Over half (55%) of BC students asked a teacher for help in the past year. Males were the most likely to have asked a teacher for help (59% vs. 51% of females vs. 40% of non-binary students), and were also the most likely to find their teacher helpful.

**AMONG YOUTH WHO ASKED A TEACHER FOR HELP...**

- 93% found the experience helpful.
- Students who found their teacher helpful were more likely to:
  - Feel like a part of their school (70% vs. 38% who did not find their teacher helpful), happy at school (70% vs. 31%), and safe at school (81% vs. 47%).
  - Report good or excellent mental health (83% vs. 58%).
  - Feel hopeful for their future (75% vs. 51%).
  - Manage their stress well or very well (62% vs. 35%, among those who experienced stress).
  - Feel their ideas were listened to and valued in their activities (50% vs. 33%).

- Those who found their teacher helpful were also less likely to have skipped class in the past month.
  - 21% of youth who found their teacher helpful skipped class
  - 39% who did not find their teacher helpful.

**HAVING A TEACHER WHO CARES**

- 2/3 students felt their teachers cared about them (67% of males vs. 65% of females vs. 52% of non-binary youth).
- Youth who felt their teacher cared about them were more likely to:
  - Usually feel good about themselves (68% vs. 37% of youth who did not feel their teachers cared).
  - Feel happy in the past month (72% vs. 42%).
  - Plan to continue their education after high school (86% vs. 72%).

- They were also less likely to:
  - Experience extreme stress in the past month (9% vs. 25%).
  - Seriously consider suicide (13% vs. 35%) or attempt suicide (3% vs. 13%) in the past year.