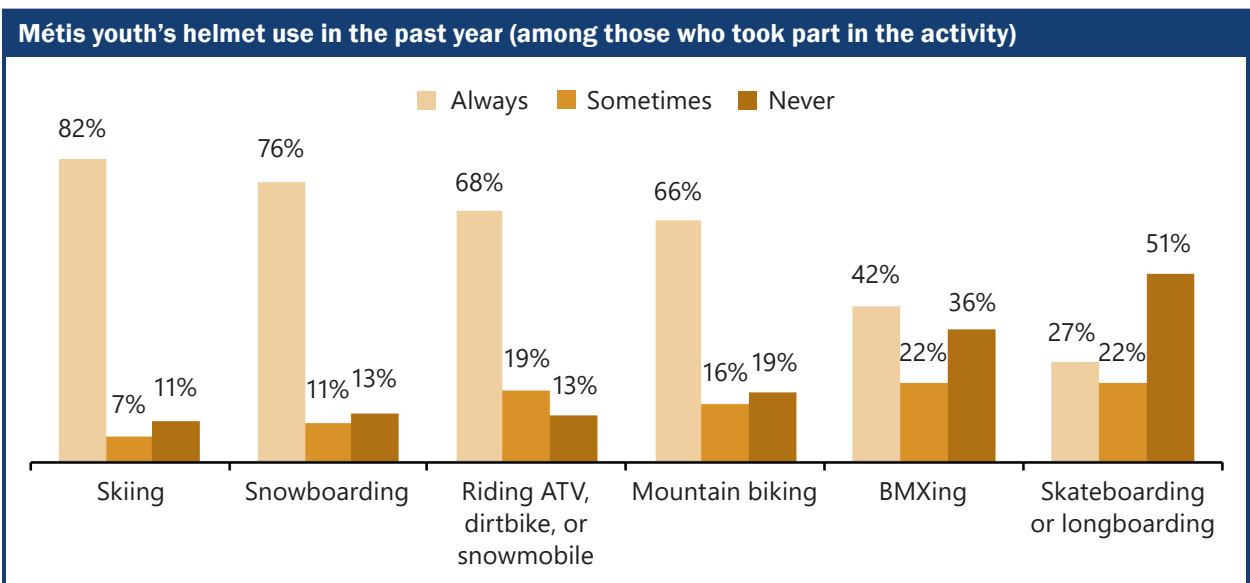
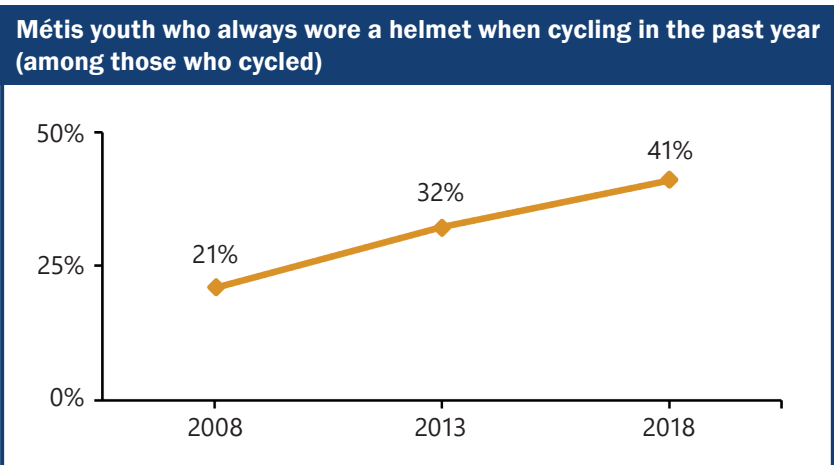
Note: Youth could choose more than one response.

Injury prevention

The percentage of Métis youth who always wore a seatbelt when riding in a car, truck, or van was comparable to 2013 and above the rate ten years ago (71% vs. 66% in 2008). There were no gender differences.

Similar to non-Métis youth, there was an increase in Métis youth who always wore a helmet when cycling.

Helmet use rates for other activities which might put youth at risk of a head injury (such as snowboarding, riding an ATV, or skateboarding) were also similar to non-Métis youth, with youth most likely to wear a helmet while skiing, and least likely to wear one when skateboarding or longboarding.



Note: The difference between 'sometimes' and 'never' was not statistically significant for skiing, snowboarding, and mountain biking.

The difference between 'always' and 'never' was not statistically significant for BMXing.

The difference between 'always' and 'sometimes' was not statistically significant for skateboarding or longboarding.

Mental health

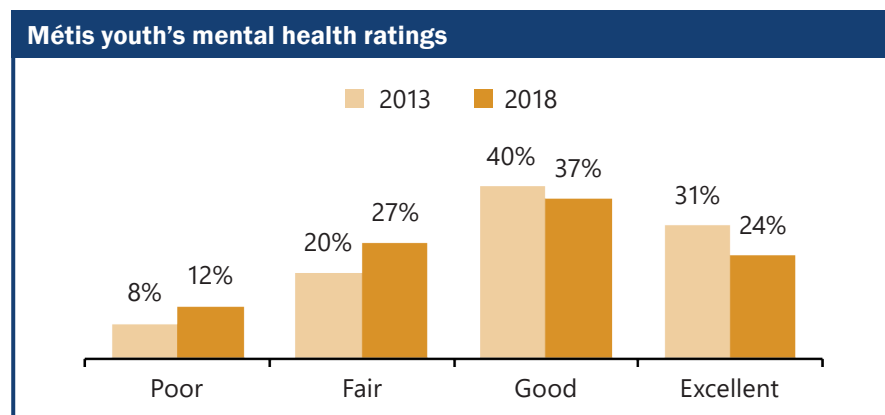
Most Métis youth rated their mental health as good or excellent, with no regional or urban-rural differences. However, as in 2008 and 2013, Métis youth were less likely than non-Métis youth to rate their mental health positively (61% vs. 73%).

Males remained more likely than females to rate their mental health as good or excellent (76% vs. 49%). While ratings remained consistent with five years earlier for males, the percentage of females who rated their mental health as good or excellent decreased from 65% in 2013 to 49%. Non-binary students were the least likely to rate their mental health as good or excellent.

Over half (56%) of Métis youth felt happy most or all of the time in the past month, with males the most likely to feel this way (69% vs. 47% of females vs. 19%* of non-binary students). Métis youth were less likely to feel happy this often than non-Métis youth (65%).

"I wish mental health was talked about more."

Grade 11 student



Note: The difference between 2013 and 2018 for 'good' was not statistically significant.
Note: Percentages for 2013 do not equal 100% due to rounding.

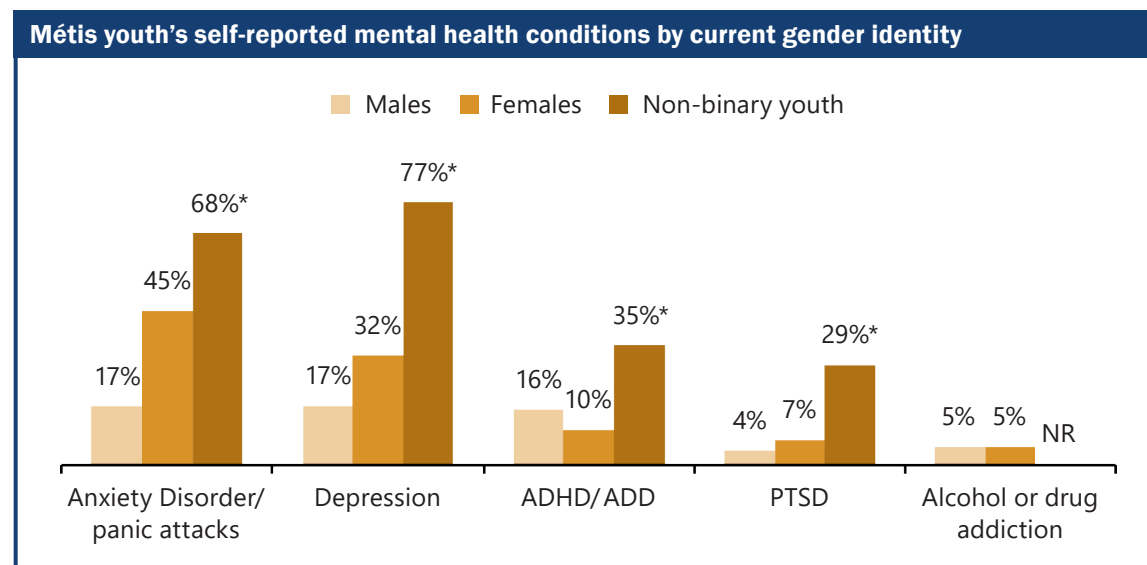


Mental health conditions

When asked about specific conditions, Métis youth were more likely than their non-Métis peers to experience an Anxiety Disorder or panic attacks (33% vs. 18%), Depression (27% vs. 15%), Attention Deficit Hyperactivity Disorder (ADHD; 14% vs. 7%), Post-Traumatic Stress Disorder (PTSD; 7% vs. 3%), and a substance use addiction (5% vs. 3%). One percent of Métis students reported having Asperger's or Autism Spectrum Disorder, and 1% had Fetal Alcohol Spectrum Disorder (FASD).

“We learn about physical health and every other subject but mental health and mental illness.”

Grade 9 student



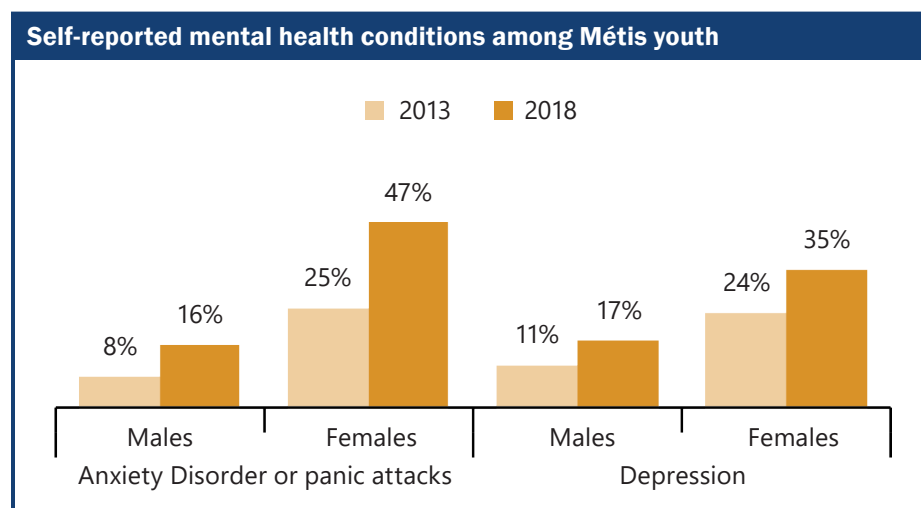
Note: Youth could choose more than one response.

Note: There were no statistically significant differences between genders for having an alcohol or drug addiction. The percentage for non-binary youth was not releasable (NR) due to risk of deductive disclosure.

Compared to five years earlier, there were increases in the percentages of Métis youth who reported Anxiety Disorder or panic attacks (from 18% to 33%) and Depression (from 18% to 27%), with a similar pattern for both males and females. There was also an increase in females who reported PTSD (from 3% in 2013 to 9%), while the percentage among males remained consistent.

Non-binary students were the most likely to report Depression, Anxiety Disorder or panic attacks, PTSD, and ADHD.

Older youth were generally more likely than younger youth to report having Anxiety Disorder/panic attacks and Depression. For example, 41%* of 18-year-olds had experienced Depression compared to 21% of 13-year-olds.



Stress and despair

The percentages of Métis youth who felt so much stress or despair in the past month that it interfered with their functioning were similar to previous years. Métis youth were more likely than non-Métis youth to have experienced this level of extreme stress (18% vs. 12%) and despair (11% vs. 8%). The difference was particularly pronounced for females, as 23% experienced extreme stress (vs. 17% of non-Métis females) and 15% experienced extreme despair (vs. 10%). The gap between Métis and non-Métis youth in feeling extreme levels of stress and despair has not changed over the past decade.

Métis youth in rural areas were less likely than those in urban areas to experience extreme stress (12% vs. 19%) and extreme despair (8% vs. 12%) in the past month.

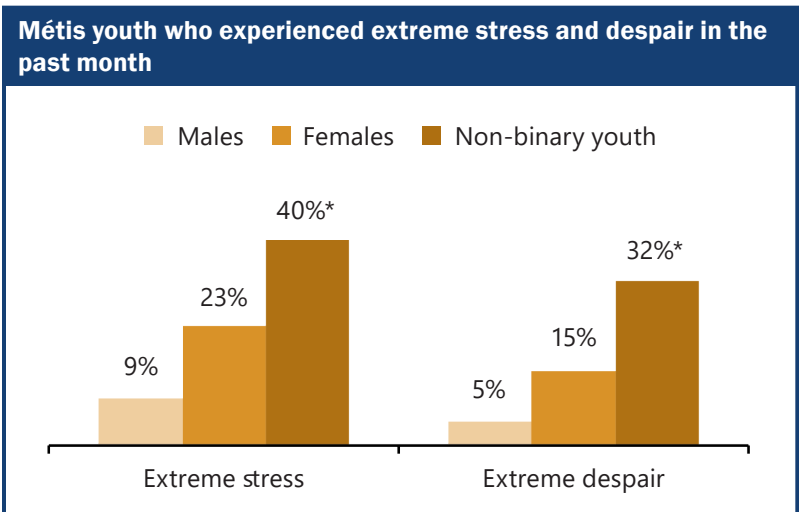
“How should young people better deal with stress?”

Grade 12 student

“I need to learn how to manage stress.”

Grade 8 student

When asked how well they managed their stress, 8% of Métis youth reported they had not experienced any stress. Among those who did experience stress, 33% felt they managed it well and 16% managed it very well, while 31% felt they managed it fairly well and the remainder felt they managed their stress poorly. Males were the most likely to manage their stress well or very well (59% vs. 43% of females vs. 26%* of non-binary youth).



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

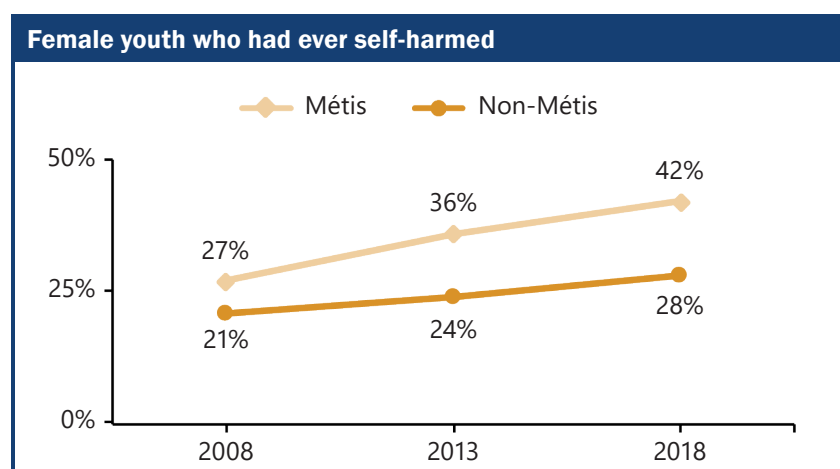
Self-harm

Overall, 31% of Métis youth had ever cut or injured themselves on purpose without intending to kill themselves (vs. 20% of non-Métis youth).

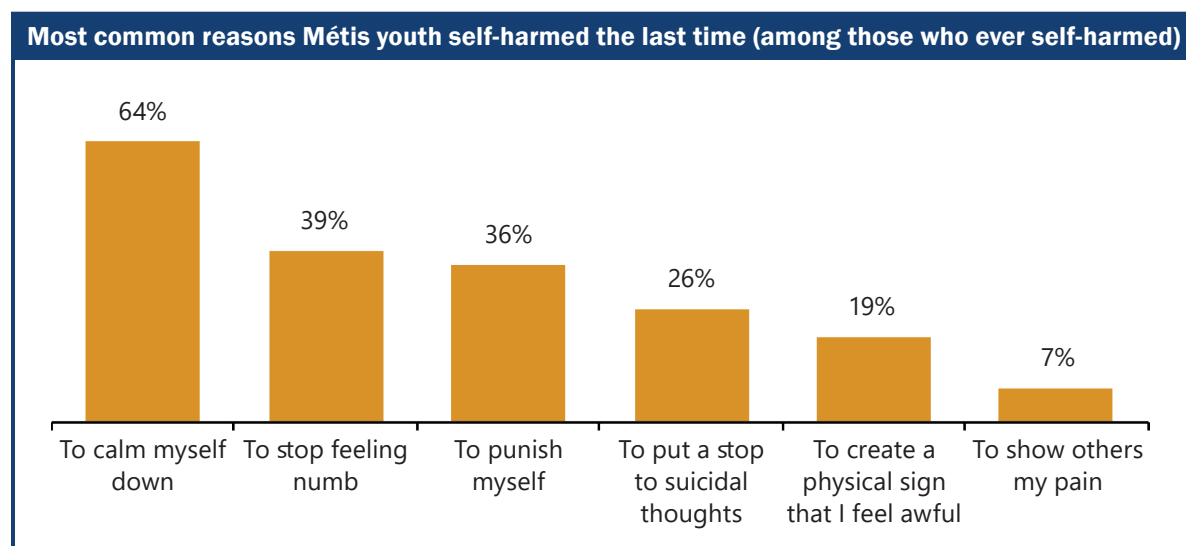
There were few regional differences in rates of self-harm but there were gender differences. The percentage of Métis females who had ever self-harmed increased over the past decade, and the gap between Métis and non-Métis

females widened compared to 2008. The rate for males (17% in 2018) was similar to the rate a decade ago.

Métis youth were also more likely than their non-Métis peers to have self-harmed recently (27% did so in the past year vs. 17% of non-Métis youth). Non-binary youth were the most likely to have self-harmed in the past year (66%* vs. 35% of females vs. 14% of males).



Note: The gap between Métis and non-Métis females in 2018 was wider than in 2008 but comparable to 2013.



Note: Youth could choose more than one response.

Suicidal thoughts and suicide attempts

In the past year, 24% of Métis youth had seriously considered suicide and 8% had attempted suicide. The percentage who considered suicide was similar to 2013 and higher than in 2008 (16%), whereas the percentage who attempted suicide returned to the 2008 rate after rising in 2013 (14%).

As in previous years, females were more likely than males to have seriously thought about killing themselves (31% vs. 16%) and to have made a suicide attempt (11% vs. 5%). Almost half (49%*) of non-binary youth had seriously considered suicide.

In the past year, Métis youth were more likely than their non-Métis peers to have considered suicide (24% vs. 17%) and attempted suicide (8% vs. 5%). Although the gap between Métis and non-Métis youth was comparable over the past decade for having attempted suicide, the gap for having considered suicide narrowed between 2013 and 2018.

Access to mental health services

In the past year, 27% of Métis youth had missed out on accessing mental health services which they felt they needed, compared to 18% of non-Métis youth. This gap was similar to that seen over the past decade. Non-binary students were the most likely to have missed out on these services (54%* vs. 35% of females and 15% of males).

Youth with Depression were more likely to experience extreme despair in the past month if they had not accessed needed mental health services in the past year (38% vs. 17% of those who did not miss out on these needed services). Similarly, those with an Anxiety Disorder/panic attacks were more likely to feel extreme stress if they had missed out on these needed services (53% vs. 24% of those who did not miss out on these needed services).

Most common reasons Métis 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	64%
Didn't want parents to know	63%
Afraid of what doctor would say or do	51%
Didn't know where to go	43%
Afraid someone I know might see me	43%
Too busy to go	39%
Didn't think I could afford it	22%
Had negative experience(s) before	19%
No transportation	13%
Parent/guardian would not take me	11%
Couldn't go when it was open	5%
Put on a waiting list	5%

Note: Youth could choose more than one response.

Supporting Métis youth with mental health challenges

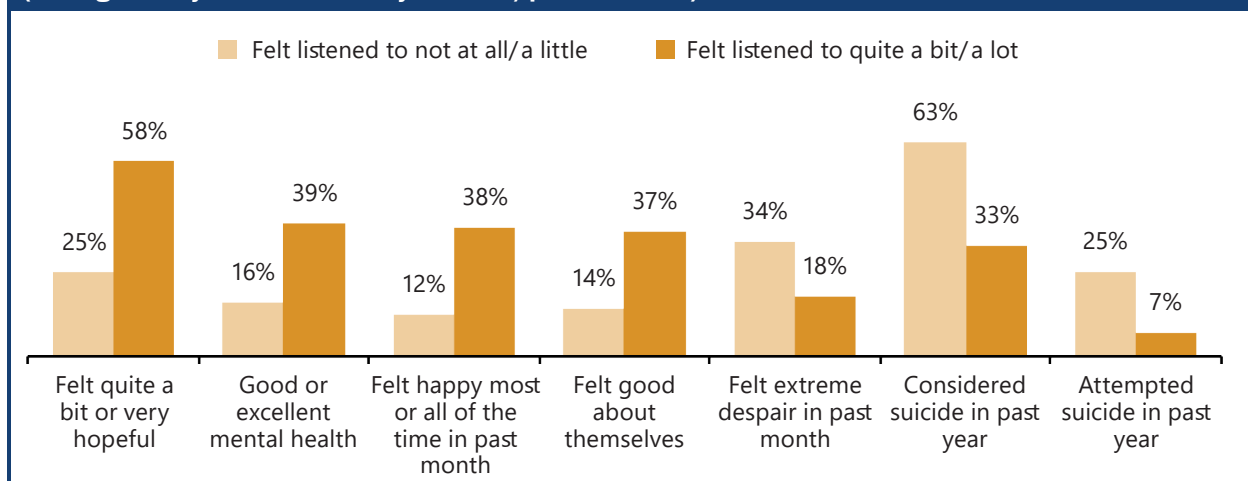
Métis youth were less likely to miss out on needed mental health care if they had a supportive adult in their life. For example, 26% of those who had an adult who helped them to get to appointments did not access needed mental health services, compared to 43%* of those who did not have this type of support.

Youth with a mental health condition were at increased risk of a suicide attempt. However, when these youth had supportive adults and peers in their lives, and were engaged in their community, the risk was reduced. For example, Métis youth with Anxiety Disorder/panic attacks were less likely to experience extreme stress in the past month if they felt like a part of their community (28% vs. 51%); felt like a part of their school (22% vs. 62%*); and felt their family paid attention to them (28% vs. 60%*), respected them (31% vs. 55%*), and understood them (23% vs. 50%).

Also, youth with Anxiety Disorder/panic attacks who asked a teacher for help in the past year and found them helpful were less likely to report extreme stress (30% vs. 67%* of those who did not find them helpful) or extreme despair (16% vs. 37%*) in the past month, and were nearly twice as likely to indicate being happy most or all of the time that month.

Youth with Anxiety Disorder or panic attacks who felt listened to in their activities reported better mental health than those who did not feel engaged in this way.

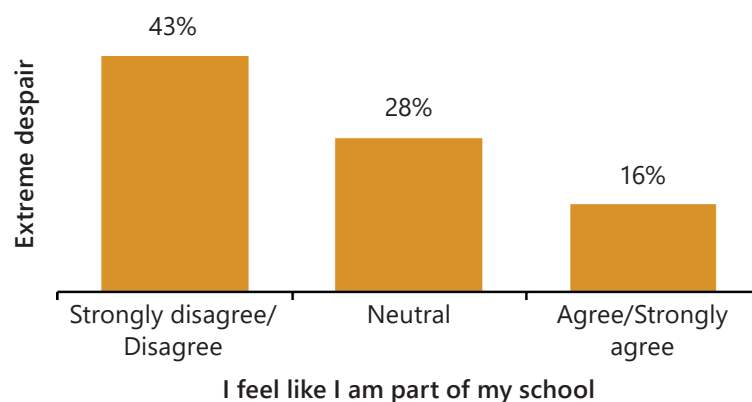
**Felt ideas were listened to in activities and mental health
(among Métis youth with Anxiety Disorder/panic attacks)**



Supporting Métis youth with mental health challenges, continued

Reflecting the pattern for youth with other mental health challenges, Métis youth with Depression were less likely to experience extreme despair in the past month if they felt like a part of their community (18%* vs. 35% of those who did not feel like part of their community); felt like a part of their school; and felt their family paid attention to them (19% vs. 42%*) and respected them (20% vs. 40%*).

**Felt like a part of their school and extreme despair in the past month
(among Métis youth with Depression)**



Sexual health

Oral sex and sexual intercourse

Similar to rates over the past decade, 34% of Métis youth had ever engaged in oral sex and a similar percentage (33%) had ever had sexual intercourse (with no gender differences).

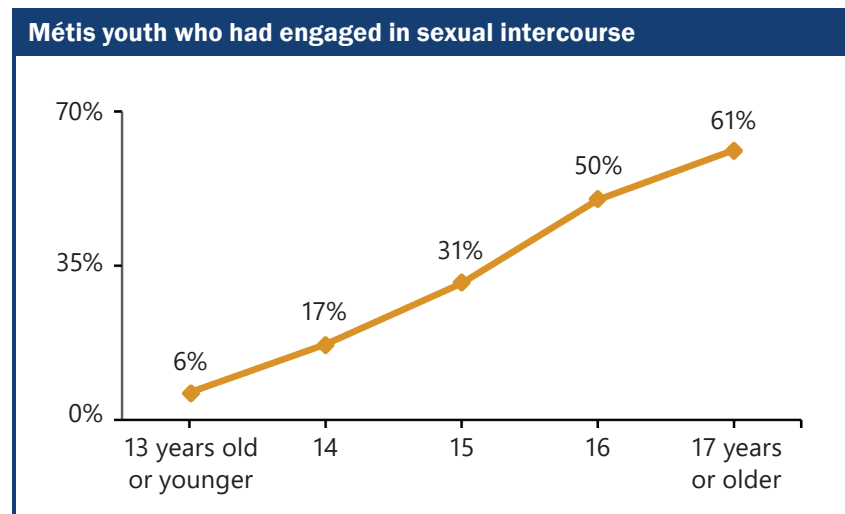
Métis youth were more likely than non-Métis youth to have ever had oral sex (34% vs. 21%) or intercourse (33% vs. 19%), but were equally likely to have used protection the last time they were sexually active.

“Our sex-ed has to be better. Nobody knows what they're doing.”

Grade 11 student

“We should have more sex-ed in later grades, when it is actually applicable and can go into more depth.”

Grade 9 student



Students were more likely to use protection when having intercourse than when having oral sex. For example, among students who ever had oral sex, 19% used a condom or other barrier/protection the last time, whereas 61% of those who had intercourse used such protection the last time.

Over half of youth (51%) who ever had intercourse had one sexual partner in the past year, 17% had two partners, 23% had three or more partners, and 9% did not have intercourse in the past year.

When asked specifically about measures they took to prevent pregnancy, there was a decrease in the percentage of Métis youth who used a condom (from 65% in 2013 to 55%, among those who ever had intercourse), and an increase in those using withdrawal as their only contraceptive method (from 5% to 9%) or as one of the methods they used (from 31% to 46%). There was also an increase in the percentage of youth using an IUD.

Comparable to rates over the past decade, 2% of Métis youth had been involved in a pregnancy.

Methods Métis youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	55%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	50%
Withdrawal	46%
Emergency contraception	6%
IUD	5%
Not sure	4%

Note: Youth could choose more than one response.
Note: Percentages for Depo Provera and no method were not releasable due to the risk of deductive disclosure.

Sexually transmitted infections (STIs) and the HPV vaccine

One percent of Métis 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. Nearly a third (31%) of Métis youth reported they had been vaccinated (19% of youth who were assigned male on their birth certificate vs. 40% of females), whereas 54% (62% of males vs. 47% of females) did not know whether they had been vaccinated.

Refusal skills

Most youth felt they were able to say ‘no’ if they were asked to engage in unwanted sexual activity. There were no age differences in being able to say no to having sex. However, youth aged 17 and older were generally more likely than younger youth to be able to say no to sexting (e.g., 96% vs. 87% of those aged 13 or 14).

Used phone to sext or watch pornography

Similar to their non-Métis peers, 6% of Métis students with a phone used it on their most recent school day to engage in sexting (a decrease from 15% in 2013), and 12% used their device to watch pornography (asked for the first time on the 2018 survey).

Males and older youth were the most likely to watch pornography. For example, 21% of males had used their phone to watch pornography on the day before completing the survey, compared to 4% of females.

Métis youth who felt they could say no if asked to...			
	Could say no	Couldn't say no	Not sure
Have sex with a new partner when didn't want to	92%	2%	6%
Have sex with a long-term partner when didn't want to	87%	4%	9%
Send nudes/sext	91%	3%	7%

Note: Percentages for ‘send nudes/sext’ do not equal 100% due to rounding.

Substance Use

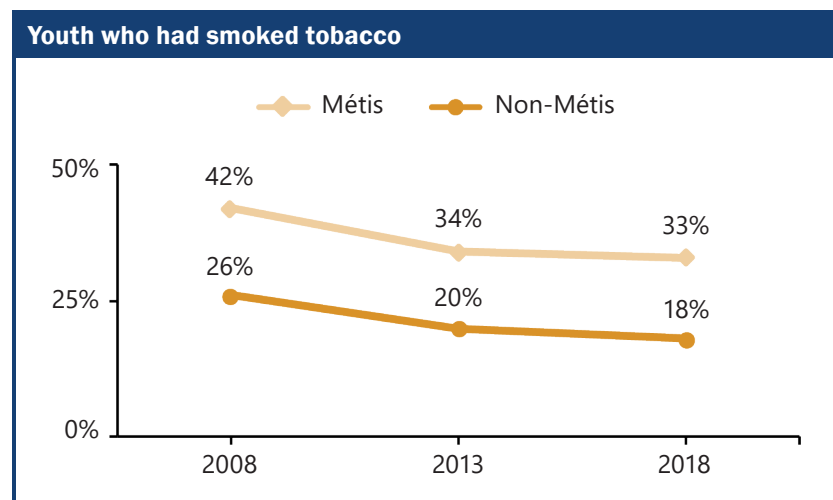
Tobacco use and vaping

A third (33%) of Métis youth had smoked tobacco (e.g., cigarettes, cigars, or cigarillos), which was a decline from a decade earlier, but remained higher than among non-Métis youth (18%).

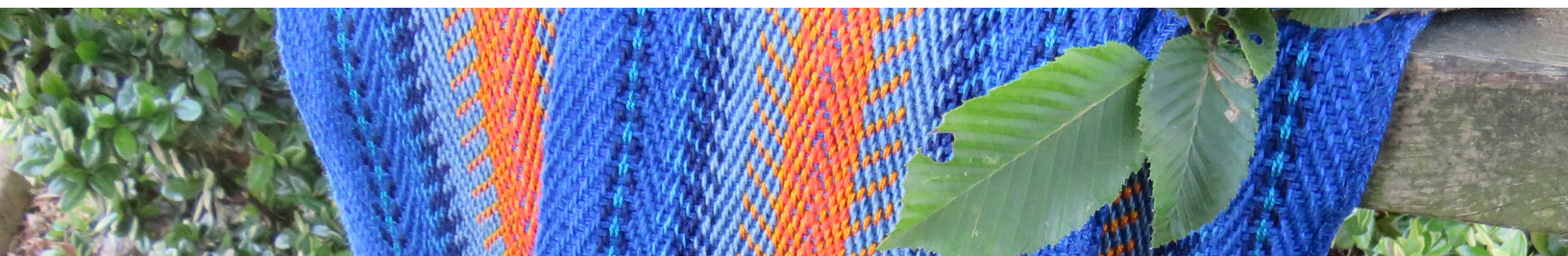
Similar to five years earlier and to the picture among non-Métis youth, the most common ages for Métis youth to first try smoking were 14 to 16.

Also similar to five years ago, among those who had smoked, 46% smoked in the past month and 7% smoked daily (which was lower than the 15% who smoked daily a decade ago).

There were some gender differences in the smoking products youth used in the past month. Males were more likely than females to use chewing tobacco, cigars, and a product to help them quit smoking. However, for all genders the most common products used in the past month were a vape pen or stick with or without nicotine.



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

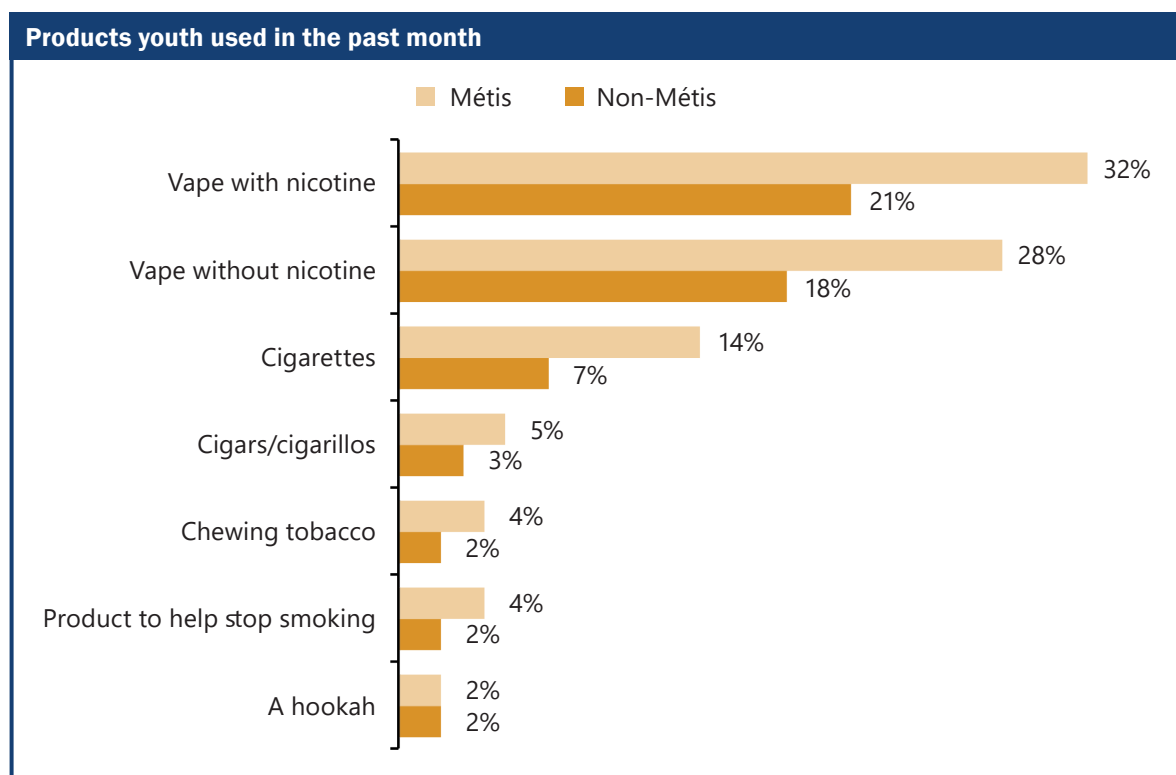


In the past month, 32% of Métis youth reported they had vaped with nicotine and 28% had vaped without nicotine. Métis youth were more likely than non-Métis youth to have used any kind of vape product (40% vs. 27%).

Older youth were generally more likely to vape with nicotine than without nicotine, and younger youth were more likely to vape without nicotine. For example, 42% of 17- and 18-year-olds vaped with nicotine, and 24% vaped without nicotine. In contrast, 9% of those aged 13 or younger vaped with nicotine and 16% vaped without nicotine.

Among youth who had smoked tobacco, 65% vaped with nicotine and 47% vaped without nicotine. Youth who had never smoked tobacco were also vaping, as 15% vaped with nicotine and 18% vaped without nicotine.

Non-binary youth were about half as likely as males or females to have vaped with nicotine. There were no gender differences for vaping without nicotine.



Note: The differences for a product to help stop smoking were not statistically significant.

Alcohol

Overall, 62% of Métis youth had tried alcohol, with no urban-rural differences. For males this was a decrease from a decade ago (from 70% in 2008 to 58%) and comparable to five years ago. Around two thirds (66%) of Métis females had tried alcohol, which was similar to five and ten years ago.

Reflecting the pattern over the past decade, Métis youth were more likely than their non-Métis peers to have tried alcohol (62% vs. 44%). However, as with non-Métis youth, they were more likely to wait until they were 15 or older to first drink (32% first drank at 15 or older vs. 26% in 2013; among those who had tried alcohol).

Among Métis youth who had tried alcohol, 67% had at least one drink in the past month, including 6% who drank on ten or more days that month.

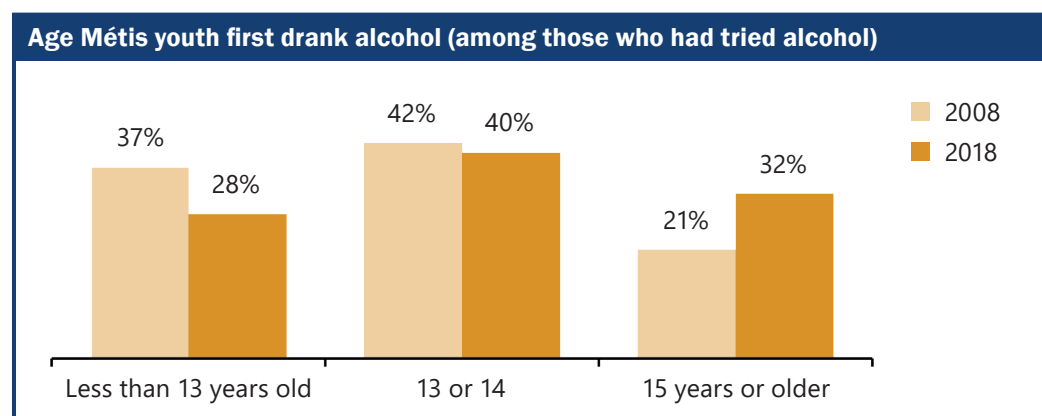
Similar to non-Métis students, 37% of those who had tried alcohol drank on the Saturday prior to completing the survey. Females were more likely than males to have consumed alcohol that day (42% vs. 32%).

Among those who had tried alcohol, students most commonly drank liquor (29% vs. 36% in 2013), coolers (28%), and beer (16% vs. 28% in 2013), and fewer consumed wine (5% vs. 9% in 2013) on the Saturday before completing the BC AHS.

There were some gender differences in types of alcohol youth drank. For example, males were more likely than females and non-binary students to drink beer, and females were the most likely to drink liquor and coolers.

Among youth who drank last Saturday, around half (52%) mixed at least two different types of alcohol (e.g., drank liquor and coolers), including 19% who mixed three or four types. Compared to five years earlier, females were less likely to mix three or four types of alcohol (17% vs. 33%), whereas males' rates were similar (23%).

Canadian Low Risk Drinking Guidelines for adults suggest not exceeding two drinks on any one occasion. However, among students who had tried alcohol, 31% had more than two drinks at least once in the week before taking the survey, including 6% who did so on three or more days that week.



Note: The difference between 2008 and 2018 for first drinking alcohol at 13 or 14 years old was not statistically significant.

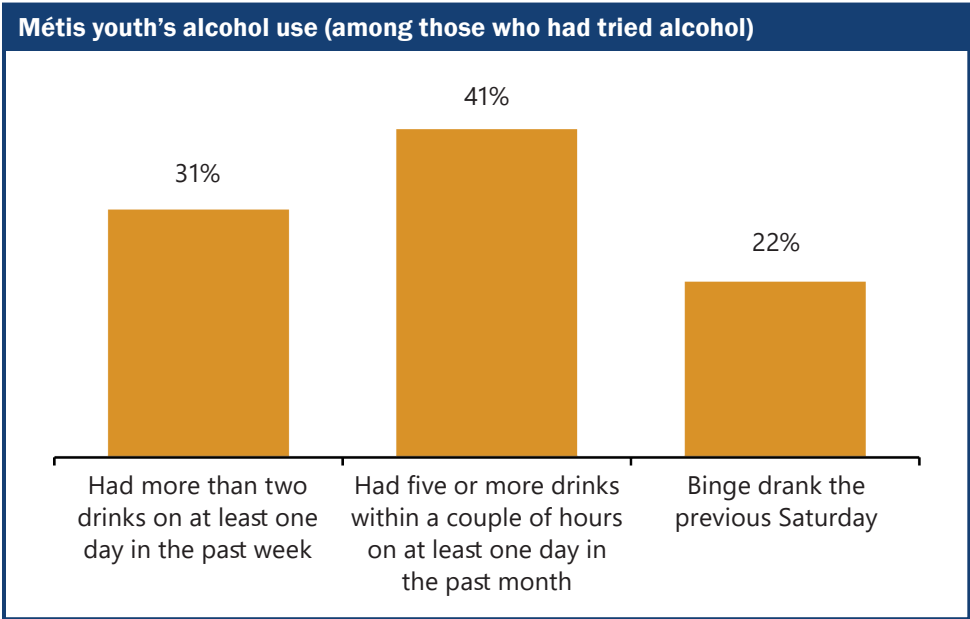
Similar to five years earlier, 41% of Métis youth consumed five or more alcoholic drinks within a couple of hours at least once in the past month, including 6% who drank this heavily on six or more days.

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 alcohol on the Saturday before taking the survey, 59% engaged in binge drinking, which was similar to non-Métis youth, and a decrease from 79% in 2013. This decrease in binge drinking was seen for both males (53% vs. 81% in 2013) and females (62% vs. 77%).

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

Where Métis youth got alcohol from the last time (among those who had tried alcohol)	
Adult gave it to me	44%
Gave someone money to buy it for me	31%
At a party	28%
A youth gave it to me	13%
Took it without permission	12%
Bought it	5%
Exchanged something for it	1%
Made it	NR

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



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

Marijuana

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. Forty-two percent of Métis youth had ever used marijuana (vs. 25% of non-Métis youth), with no gender differences. This was similar to the percentage five years ago and a decrease from ten years earlier (48% in 2008).

The most common age for Métis youth to first try marijuana was 14 years old. However, as with alcohol, they were more likely than a decade earlier to wait until they were 15 or older, and were less likely to first try it at age 12 or younger.

“I would like to learn about the effects of chronic marijuana use.”

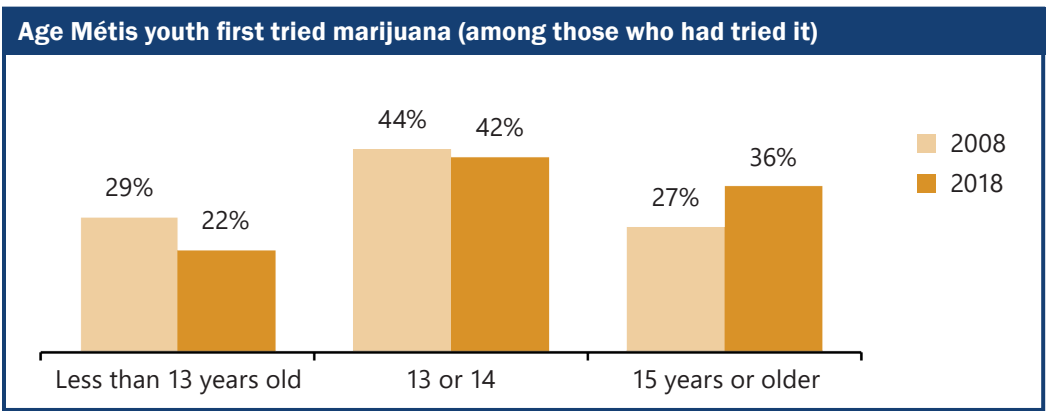
Grade 9 student

Among youth who had tried marijuana, 60% used it in the past month, including 27% who used it on six or more days and 14% who used it on 20 or more days. These findings were similar to those five and ten years earlier.

Around a third (34%) of those who had tried marijuana used it on the Saturday before taking the survey. Among all Métis youth, 8% had used both alcohol and marijuana that day, which was similar to 2013, after a decrease from 14% in 2008.

For the first time, the BC AHS asked students how they had consumed marijuana the last time they used it. Most Métis youth (89%) who had used marijuana smoked it, 18% ate it in a cooked recipe, and 7% took it another way such as through a bong.

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



Note: The difference between 2008 and 2018 for first trying marijuana at 13 or 14 years old was not statistically significant.

Use of substances other than alcohol and marijuana

Students were asked about their lifetime use of a range of substances. Around a quarter (24%) of Métis youth had tried at least one substance other than alcohol or marijuana (compared to 16% of non-Métis youth). As was the case for non-Métis youth, Métis youth most commonly reported the misuse of prescription medications.

Rates of substance use were comparable to 2013 and lower than 2008 for most substances. The only exceptions over the past five years were prescription pills without a doctor's consent (13% vs. 18%), and ecstasy (5% vs. 9%) which both decreased.

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

Métis youth who had used substances other than alcohol or marijuana		
	2008	2018
Prescription pills without a doctor's consent	23%	13%
Mushrooms	15%	11%
More of my own prescription than prescribed	NA	9%
Hallucinogens (excluding ecstasy/MDMA and ketamine)	11%	6%
Ecstasy/MDMA	15%	5%
Cocaine	7%	5%
Inhalants	8%	3%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	5%	2%
Ketamine, GHB	NA	2%
Crystal meth	3%	1%
Heroin	2%	NR

NA: Not asked on 2008 survey.

NR: Not releasable due to risk of deductive disclosure.

Note: The difference for cocaine was not statistically significant.



Consequences of use

Over half (56%) of Métis youth who used alcohol or other substances in the past year reported negative consequences from their use, which was unchanged from 2013 and a decline from 63% in 2008. The most common consequence students reported was being told they did something they could not remember.

Among Métis youth who had ever had intercourse, 22% used alcohol or other substances before having sex the last time, which was similar to 2013 and a decrease from 36% in 2008.

In the past year, 8% of students felt or were told they needed help for their substance use. Five percent needed help for their alcohol use, 5% for their marijuana use, and 3% for their use of other substances.

Consequences of substance use experienced by Métis youth in the past year (among those who used alcohol or other substances during that time)	
Was told I did something I couldn't remember	41%
Passed out	29%
Got injured	18%
Argued with family members	17%
School work or grades changed	13%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	11%
Damaged property	9%
Had sex when I didn't want to	8%
Got into a physical fight	8%
Got into trouble with the police	6%
Had to get medical treatment	2%
Overdosed	2%
Used alcohol or other substances but none of these happened	44%

Note: Youth could choose more than one response.

Driving after substance use

Among Métis youth who had tried alcohol, 7% had driven a car or other vehicle after they had been drinking, which was comparable to the rate five years ago and below that of a decade ago (12%). Also, 2% had driven after drinking in the past month, which was also similar to 2013 and lower than 2008 (8%).

Similar to five years earlier, 14% of those who had tried marijuana drove after using it, and 8% did so in the past month.

Among all Métis youth, 5% had ever driven after drinking alcohol, 6% after using marijuana, and 2% after using substances other than alcohol or marijuana (including 1% who did so in the past month).

Métis youth drove after using alcohol, marijuana, and other substances at similar rates to

non-Métis youth, but were generally more likely than non-Métis youth to have been a passenger in a vehicle with a driver who had used substances.

Among Métis youth, 28% had ever ridden with a driver who had been using alcohol (including 9% in the past month), and 24% had been in a vehicle with a driver who had used marijuana (including 11% in the past month).

Reasons for using

As in 2013, the most common reason Métis youth gave for using substances the last time was to have fun. However, there was an increase in youth who used because they felt sad or down (25% vs. 20% in 2013).

Reasons Métis youth used substances the last time (among those who had used alcohol or other substances)	
I wanted to have fun	70%
I wanted to try it/experiment	33%
Because of stress	30%
My friends were doing it	30%
I felt down or sad	25%
I felt like there was nothing else to do	11%
To manage physical pain	7%
I thought it would help me focus	5%
Because of an addiction	4%
I was pressured into doing it	3%
I didn't mean to do it	2%
To change the effects of some other drug	2%
Other	10%

Note: Youth could choose more than one response.

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

Extracurricular activities

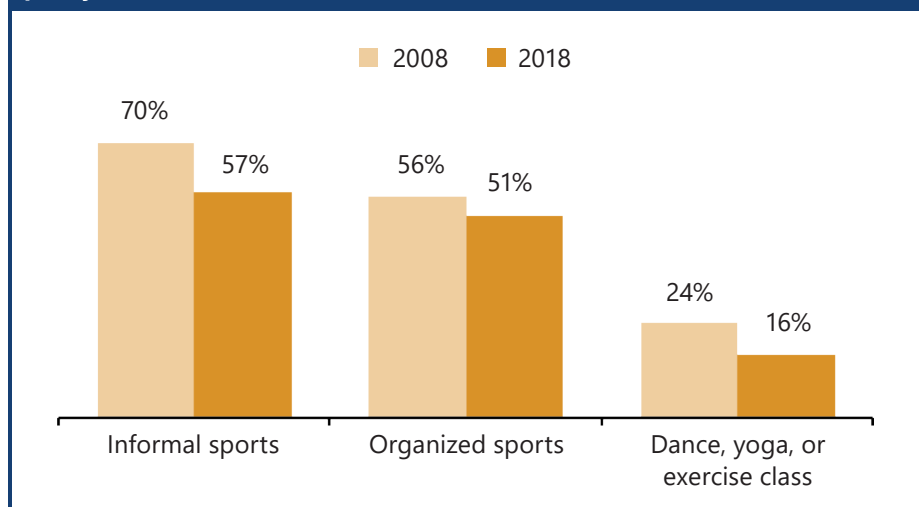
In the past year, 91% of Métis youth participated in at least one extracurricular activity (such as sports or music classes), including 82% who did so on a weekly basis. Among youth who engaged in weekly extracurricular activities, 69% took part in two or more different activities, including 13% who participated in four or more activities.

The most common weekly extracurricular activities Métis youth engaged in were informal sports, such as hiking, cycling, and skateboarding (57%), followed by organized sports, such as a soccer team or swimming lessons (51%).

Provincially, there was a decrease between 2013 and 2018 in weekly participation in informal sports; organized sports; and dance, yoga, or exercise classes. However, participation rates among Métis youth remained similar to 2013 (but lower than 2008) for both informal sports and dance, yoga, or exercise classes.

Among Métis youth, those who currently lived on reserve were less likely to play weekly organized sports (36%* vs. 52% of those who did not currently live on reserve).

Métis youth who participated in physical activity at least weekly in the past year



Note: The difference for organized sports was not statistically significant.



Métis youth's participation in extracurricular activities in the past year				
	Never	Less than once a week	1 to 3 times a week	4 or more times a week
Informal sports	23%	21%	37%	20%
Organized sports	43%	6%	27%	25%
Volunteered without pay	61%	24%	12%	3%
Art/drama/singing/music (group or lessons)	70%	10%	13%	8%
Dance/yoga/exercise classes	74%	10%	10%	6%
Extreme sports	75%	10%	9%	6%
Cultural/traditional activities	80%	15%	4%	1%
Clubs/groups	85%	7%	8%	1%

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

Youth participated weekly in other extracurricular activities at similar rates to 2013, including art, drama, music, or singing (21%); extreme sports (15%); volunteer activities (15%); and clubs and groups (9%).

Males were more likely than females to have participated weekly in informal sports (63% vs. 52%), organized sports (56% vs. 47%), and extreme sports (23% vs. 8%). Females were more likely to have taken part in art, drama, music, or singing (25% vs. 15% of males); dance, yoga, or exercise classes (23% vs. 7%); and volunteer activities (19% vs. 10%).

Métis youth were more likely than non-Métis youth to participate weekly in informal sports (57% vs. 52%) and extreme sports (15% vs. 9%), and were less likely to volunteer (15% vs. 18%).

Cultural activities

A fifth (20%) of Métis youth engaged in traditional or cultural activities in the past year, with 5% doing so on at least a weekly basis (similar to 2013). Females and non-binary youth were more likely than males to have taken part in cultural activities in the past year. Métis youth were less likely than their non-Métis peers to engage in weekly cultural or traditional activities (5% vs. 7%).

Youth in urban areas were more likely than those in rural areas to take part in weekly cultural activities.

Youth who took part in cultural activities were more likely to feel at least somewhat connected to their community (81% vs. 72% of those who had not taken part in cultural activities in the past year). Also, those who took part in weekly cultural activities were more likely to have volunteered regularly in the past year (40%* vs. 14% who did not take part in weekly cultural activities).

Benefits associated with engaging in extracurricular activities

Métis youth who participated in extracurricular activities at least once a week were more likely to have an adult in their neighbourhood or community who really cared about them (71% vs. 59%), and to feel connected to their community (41% vs. 20%).

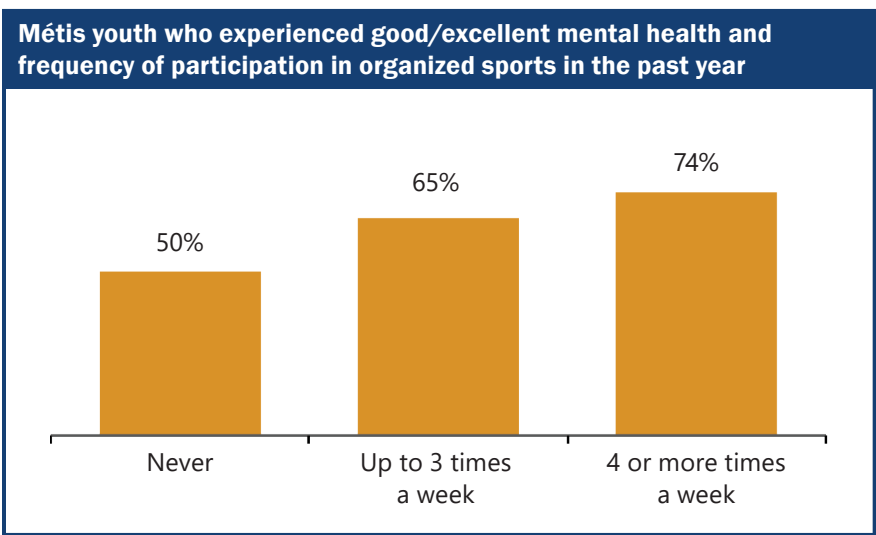
Participating regularly in sports and exercise was particularly associated with positive health. For example, youth were more likely to report good or excellent mental health if they participated in extreme sports on a weekly basis (74% vs. 59% of those who did not participate this regularly), organized sports (70% vs. 52%), and informal sports (65% vs. 55%). Youth who played sports regularly were also more likely than their peers to have slept for eight or more hours on the night before taking the survey.

Barriers to participating in extracurricular activities

The BC AHS asked youth about any barriers they may have experienced to taking part in extracurricular activities in the past year. Similar to five years earlier, the most common barrier was being too busy (46%).

Also similar to 2013, 18% did not participate in extracurricular activities because they could not get there or get home, 15% because the activity was not available in their community, and 11% because they were worried about being bullied. There was a decrease in the percentage who could not afford to participate (17% vs. 22% in 2013).

Compared to non-Métis youth, Métis youth were more likely to miss out on extracurricular activities because they were too anxious or depressed (21% vs. 14%), they could not get there or get home (18% vs. 14%), they could not afford it (17% vs. 12%), and they were afraid of being bullied (11% vs. 7%).



Gambling

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

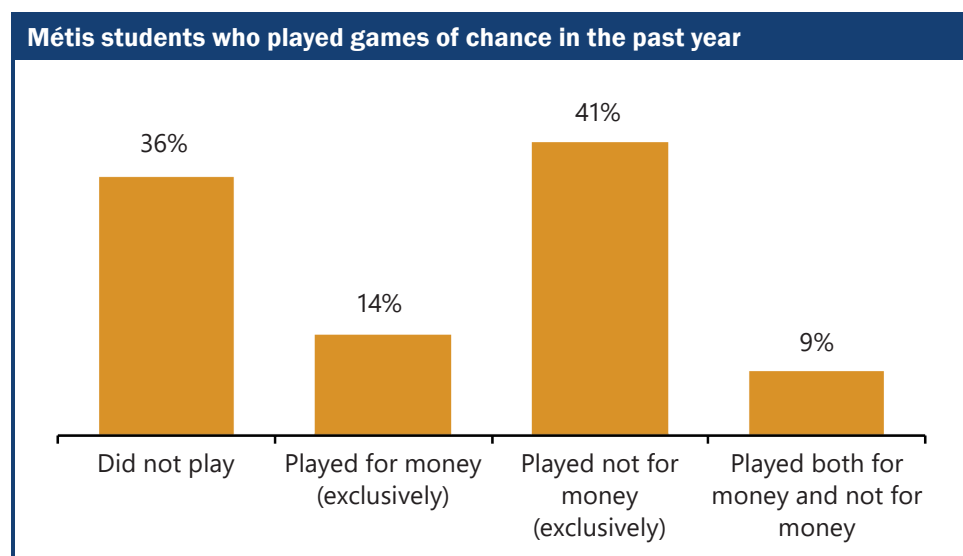
The BC AHS asked students if they had played a number of games of chance in the past year (e.g., online gaming, cards/dice, sports betting, lottery tickets/scratch cards), and, if so, whether they had played these games for money. Similar to non-Métis youth, 65% of Métis students (77% of males vs. 55% of females) had played at least one of these games, including 23% who had played for money.

Among Métis students who gambled for money in the past year, the most common way they gambled was by buying lottery tickets/scratch cards (47%). They also played cards/dice in person (43%) and online (11%), engaged in online gaming (31%), and participated in sports betting in person (28%) and online (8%).

Among youth who gambled for money in the past year, Métis youth were more likely than their non-Métis peers to buy lottery tickets/scratch cards (47% vs. 37%). Métis males were more likely than Métis females to play cards/dice in person (49% vs. 30%), participate in sports betting in person (36% vs. 17%), and game online (39% vs. 15%); and they were less likely to buy lottery tickets/ scratch cards (35% vs. 69% of females).

Similar to the pattern among non-Métis youth, 17% of Métis students who had gambled for money did so on at least a weekly basis over the past 12 months. The most popular weekly activity played for money was online gaming.

Among Métis students who had gambled for money in the past year and had access to a phone, 6% had used their device to gamble on the day before completing the survey.



Risks to healthy development

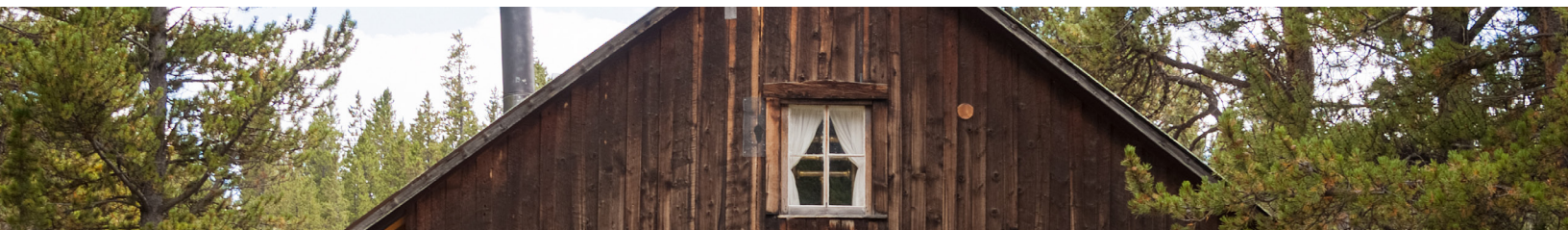
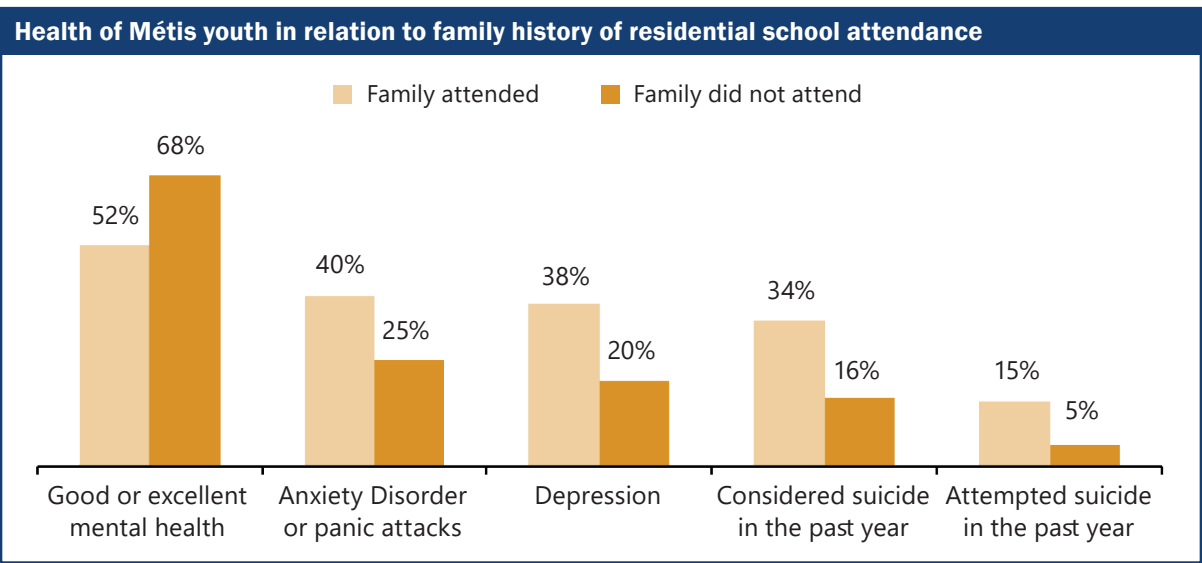
Family history of residential school

A quarter (24%) of Métis youth had a family member who had attended residential school, and another 46% did not know if a family member had attended. For 1% of youth it was their parent(s) who attended residential school. Also, 10% had grandparent(s) who attended and 16% had another relative who attended.

Having a family history of residential school involvement was associated with a range of negative experiences, including having a family member attempt or die by suicide (50% vs. 25%

of those who did not have a family member in residential school), involvement in government care (17% vs. 10%), and experiencing physical abuse (36% vs. 18%) and sexual abuse (33% vs. 13%).

Youth with a family history of residential school attendance were also more likely to have tried alcohol (71% vs. 63%), marijuana (52% vs. 42%), and other substances (34% vs. 22%). These youth were also less likely to feel connected to their community (29% vs. 45%).



Poverty and deprivation

In 2018, 15% of Métis youth went to bed hungry at least sometimes because there was not enough money for food at home, including 2% who often or always went to bed hungry.

Reflecting results over the past decade, Métis youth were more likely to go to bed hungry than their non-Métis peers (15% vs. 10%). However, the percentage who went to bed hungry often or always decreased from 4% in 2008 to 2% in 2018.

The 2018 BC AHS included a Youth Deprivation Index which was developed with input from over 800 Indigenous and non-Indigenous youth across BC. It contains 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 Index asked youth if they had the ten items, and whether they wished they had them if they did not.

Most Métis youth had all the items on the list. For example, 97% had a quiet place to sleep, while 2% did not have this but wished they had it, and 1% did not have it and did not want it or did not know if they wanted it. The most common item youth reported wanting but not having was money to spend on themselves.

When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, youth who did not have a quiet place to sleep were less likely to have slept for at least eight hours, than those who had a quiet place to sleep.

Among Métis youth, 30% reported they lacked but wished they had at least one of the items in the Index, including 6% who lacked two items, 4% who lacked three items, 2% who lacked four items, and 1% who lacked five or more items. Métis youth were more likely than non-Métis youth to lack at least one item (30% vs. 25%).

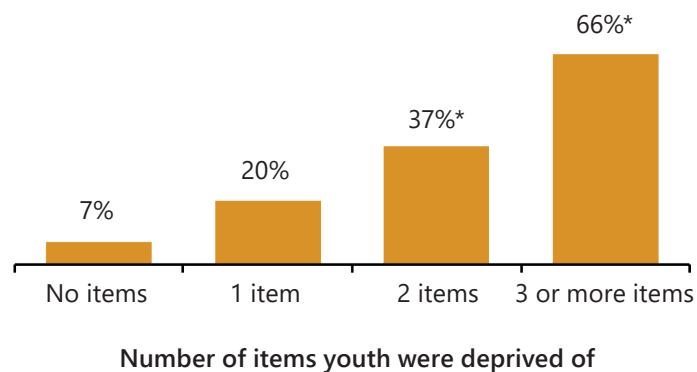
Métis youth who felt deprived of...	
Money to spend on themselves	14%
Smartphone	7%
Money for school supplies, trips, and extracurricular activities	7%
Lunch for school/money for lunch	7%
Space of their own to hang out in	5%
Equipment/clothes for extracurricular activities	5%
Access to transport	3%
Clothes to fit in	2%
Access to the Internet	2%
A quiet place to sleep	2%

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 their community. For example, 29% of those who were deprived of two or more items reported feeling like a part of their school, compared to 43% who were deprived of one item and 57% of those who were not deprived of any items on the list.

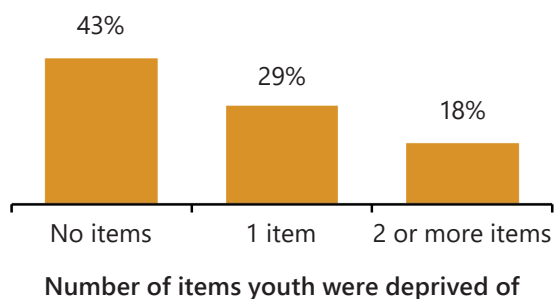
Also, the more items youth felt deprived of, the poorer their mental health and general health and well-being. For example, 81% of youth who had all the items on the Index reported that their general health was good or excellent, compared to 57% of those who were deprived of two or more items on the list.

Métis youth who went to bed hungry in the past year

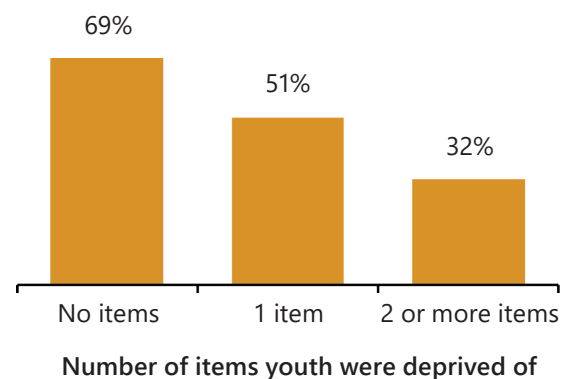


* Percentage should be interpreted with caution as the standard error was higher than expected but still within a releasable range.

Métis youth who felt connected to their community



Métis youth who reported good/excellent mental health



Loss and bereavement

Most Métis students (78%) had experienced bereavement. They most commonly lost someone close to them due to illness (52%) and old age (49%). Métis youth were more likely than non-Métis youth to have experienced bereavement, including as a result of an accident (21% vs. 13%), suicide (19% vs. 9%), violence (6% vs. 3%), fentanyl overdose (4% vs. 2%), and an overdose other than fentanyl (8% vs. 4%).

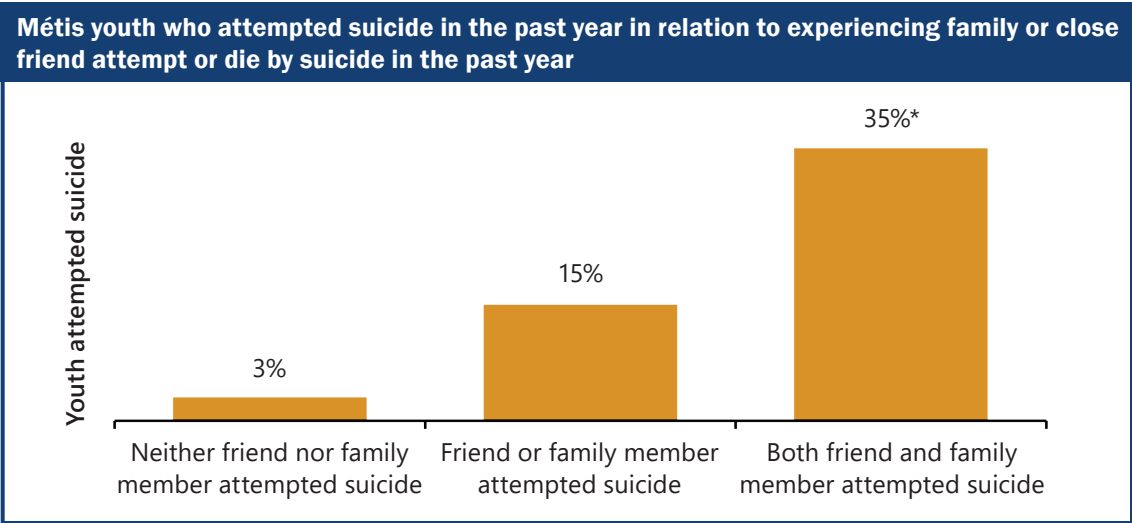
The BC AHS also asked if a family member or close friend had attempted or died by suicide, and if this experience happened within the past year. In total, 32% of Métis youth had a family member who had attempted or died by suicide (including 9% in the past year), and 46% had a close friend who had done so (29% in the past year).

Métis students were more likely than non-Métis students to have experienced a friend and/or family member attempt or die as a result of suicide (55% vs. 35%), and to have had this experience within the past year (32% vs. 19%).



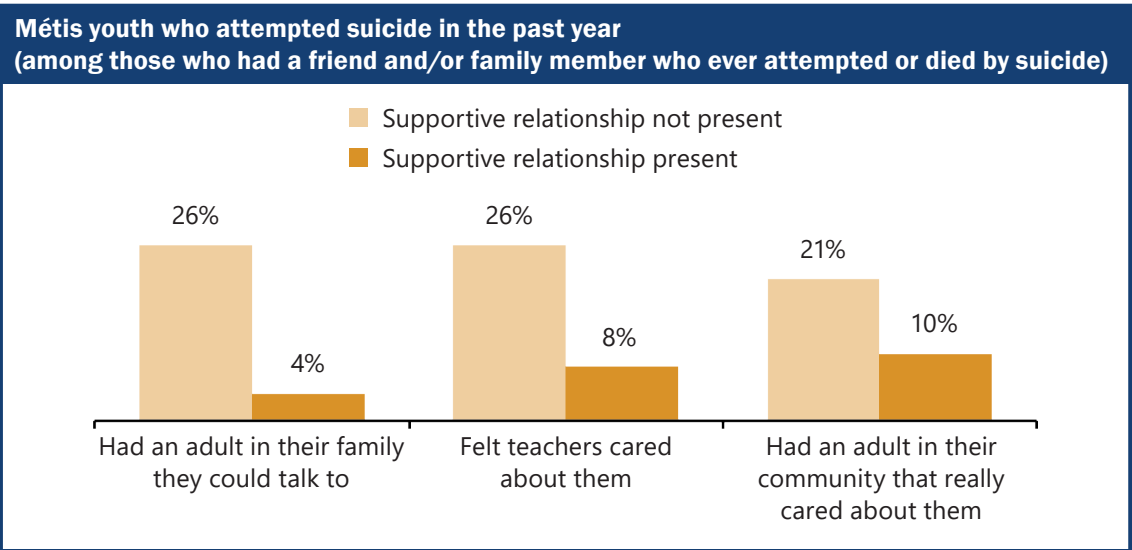
Supporting Métis youth who had family or friends attempt or die by suicide

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



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

However, if Métis youth who had one or both of these traumatic experiences felt connected and supported, they were less likely to make a suicide attempt themselves. For example, these youth were less likely to attempt suicide if they felt connected to their community (6% vs. 22% of those who did not feel connected) or felt like a part of their school (8% vs. 24%).



Violence and discrimination

Dating violence

In the past year, 58% of Métis youth had been in a romantic relationship. Among these students, 11% had been the victim of physical violence within their dating relationship, with no gender differences. Rates of dating violence, and the gap between Métis and non-Métis youth (11% vs. 7% in 2018), were unchanged over the past decade.

Sexual harassment

The BC AHS asked youth if they had been the victim of unwanted sexual comments, jokes, or gestures, and if they had experienced another person touch, grab, pinch, or brush against them in a sexual way.

In the past year, 49% of Métis students had experienced verbal sexual harassment and 33% had experienced physical sexual harassment. Males were the least likely to have experienced sexual harassment. For example, 62% of females had been verbally sexually harassed in the past year, compared to 34% of males. Females were also more than twice as likely to have been physically sexually harassed (46% vs. 17% of males).

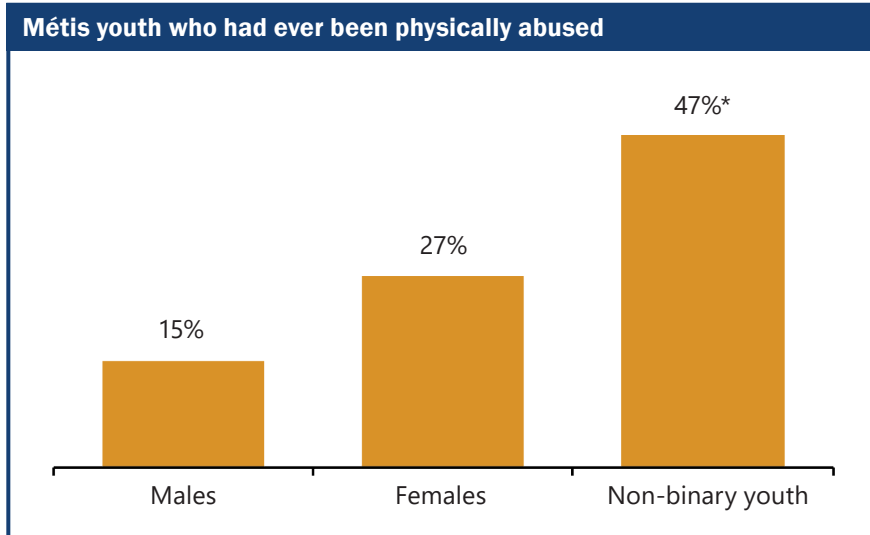
Over the past decade, rates of verbal sexual harassment were comparable for females, and decreased for males from 44% in 2008 to 33%. Rates of physical sexual harassment decreased for both males and females between 2008 and 2013. They remained at the 2013 rate for males but increased for females (from 35% in 2013 to 46%).



Physical and sexual abuse

Similar to 2008 and 2013, 23% of students had been physically abused or mistreated. There was an increase in Métis youth who had experienced sexual abuse (from 16% in 2013 to 20%). However, this increase was only seen for females (from 23% to 32%), while rates for males remained comparable (6%).

Métis youth were more likely than non-Métis youth to have been physically (23% vs. 14%) and/or sexually abused (20% vs. 11%). Reflecting the pattern for non-Métis youth, males were the least likely to have been physically and/or sexually abused.



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

Discrimination

In the past year, 46% of Métis youth had experienced discrimination. Métis youth most commonly reported being discriminated against because of their physical appearance. Compared to five years earlier, there was an increase in the percentage who were discriminated against on the basis of their gender or sex (13% vs. 10% in 2013), sexual orientation (10% vs. 7%), and income or family income (12% vs. 9%).

Métis youth were more likely than their non-Métis peers to report being discriminated against because of their appearance, weight, sexual orientation, gender, income or family income, and a disability. However, they were less likely to report discrimination due to their race, ethnicity, or skin colour.

Métis youth who spoke an Indigenous language were more likely to have experienced discrimination. For example, 19% of those who spoke an Indigenous language at least some of the time experienced racism in the past year, compared to 8% who did not speak an Indigenous language. Métis youth were also more likely to have experienced racism if they ate traditional food from their background (17% vs. 8% of those who did not eat traditional food the day before taking the survey).

Youth's perceived reasons for being discriminated against in the past year		
	Métis	Non-Métis
Physical appearance	30%	22%
Weight	23%	16%
Gender/sex	13%	9%
Income or family income	12%	8%
Sexual orientation (e.g., being or thought to be gay or lesbian)	10%	5%
Race, ethnicity, or skin colour	9%	14%
A disability	7%	3%

Note: Youth could choose more than one response.



Bullying

The 2018 BC AHS asked students how many times in the past year they had been teased to the point where they felt bad or extremely uncomfortable, deliberately socially excluded, and physically attacked at school or on the way to or from school. They were also asked if they had teased, excluded, or physically attacked someone else.

Similar to 2013, 58% of Métis youth had been bullied in at least one of these ways in the past year (compared to 53% of non-Métis youth). Specifically, 45% of students had been teased, 44% purposefully excluded, and 11% physically attacked or assaulted.

Comparable to non-Métis youth, 11% of students reported they had bullied someone else.

“We should learn more about bullying, and how it fits with cutting, eating disorders.”

Grade 7 student

“We need more youths to be aware of mental health, because it could reduce a lot of peer problems.”

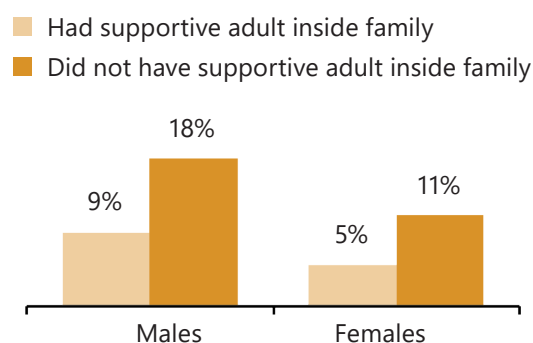
Grade 9 student

Weapon carrying

In the past 30 days, 9% of Métis students had carried a weapon to school, including 3% who always carried one. Students who had been victimized were more likely to carry a weapon. For example, 25% of youth who had been physically attacked in the past year carried a weapon (vs. 7% who had not been attacked), as did 14% of those who had experienced discrimination in the past year (vs. 5% of those who had not experienced discrimination).

Métis youth were less likely to carry a weapon to school if they had an adult they could turn to within their family (7% vs. 14% of those who did not have this type of support). Females were also less likely to carry a weapon to school if they had a supportive adult outside their family (4% vs. 8% of those without such an adult) and felt their teachers cared about them (4% vs. 22%).

Métis youth who carried a weapon to school in the past month



Internet safety

Twenty-two percent of Métis students had been cyberbullied in the past year, which was unchanged from 2013, but lower than in 2008 (26%). Females remained more likely than males to have been cyberbullied (28% vs. 14%). Similar to 2013, youth who had been cyberbullied in the past year were around four times as likely to have attempted suicide in that time period as those who had not been cyberbullied (21% vs. 5%). Among youth who had been cyberbullied, females were twice as likely as males to attempt suicide.

Youth who reported that their parents knew what they were doing online most or all of the time were less likely to have been cyberbullied (18% vs. 26% of those whose parents rarely or never monitored their time online).

Reflecting the picture five years ago, 8% of students reported they had cyberbullied someone else in the past year (with no gender differences).

Over the past decade, there was an increase in the percentage of youth who had met someone online who made them feel unsafe (25% vs. 18% in 2008). This increase was seen for both females (34% vs. 26%) and males (14% vs. 7%).



Supporting the healthy development of Métis youth

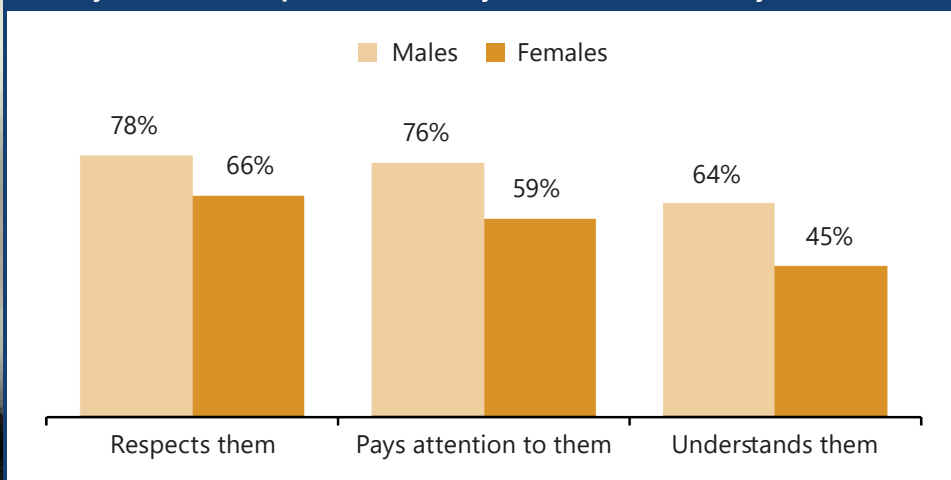
Family

Métis youth generally felt connected to their family. Overall, 70% felt respected by their family, 66% felt their family paid attention to them, 66% felt their family had fun together, and 52% felt their family understood them.

Non-binary students were generally the least likely to feel connected to their family. For example, 42%* of non-binary youth reported that their family had fun together, compared to around two thirds of males and females.



Métis youth who felt 'quite a bit' or 'very much' that their family...

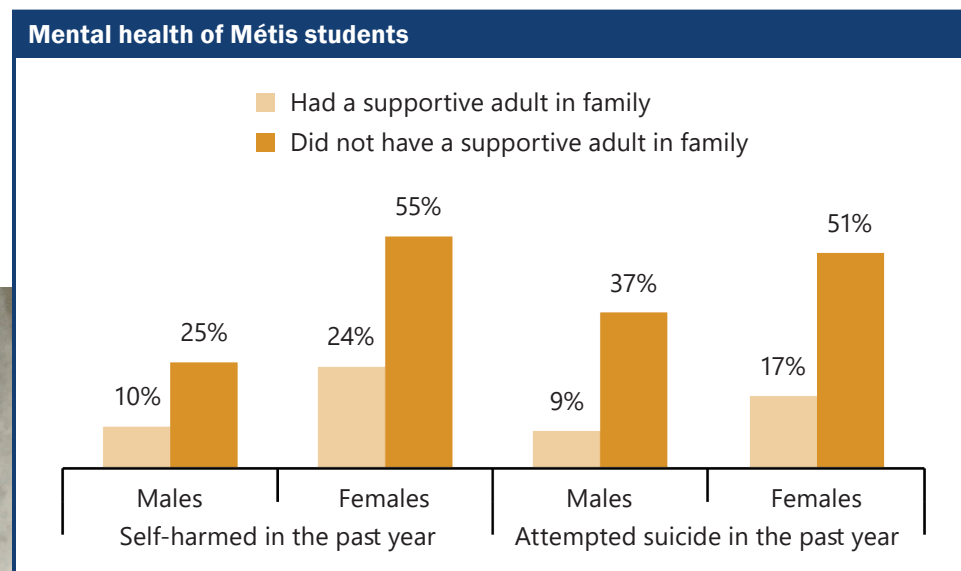


Adult to turn to inside the family

Two thirds (67%) of Métis students felt they had an adult in their family they could talk to if they had a serious problem (vs. 71% of non-Métis students), which was unchanged from 2013. Males were the most likely to have such an adult inside their family (73% vs. 64% of females vs. 31%* of non-binary youth).

Most Métis students (72%) turned to a family member for help in the past year (an increase from 63% in 2013), and the majority of these students (90%) found the support they received helpful. The increase in seeking help from a family member was seen for both males and females.

Métis students who had a supportive adult inside their family were less likely than those who did not have this support to have attempted suicide (2% vs. 20%) or self-harmed (17% vs. 46%) in the past year.



Parental monitoring

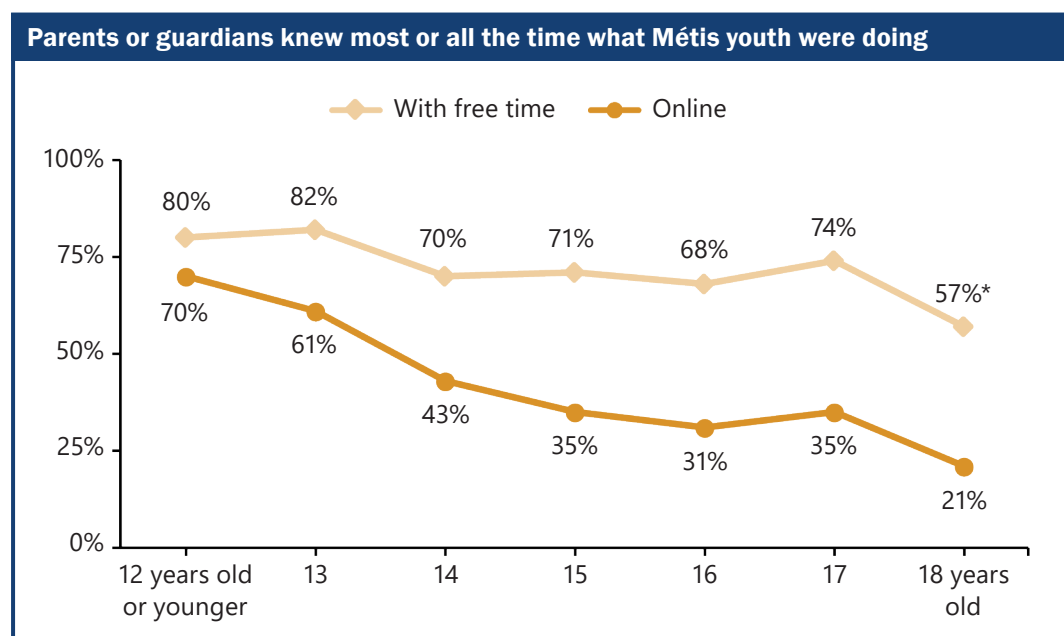
Most Métis students had parents who monitored their free time and their time online. However, 12% had parents who rarely or never knew what they were doing in their free time, and 41% reported their parents rarely or never monitored their time online.

Métis youth whose parents monitored their time online were less likely to have met someone online who made them feel unsafe (18% of those whose parents monitored their time online most or all of the time vs. 35% of those whose parents rarely/never did).

Connecting with family

When asked how much time they had to do the things they wanted with their family, most Métis students (72%) felt they had the right amount of time, while 22% felt they did not have enough time.

Métis youth who felt they had the right amount of time with their family were more likely to report feeling happy most or all the time (64% vs. 33% of those who did not feel they had enough time) and to report good or excellent mental health (69% vs. 39%).



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

Note: The difference between monitoring of free time and time online was not statistically significant for those 12 years old or younger.

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

School

Compared to five years ago, Métis students were more likely to report that their teachers cared about them (62% vs. 57%) and other school staff cared about them (55% vs. 48%), but they were less likely to report that they were happy at school (52% vs. 58%). Similar to 2013, 68% felt they were treated fairly by school staff and 51% felt like a part of their school.

Métis youth who felt like a part of their school were more likely to plan to go on to post-secondary (83% vs. 70% of those who did not feel a part of their school). They also reported better mental health. For example, they were less likely to have experienced extreme stress in the past month (8% vs. 40%).

Relationships with teachers were also important. For example, Métis youth were less likely to have considered suicide or to have self-harmed in the past year if they felt their teacher cared about them (21% vs. 42% of youth who felt their teacher did not care about them). Also, female youth were less likely to have met someone online who made them feel unsafe if they felt their teachers cared about them (25% vs. 60%* of those who did not feel their teacher cared about them), and were more likely to plan on attending post-secondary (88% vs. 67%).

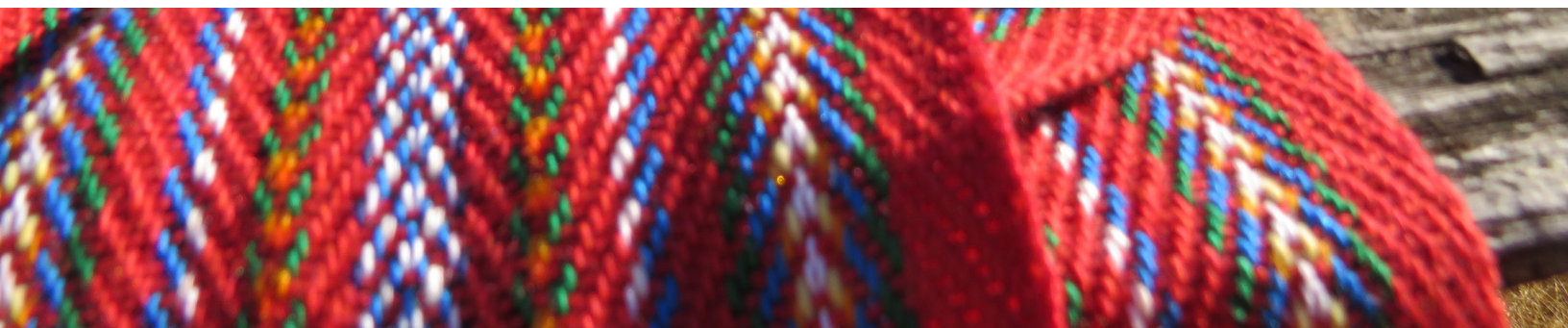
School safety

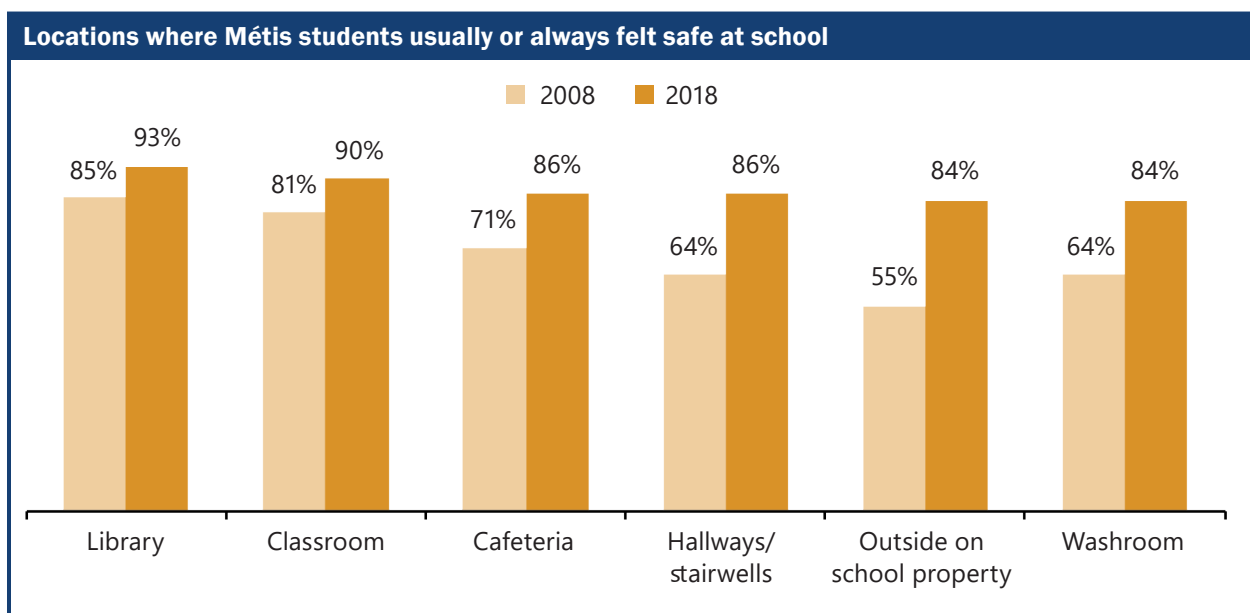
Similar to findings in previous survey years, 67% of Métis students felt safe at school (compared to 73% of non-Métis students). Males were the most likely to feel safe at school and non-binary youth were the least likely to feel safe (73% of males vs. 64% of females vs. 40%* of non-binary students).

Métis students felt as safe in every area of their school in 2018 as in 2013, and safer than in 2008.

Consistent with provincial findings and previous survey years, Métis students felt safest in the library and classroom. Métis youth felt less safe than non-Métis youth in the classroom (90% vs. 92%), hallways (86% vs. 89%), and cafeteria (86% vs. 90%).

In addition, 88% of Métis students felt safe getting to/from school and 82% felt safe in the changing rooms. These rates were comparable to 2013 when the question was first asked.





Note: Differences between 2013 and 2018 were not statistically significant for any location.

There were some gender differences in areas where youth felt safe. For example, males were more likely than females to feel safe getting to/from school (93% vs. 85%), as well as in the cafeteria (90% vs. 84%), hallways (89% vs. 84%), outside on school grounds (87% vs. 82%), and in changing rooms (86% vs. 81%). Non-binary youth were the least likely to feel safe getting to/from school (70%*), and in washrooms (59%*) and changing rooms (52%*).

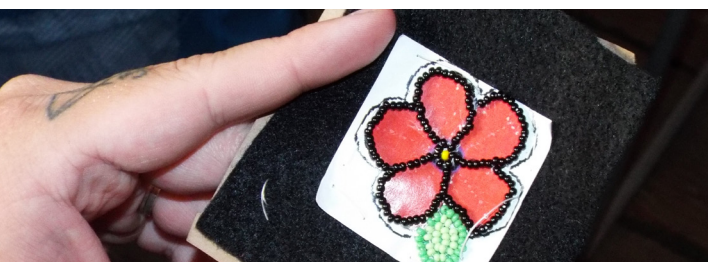
Métis youth who felt safe at school were more likely to plan to go on to post-secondary (81% vs. 71% of those who did not feel safe), and were less likely to have experienced extreme stress (10% vs. 41%) or despair (6% vs. 28%) in the past month.

Education plans

Similar to five years earlier, most Métis students planned to complete high school (1% did not expect to complete Grade 12) and continue on to post-secondary. However, Métis youth were less likely than their non-Métis peers to plan to continue their education beyond high school (79% vs. 84%).

Métis females were the most likely to anticipate continuing their education beyond high school.

Métis youth were more likely to plan to attend post-secondary if they had a supportive adult in their lives. For example, 79% of males with an adult inside their family they could turn to for support planned to continue their education beyond high school (vs. 66% without such an adult), as did 87% of females (vs. 75%).



School absences

In the past month, Métis students most commonly missed school to attend appointments or because they were ill.

Métis youth were generally more likely than non-Métis youth to have missed school. For example, 30% had skipped class in the past month, compared to 26% of non-Métis youth. Youth with a learning disability or mental health condition were more likely to skip classes. For example, Métis youth with ADHD and PTSD were more likely to have skipped class on three or more days in the past month than their peers without these conditions (ADHD: 16% vs. 8%; PTSD: 21% vs. 9%).

When youth had supportive adults in their life, they were less likely to skip class. For example, Métis youth were less likely to have skipped class if they felt their teachers cared about them (24% vs. 54% of those who did not feel teachers cared), and if they had a supportive adult within their family (26% vs. 36%).

Among youth with ADHD, 30% with a supportive adult in their family skipped class in the past month (vs. 48%* of those without this type of support). Youth with ADHD were also less likely to skip class when they had supportive adults within their school such as school staff who treated them fairly (34% vs. 55%* of those who did not feel staff treated them fairly), teachers who cared about them (27% vs. 58%* of those who did not feel their teachers cared about them), and other school staff who cared about them (31% vs. 59%*).

Reasons Métis students missed classes in the past month	
Appointments	46%
Illness	45%
Skipping class	30%
Mental health (e.g., anxiety, depression)	26%
Slept in	26%
Other school responsibilities	21%
Family responsibilities	20%
Bullying	7%
Work	7%
No transportation	6%

Note: Youth could choose more than one response.

Commute to school

Métis students most commonly got to school by car (46%), followed by taking the school bus/public transit (31%). Also, 23% took an active means of transportation (e.g., walk/bike/skateboard).

Most Métis students (87%) had a commute to school that was less than 30 minutes, while 4% commuted for an hour or more. There were no urban-rural differences.

Although there were few regional differences in length of commute, there were some differences in how youth got to school. For example, youth in rural areas were more likely to take the school bus or public transit than their peers in urban areas (37% vs. 29%). Youth in the Lower Mainland (Fraser and Vancouver Coastal) were generally the most likely to use active forms of transportation.

Community

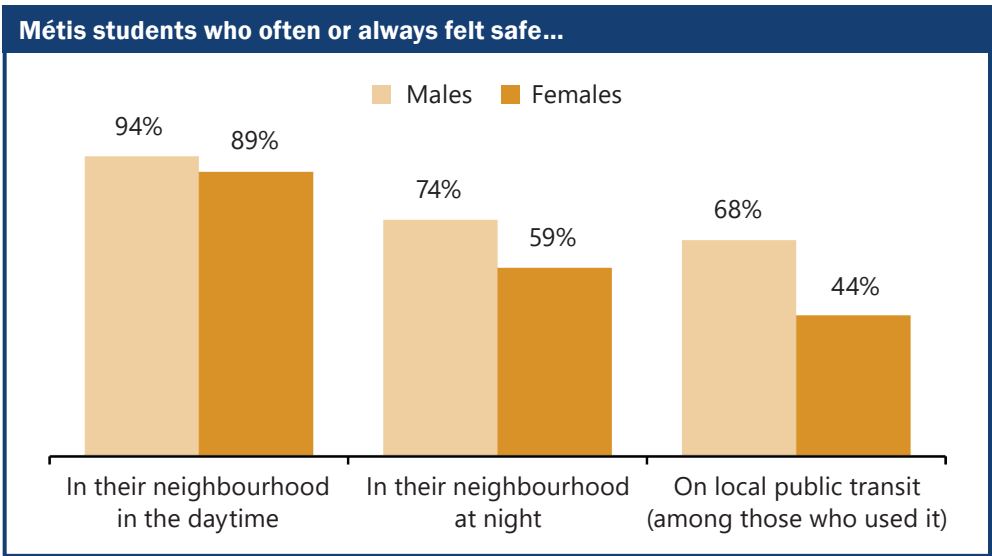
Reflecting the pattern in 2013, 37% of Métis youth felt quite a bit or very connected to their community (vs. 42% of non-Métis youth), and 26% felt only a little or not at all connected (vs. 22% of non-Métis youth). Non-binary youth were less likely than males and females to feel connected to their community.

Youth who had positive relationships with Elders and other adults were more likely to feel connected to their community. For example, among those who reached out for support, those with a helpful school counsellor were more likely to feel quite a bit or very connected to their community (40% vs. 23% of those who had not found their school counsellor helpful).

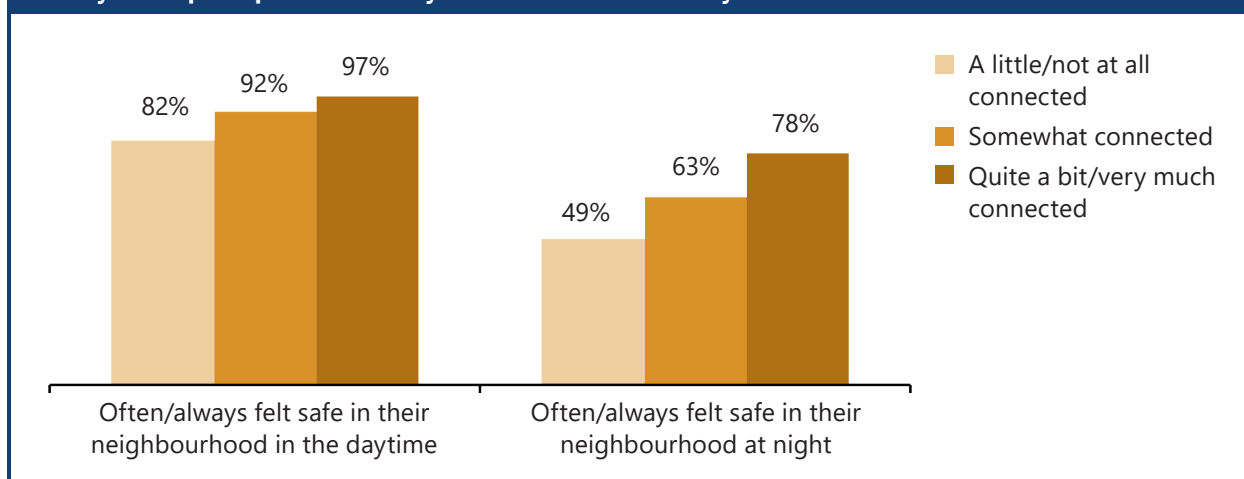
Neighbourhood safety

The majority of Métis youth often or always felt safe in their neighbourhood in the daytime (91%) and at night (65%), with males the most likely to feel safe. Also, among those who used public transit, 54% often or always felt safe on transit and 7% never did.

Métis youth who felt connected to their community were more likely to feel safe in their neighbourhood in the daytime and at night. In addition, 80% of those who felt quite a bit or very much connected to their community reported good or excellent mental health, compared to 61% of those who felt somewhat connected and 33% of those who felt a little or not at all connected to their community.



Métis youth's perceptions of safety in relation to community connectedness



Caring adult in community

Most Métis youth (69%) felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them, which was an increase from 63% in 2013. Non-binary youth were less likely than their peers to feel there was an adult in their community who cared about them (51%*).

In 2013, Métis and non-Métis youth reported similar rates of having a supportive adult in their neighbourhood or community. However, this was not the case in 2018, with Métis youth more likely than non-Métis youth to have such an adult in their community (69% vs. 64%).

Métis youth who had an adult in their community who really cared about them were more likely to plan to pursue post-secondary education (81% vs. 75% of those who did not have such an adult) and to report good or excellent mental health (67% vs. 49%). They were less likely to have self-harmed (23% vs. 34%), attempted suicide (6% vs. 13%), or considered suicide (21% vs. 31%) in the past year.

Relationship to land/nature

For the first time, the BC AHS asked about feeling connected to the land or nature. Half of Métis students (50%) reported often or always feeling connected (vs. 44% of non-Métis students), whereas 33% sometimes felt this way, and 17% hardly ever or never felt connected.

Métis youth who felt connected to the land or nature were more likely to have slept for eight or more hours the night before taking the survey (47% vs. 38% of those who rarely or never felt connected). They were also more likely to report good or excellent mental health (64% vs. 53%), and to feel they managed their stress very well (20% vs. 11%).



Other supportive relationships

Adult to turn to outside the family

A third (33%) of Métis youth had an adult outside their family they could talk to if they had a serious problem. This represented a decrease for males from 2013, but was consistent for females.

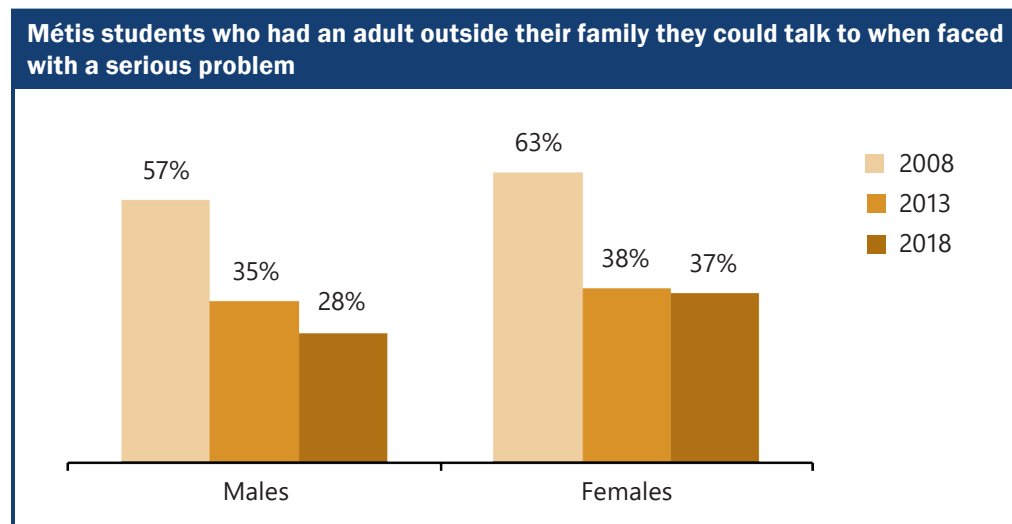
Nearly 4 in 10 (37%) Métis females had a supportive adult outside their family, compared to 30% of non-Métis females and 28% of Métis males.

“How do I learn to trust people so I can let them help me?”

Grade 8 student

Métis youth who had a supportive adult outside their family were more likely than those who did not have such an adult to feel like part of their community (43% vs. 34%), to report they always pushed themselves to achieve their goals when things went wrong (46% vs. 39%), and to feel they had the skills to help a friend when one turned to them for support (84% vs. 77%).

Having a supportive adult outside their family was particularly important for youth who had no such support inside their family. For example, those who did not have an adult relative to turn to but had an adult outside their family were less likely than those with no supportive adults to have met someone unsafe online (33% vs. 48%) or to have driven after using substances.



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

Note: The differences between males and females in 2008 and 2013 were not statistically significant.

Adults to help with tasks

Most Métis youth had an adult who helped them with making and getting to appointments, getting a job, preparing for post-secondary, and with homework. Métis students were less likely than their non-Métis peers to have an adult who helped them prepare for post-secondary (72% vs. 77%) and with homework (58% vs. 63%), but were more likely to have help finding employment (74% vs. 68%).

“We need to have more school counsellors that can help with stress and academic related questions.”

Grade 8 student

Métis students who had an adult who helped them with...			
	Yes	No	Didn't need this
Getting to appointments	89%	5%	6%
Making appointments	88%	6%	6%
Getting a job	74%	14%	12%
Preparing for post-secondary	72%	18%	10%
Homework	58%	21%	21%

Asking adults for help

Outside of family members and friends, Métis students most commonly approached a teacher for help, but at a rate lower than their non-Métis peers (51% vs. 55% of non-Métis youth). Métis students were more likely than non-Métis youth to ask a mental health counsellor (16% vs. 10%) and an Indigenous Elder (7% vs. 4%) for help.

Most youth who asked for help found the experience helpful.

When Métis students found the adults they approached helpful, they reported better mental health. For example, students who found a school counsellor to be helpful when they asked for help were less likely than those who did not find the counsellor helpful to have self-harmed (30% vs. 51%*) or attempted suicide (9% vs. 22%) in the past year.



Adults (other than family) whom Métis students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	51%	90%
Doctor	33%	86%
School counsellor	31%	74%
Sports coach	27%	93%
Friend's parent	24%	88%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	23%	82%
Nurse	17%	86%
Aboriginal Education Worker	16%	83%
Mental health counsellor	16%	79%
Youth worker	10%	79%
Indigenous Elder	7%	87%
Social worker	7%	68%
Spiritual leader	6%	85%
Online community/online support group	6%	73%
Telephone helpline	6%	52%

Aboriginal Education Worker (AEW)

In the past year, 16% of Métis youth had accessed an Aboriginal Education Worker (AEW) for support, which was an increase from 13% in 2013. Métis students in the Interior were the most likely to access an AEW (e.g., 22% vs. 10% on Vancouver Island). There were few other regional differences, as youth in the North, Vancouver Coastal, and Fraser accessed an AEW at similar rates to youth on the Island.

Métis students were more likely than non-Métis students to ask an AEW for support (16% vs. 6%). However, among Indigenous students, they were less likely to access an AEW than their First Nations peers (16% vs. 26%).

Métis students who accessed an AEW for support and found this helpful reported more positive mental health than those who did not find the experience helpful. For example, they were less likely to report feeling extremely stressed in the past month (15% vs. 38%* of those who had not found an AEW helpful) or to have ever self-harmed (31% vs. 51%*).

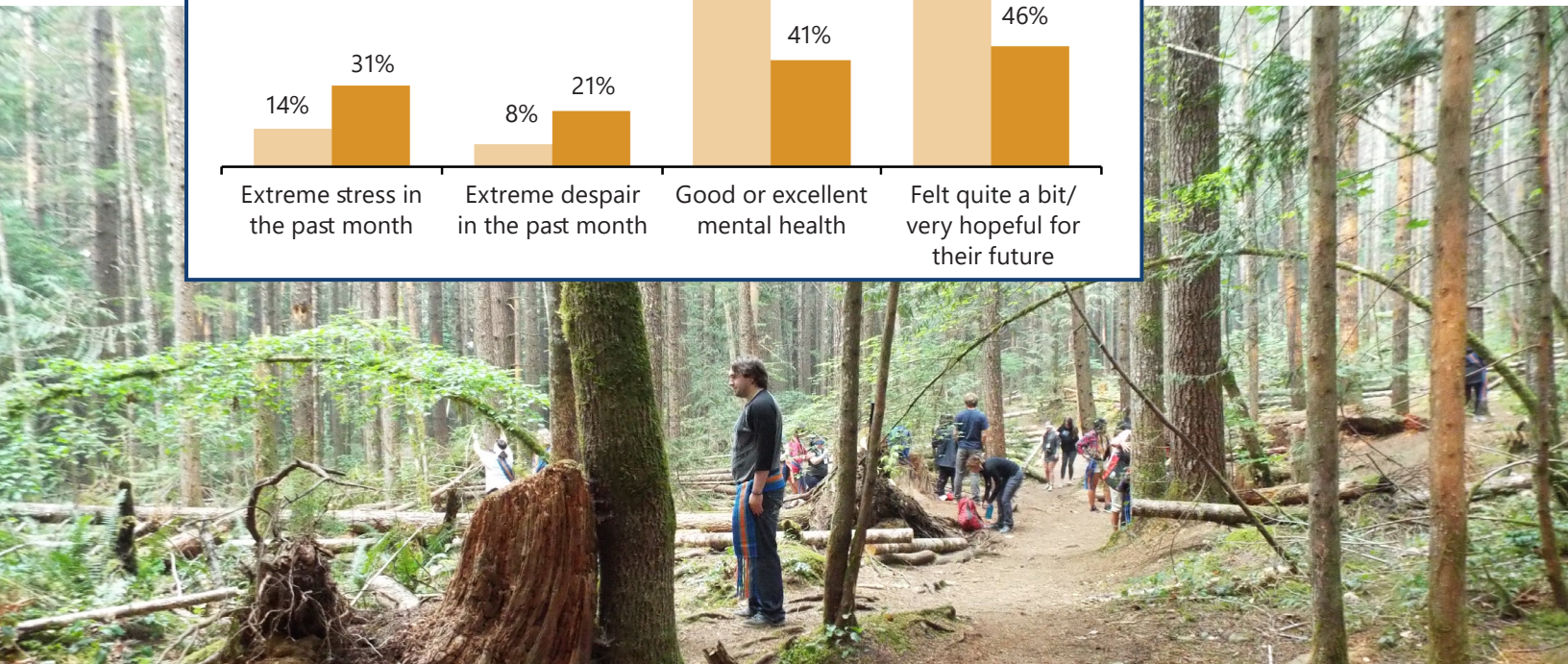
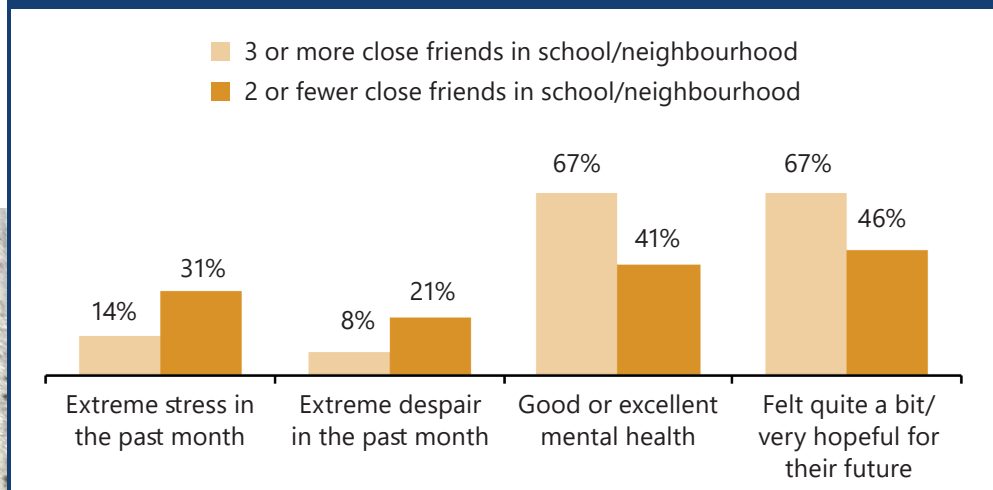
Friends

The majority of Métis students (96%) had at least one close friend in their school or neighbourhood, and 78% had three or more close friends. As in 2013, males were more likely to report having three or more close friends (85% vs. 73% of females).

Youth who had three or more close in-person friends were more likely to rate their mental health as good or excellent than those with fewer friends. They were also less likely to be teased, assaulted, or excluded by other youth in the past year (56% vs. 67% of those with fewer than three close in-person friends).

Forty-three percent of Métis youth (48% of males vs. 38% of females) had at least one close online friend whom they had never met in person, and 21% had three or more such friends. Métis youth were more likely than their non-Métis peers to have online friends they had not met in person (43% vs. 34%), and to have dated someone online whom they had never met in person (12% vs. 7%).

Mental health among Métis youth



Connecting with friends

When asked how much time they had to do the things they wanted with friends, 65% felt like they had the right amount of time, 31% did not have enough time, and 4% had too much time. Females were more likely than males to feel they did not have enough time with their friends (36% vs. 24%), as were older youth in comparison to younger ones (e.g., 36% of 17-year-olds did not have enough time with their friends vs. 23% of 13-year-olds).

Asking friends for help

In the past year, 74% of Métis students asked a friend they knew in person for help. Among these students, 92% found their friend to be helpful. Also, 23% asked a friend they only knew online for help, and 86% found this experience helpful.

Métis youth were more likely than non-Métis youth to ask their online friends for help (23% vs. 19%), but were equally likely to approach friends they knew in person.

Females were more likely than males to have sought help from a friend they knew in person (78% vs. 69%). However, males were the most likely to have found these friends helpful (95% of males vs. 90% of females, among those who asked for help).

Non-binary youth were more likely than males and females to ask a friend they knew only online for help (42%* vs. under a quarter of males and females).

In the past year, 83% of students had a friend who had asked them for help, and most (96%) who had been asked for help felt able to help (with no gender differences).

Friends with prosocial attitudes

Métis students generally had friends with prosocial attitudes to health risk behaviours. However, they were less likely than their peers five years earlier to have friends who would be upset with them if they beat someone up (56% vs. 62% in 2013), were involved in a pregnancy (70% vs. 80%), dropped out of school (84% vs. 89%), or used marijuana (43% vs. 48%). About a third (34%) of youth had friends who would be upset with them if they got drunk, which was unchanged from five years earlier but an increase from 2008 (25%).

***“My friends wouldn’t care
but I would never get drunk
or use marijuana.”***

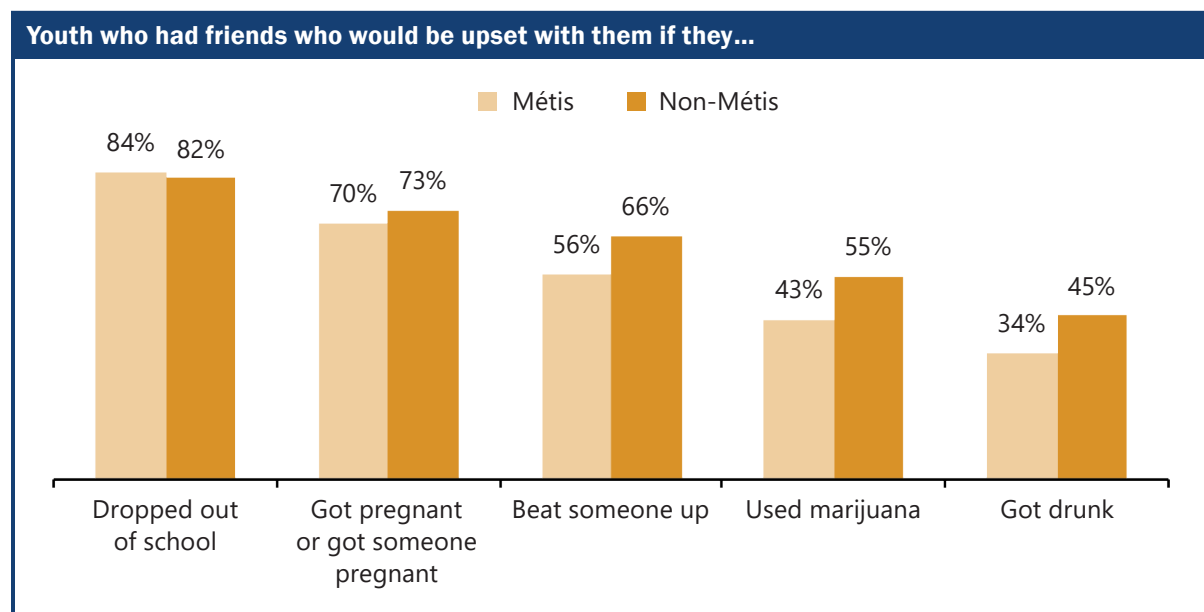
Grade 7 student



Females were more likely than males to indicate that their friends would be upset with them if they dropped out of school (88% vs. 79%), were involved in a pregnancy (73% vs. 67%), or beat someone up (66% vs. 44% of males). Non-binary youth were more likely than male and female students to have friends who would be upset if they got drunk or used marijuana.

Métis youth were less likely than their non-Métis peers to have friends who would be upset with them if they beat someone up, got drunk, or used marijuana.

Youth who had friends who would be upset with them if they got drunk were less likely to have consumed five or more alcoholic drinks within a couple of hours at least once in the past month (4% vs. 38% of those whose friends would not disapprove), and were less likely to have had more than two drinks on at least one day in the week before taking the survey (5% vs. 27%). Additionally, Métis youth who had friends who would be upset with them for using marijuana were less likely to have tried marijuana (13% vs. 63%).



Note: The differences between Métis and non-Métis for 'dropped out of school' and 'got pregnant/got someone pregnant' were not statistically significant.



Métis youth’s strengths and resiliency

Quality of life and well-being

Métis 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 the most likely to rate their quality of life positively. For example, 83% of males indicated they had a good life (compared to 70% of females and 36%* of non-binary youth), and 15% indicated they wished they had a different life (vs. 21% of females and 44%* of non-binary youth).

Quality of life and well-being among Métis youth			
	Agree/ Strongly agree	Neither agree nor disagree	Disagree/ Strongly disagree
I have a good life	74%	19%	7%
My life is going well	67%	22%	11%
I have what I want in life	52%	29%	19%
My life is going just right	50%	30%	20%
I wish I had a different life	19%	24%	56%

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



“I would like to know more about my strengths and weaknesses.”

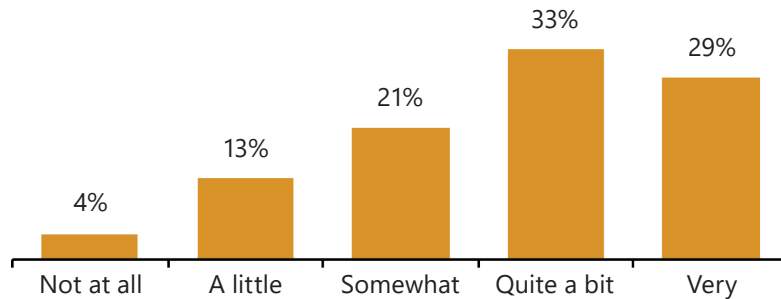
Grade 7 student

Hopefulness

Sixty-two percent of Métis students felt quite a bit or very hopeful for their future, with males the most likely to feel this way and non-binary students the least likely (69% of males vs. 59% of females vs. 32%* of non-binary students).

Youth who felt quite a bit or very hopeful were more likely than their less hopeful peers to report positive mental health. For example, they were more likely to feel happy, and were less likely to experience extreme stress.

How hopeful Métis students felt for their future



Métis youth's mental health in relation to feeling hopeful for their future

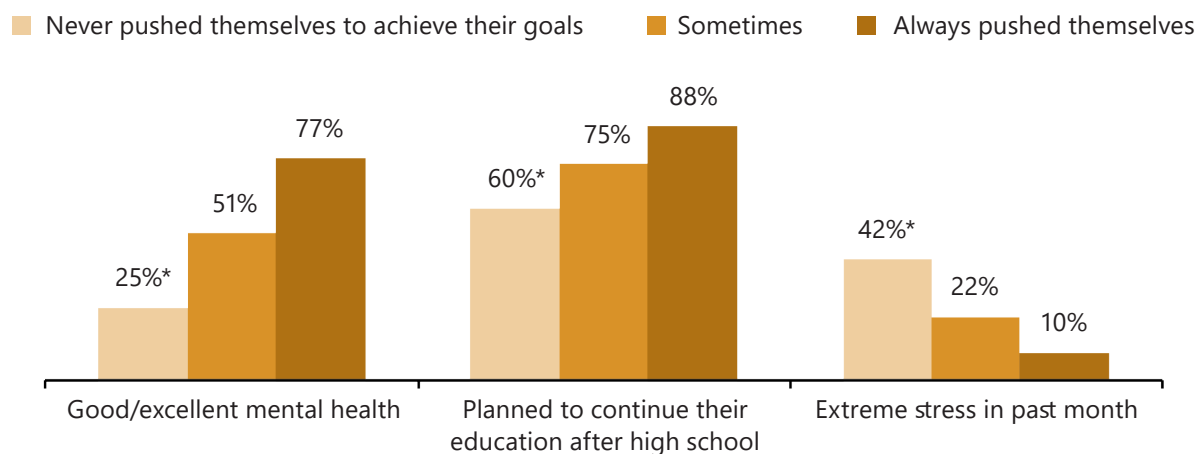


Perseverance

Youth were asked how often they pushed themselves to achieve their goals when things went wrong. A small minority of Métis students (3%) reported that things had never gone wrong for them. Among those who had experienced challenges or setbacks, 41% indicated they always pushed themselves to achieve their goals in these situations (with males the most likely), whereas 5% never pushed themselves, and the remaining 54% sometimes pushed themselves.

The more often Métis youth persevered when faced with obstacles, the more likely they were to report positive mental health and to have plans to pursue post-secondary education; and the less likely they were to have experienced extreme stress in the past month.

Métis youth's health in relation to how often they pushed themselves when things went wrong



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

Feeling skilled and confident

“We should learn more about how to have self-confidence.”

Grade 9 student

Overall, 81% of Métis students were able to name something they were really good at (such as sports, school work, or art), which was above the 2013 rate (75%). As in 2013, males were more likely than females to be able to name something they were really good at (84% vs. 78%).

Around half (51%) of Métis youth usually felt good about themselves. Males were the most likely to feel this way (67% vs. 39% of females vs. 23%* of non-binary youth). Youth who felt good about themselves were more likely than those who did not feel this way to also feel hopeful for their future (86% vs. 23%).

Unstructured time

Sixty-four percent of Métis youth felt they had the right amount of time on their own to do what they wanted, whereas 25% did not have enough time, and the remainder had too much time. Those 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 report good or excellent mental health (72% vs. 36% of those who felt they did not have enough time), to feel happy in the past month (67% vs. 33%), and to feel their life was going well (77% vs. 45%); and they were less likely to have experienced extreme stress in the past month (11% vs. 33%).

Spirituality

Around a third (35%) of Métis students reported that spirituality was at least somewhat important to them, including 13% who felt it was very important. Youth who indicated spirituality was very important to them were more likely than those for whom it was not important to feel connected to the land and nature (71% vs. 36%), and to feel that the activities they were involved in were meaningful to them (78% vs. 65%).

Youth who felt spirituality was very important to them were also more likely to have an adult they could turn to when they had a serious problem (85% vs. 75% of those who felt spirituality was not important to them). They were also more likely to turn to an Elder (16% vs. 4%) and spiritual leader (22% vs. 3%) for support in the past year, and to find their support helpful.



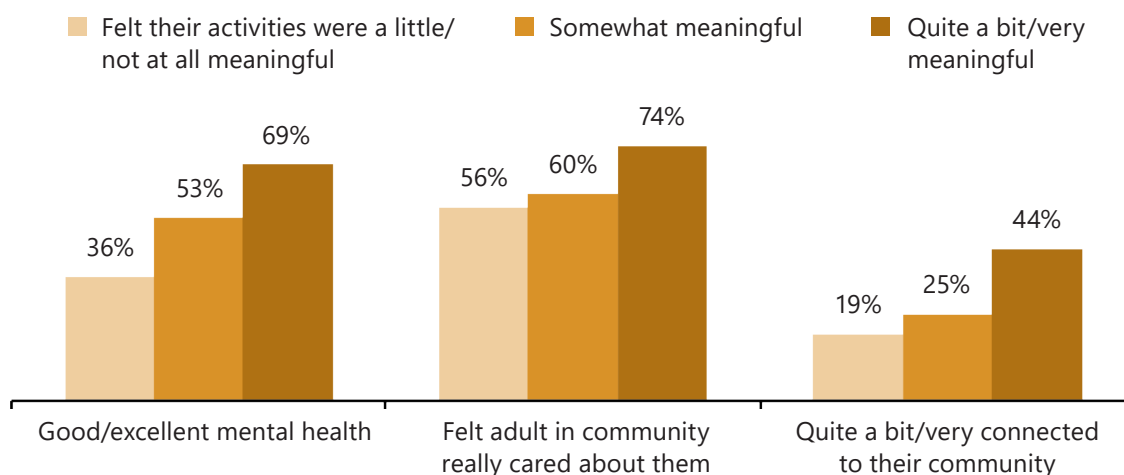
Meaningful engagement

Similar to findings over the past decade, 68% of Métis youth felt the activities they were involved in were quite a bit or very meaningful to them, with no gender differences.

More than 4 in 10 youth (44%) felt their ideas were listened to and valued within their activities (vs. 38% in 2013). Males were more likely than females and non-binary youth to feel this way.

Métis youth who experienced these types of 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.

Métis youth's meaningful engagement in activities and their well-being



Note: The differences between 'a little/not at all meaningful' and 'somewhat meaningful' were not statistically significant for having an adult in their community who really cared about them and being connected to their community.



Topics Métis youth want to learn more about

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

Métis youth most commonly identified mental health, sexual health, and substance use as topics they wanted to learn more about.

In the area of mental health, youth were interested in learning about various conditions and how to cope with them, as well as how to support friends and family who are struggling with mental illness.

"Mental health issues, their common symptoms, and how they affect every day life should be taught more in schools—especially how to deal with stress and/or mental illness."

Grade 9 student

"We need to learn about Depression, Anxiety disorders, and have more awareness of self-harm."

Grade 11 student

Sexual health topics Métis youth wanted to learn more about included training about consent, and about practicing safer sex, as well as increased opportunities to participate in sex education and to have curriculum which was inclusive of different genders and sexual orientations.

"Safe sex really needs to be taught more because it isn't something that we get at school."

Grade 7 student

"There should be more awareness for people outside of the 'boy or girl or middle' gender spectrum."

Grade 7 student

Substance use information Métis youth wanted to see included in school curriculum included topics such as the effects of vaping, tobacco, and marijuana.

"I want to learn about the effects of weed and tobacco and of chronic marijuana use."

Grade 9 student

Métis students also wanted to learn more about living healthily and the connection between mental health and physical health, as well as to learn life skills (such as getting a job and paying taxes) and healthy relationship skills.

McCreary resources

BC AHS PROVINCIAL AND REGIONAL RESULTS

Provincial results for all 38,000 youth who completed the BC Adolescent Health Survey and 16 Health Service Delivery Area reports 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 a poster considering BC AHS results in the context of Canada's commitment to implementing the United Nations Sustainable Development Goals (SDGs), a youth-led investigation of substance use among BC youth, a vaping poster created by youth, and an in-depth report about marijuana use among BC youth.

PRESENTATIONS AND WORKSHOPS

McCreary staff are available to present the Ta Saantii Deu/Neso findings, and to conduct workshops which explore how local stakeholders can utilize the results. For more information contact mccreary@mcs.bc.ca.

ENGAGING YOUTH IN THE BC AHS RESULTS

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

YOUTH ACTION GRANTS

The YAC distributed over \$87,000 in Youth Action Grants (YAGs) to youth (aged 12–19) in school districts that participated in the 2013 BC AHS. 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 is also available to offer grant-writing workshops to young people who may be thinking of applying for a YAG. To book a workshop contact mccreary@mcs.bc.ca.

BC AHS NEXT STEPS

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

A Next Steps curriculum toolkit is also available on our website for anyone wanting to conduct their own Next Steps.

