

## BALANCE AND CONNECTION IN NORTH SHORE/COAST GARIBALDI



## THE HEALTH AND WELL-BEING OF OUR YOUTH



Image credits (clockwise from top left):

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# BALANCE AND CONNECTION IN NORTH SHORE/COAST GARIBALDI:

THE HEALTH AND WELL-BEING OF OUR YOUTH

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ISBN: 978-1-926675-65-7

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The 2018 BC Adolescent Health Survey was approved by the Behavioural Research Ethics Board, University of British Columbia, H17-01307.

Funding for the 2018 BC Adolescent Health Survey was provided by BC Ministry of Children and Family Development, BC Ministry of Health, BC Responsible and Problem Gambling Program, and BC Office of the Representative for Children and Youth.

**Citation:** Mahdal, D., Peled, M., Poon, C., Jones, G., Thawer, Z., Forsyth, K., Smith, A., & McCreary Centre Society. (2020). *Balance and connection in North Shore/Coast Garibaldi: The health and well-being of our youth*. Vancouver, BC: McCreary Centre Society.

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# ACKNOWLEDGEMENTS

The 2018 BC Adolescent Health Survey (BC AHS) would not have been possible without the support of the BC government, the five regional health authorities, the 58 participating school districts, many of the province's nursing schools, and the young people who call BC home.

We are also indebted to the school personnel, youth, parents, community agencies, health care professionals, and other experts in adolescent health who helped guide the development of the survey, and to the hundreds of youth who took part in pilot testing the survey instrument.

The BC AHS was administered in North Shore/Coast Garibaldi by Public Health Nurses as well as nursing students from Langara College. Their role in the survey is fundamental to its success. Not only did they reassure students that they could answer honestly because their answers would remain confidential, but they were also available to answer any questions that students had about their health.

## **Thank you to the 2018 BC AHS North Shore/Coast Garibaldi coordinators and administrators:**

<b>Tara Deeth</b>	Catriona Hardwick
<b>Alison Dobbie</b>	Lisa Hogan
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Quotes from North Shore/Coast Garibaldi youth who completed the 2018 BC AHS are included throughout the report.



# KEY FINDINGS

■ North Shore/Coast Garibaldi youth are becoming increasingly diverse. For example, the percentage who identified as European decreased (58% vs. 64% in 2013), as did the percentage who were born in Canada (73% vs. 78% in 2008). There was an increase in youth who spoke a language other than English at home (47% vs. 42% in 2013).

■ Locally, 38% of Indigenous youth could speak at least a few words of an Indigenous language (vs. 28% provincially), including 7% who could speak at a conversational level or were fluent.

■ Reflecting the provincial picture, there was a decrease in the percentage of local students who rated their overall health as good or excellent (84% vs. 88% in 2013), and a decrease in those who rated their mental health this positively (73% vs. 83%). However, local youth were more likely than those across BC to rate their overall health positively.

■ Compared to youth across the province, North Shore/Coast Garibaldi students were less likely to report having Depression (13% vs. 15% across BC). However, there was a local increase from five years earlier in the percentage who experienced Depression (13% vs. 9% in 2013), Anxiety Disorder/panic attacks (18% vs. 8%), and Post Traumatic Stress Disorder (PTSD; 3% vs. 1%).

■ Reflecting the provincial picture, there was an increase in youth who missed out on needed mental health services in the past year (19% vs. 11% in 2013). Rural youth were more likely than urban youth (i.e., those in North and West Vancouver) to have not accessed these needed services (22% vs. 18%); and to have missed out because they did not know where to go or because they had no transportation.

■ There was an increase in youth who had seriously considered suicide in the past year (from 10% in 2013 to 15%), but local youth were less likely to have considered suicide than youth across the province (17%). Also, there was a local decrease in suicide attempts in the past year (from 5% in 2013 to 4%).

■ Half of students (50%) slept for at least eight hours on the night before completing the survey. This was a local decrease from five years earlier (58% in 2013). Students reported doing various activities after the time they were expected to be asleep including chatting or texting (57%), homework (49%), gaming (25%), and online activities other than gaming (e.g., watching videos, checking social media; 71%).

■ North Shore/Coast Garibaldi youth have typically been more physically active than their peers across the province and this was also the case in 2018. For example, local students were more likely than those across BC to participate weekly in organized sports (63% vs. 52%), informal sports (58% vs. 52%), and extreme sports (13% vs. 9%).

■ Rural youth were more likely than urban youth to identify various barriers to taking part in extracurricular activities in the past year, such as the activity not being available in their community, being unable to get there or home, and being unable to afford it.

■ Local youth were more likely than those across BC to have been seriously injured in the past year (31% vs. 26% provincially). They were most commonly injured playing or training for organized sports.

● There was a decrease from five years earlier in local youth who had experienced a concussion in the past year (15% vs. 20% in 2013). North Shore/Coast Garibaldi youth were more likely than youth across BC to always wear a helmet when they took part in various activities in the past year, including cycling (49% vs. 45%), skiing (88% vs. 82%), and mountain biking (82% vs. 69%).

Similar to results in 2013, 52% of students had

● tried alcohol and 32% had used marijuana. About a fifth (19%) had tried a substance other than alcohol or marijuana. Local youth were more likely to have tried any of these substances than youth across the province.

North Shore/Coast Garibaldi youth were more

● likely than those across BC to have vaped in the past month (34% vs. 27% provincially), and specifically to have vaped with nicotine (30% vs. 21% provincially).

Vaping was originally intended as a tobacco

● cessation tool. Among students who had smoked tobacco, 75% had vaped in the past month, including 71% who vaped with nicotine. Youth who had never smoked tobacco were also vaping, as 22% had vaped, including 18% who vaped with nicotine.

Among students who drank alcohol on the

● Saturday before taking the survey, 63% engaged in binge drinking—which was a decrease from 80% in 2013—and 48% mixed at least two different types of alcohol (vs. 64% in 2013).

Similar to the provincial picture, 14% of North

● Shore/Coast Garibaldi youth reported they had been physically abused, and 12% had been sexually abused. Females were more likely than five years earlier to have been sexually abused (18% vs. 13% in 2013), while there was no change over time for males (5% in 2018).

● Rural females were more likely than urban females to have ever been physically or sexually abused and to have been verbally or physically sexually harassed in the past year, and were less likely to feel safe in their neighbourhood. There were no such differences among males.

● Most students felt connected to their school and safe at school. Local students reported feeling safer in all areas of their school than youth across the province.

● North Shore/Coast Garibaldi youth were more likely than youth across BC to feel quite or very connected to their community (48% vs. 42%), and that there was an adult in their neighbourhood or community (outside their family or school) who really cared about them (70% vs. 65% provincially). Youth in rural areas were more likely than those in urban areas to feel an adult in their community really cared about them (72% vs. 69%).

● Around 7 in 10 local youth (73%) felt the activities they were engaged in were quite or very meaningful to them. These youth were more likely to report positive mental health, to feel an adult in their community cared about them, and to feel connected to their community.

● Most North Shore/Coast Garibaldi youth could identify something they were really good at, felt good about themselves, reported satisfaction with their life, and were hopeful for their future.

● The most common topic North Shore/Coast Garibaldi youth identified wanting to learn more about was mental health.



# INTRODUCTION

## 2018 BC ADOLESCENT HEALTH SURVEY

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

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

A report of the provincial findings was released in March 2019 (*Balance and connection in BC: The health and well-being of our youth*) and can be accessed at [www.mcs.bc.ca](http://www.mcs.bc.ca).

### REGIONAL REPORTS

This report is one of 16 regional reports of the BC AHS results. It shares data provided by students in Grades 7–12 in the North Shore/Coast Garibaldi Health Service Delivery Area (HSDA).

North Shore/Coast Garibaldi HSDA is comprised of six school districts: North Vancouver (SD 44), West Vancouver (SD 45), Sunshine Coast (SD 46), Powell River (SD 47), Sea to Sky (SD 48), and Central Coast (SD 49). All school districts in this region have participated in the survey since 2013, and three of the six have participated in all six waves of the survey. The Conseil scolaire franco-ophone school district (SD 93) also participated in the survey for the first time and accounted for 1% of the sample in this region.

Vancouver Coastal Health were particularly interested in differences between the more urban parts of North Shore/Coast Garibaldi HSDA and more rural communities. Therefore, additional sampling was completed to ensure the sample was of sufficient size for these comparisons to be completed. For the analyses, North and West Vancouver were classified as urban communities; and the Sunshine Coast, Powell River, Sea to Sky, and Central Coast were classified as rural. Around 7 in 10 local youth (72%) were attending school in an urban area, and 28% were attending school in a rural area.

One school district changed consent procedures for Grade 7 students to participate in the survey between 2013 and 2018. Additional analyses were conducted to assess if this change and the addition of SD 93 may have affected the regional results. This did not appear to be the case.

This report focuses on the 2018 results for North Shore/Coast Garibaldi, with relevant comparisons to the 2018 provincial results, as well as to local results in 2008 and 2013.

*“I feel extraordinarily blessed to live as well as I have. Please use this information to help kids who haven’t had this opportunity.”*

Grade 12 student

## A GUIDE TO THIS REPORT

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

The report is divided into five main sections. The first provides background information about the young people who completed the survey, the second focuses on their health profile, the next section considers some potentially adverse experiences or challenges to growing up healthy, and precedes a section which looks at factors that can support young people to thrive. The final section offers North Shore/Coast Garibaldi students' suggestions for health topics they would like to learn more about.

The 2018 BC AHS included many questions which have been asked on the BC AHS in previous years. This allowed us to report trends over time. The survey also included some new items which reflected the changing challenges and opportunities experienced by the province's young people. These items were deemed important to include by stakeholders who participated in consultations during the development of the survey.

Based on the feedback we received about the 2013 BC AHS and through consultations during the development of the 2018 survey, one of the areas which was updated was gender identity. Following recommendations from Statistics Canada, the 2018 survey included two new

questions: one about sex/gender assigned at birth (what is listed on a student's original birth certificate, with an option of male or female) and one about current gender identity (which included the response options of male, female, neither male or female, and not yet sure).

Previous versions of the BC AHS only included male and female options for gender. Therefore, in this report, trends are reported only for males and females (based on the question about sex/gender assigned at birth). For analyses conducted exclusively with the 2018 data, results are reported using the second question about current gender identity (male, female, and non-binary). Non-binary youth include those who identified as neither male nor female as well as those who were not yet sure of their gender identity.

All reported comparisons and associations within North Shore/Coast Garibaldi and to previous survey years which are included in this report are statistically significant at  $p < .05$ . This means there is up to a 5% likelihood these results occurred by chance. Comparisons between North Shore/Coast Garibaldi and the province are statistically significant at  $p < .01$ , which means there is up to a 1% likelihood the results occurred by chance. Where it is not obvious, differences in tables or charts that are not statistically significant are noted.

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



## LIMITATIONS

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

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

Finally, the percentage of students in North Shore/Coast Garibaldi who identified as non-binary was small (2%). Therefore, although non-binary youth were considered in all gendered analyses, it was often not possible to report the findings due to the risk of deductive disclosure or the possibility that the percentage estimate was unreliable.

## GLOSSARY

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

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

# YOUNG PEOPLE IN NORTH SHORE/ COAST GARIBALDI

## BACKGROUND

Students in North Shore/Coast Garibaldi most commonly identified as European (58%), which was higher than across the province (46% provincially), but lower than the local percentage five years earlier (64% in 2013).

There was an increase in youth who identified as Latin/South/Central American (7% vs. 5% in 2013). In addition, students were more likely than a decade earlier to identify as Southeast Asian (5% vs. 3% in 2008).

Youth in rural areas were more likely than those in urban areas to identify as Indigenous (16% vs. 3%); and were less likely to identify as East Asian (7% vs. 19%), African (2% vs. 3%), and West Asian.

Family background	North Shore/ Coast Garibaldi	
		BC
European	58%	46%
East Asian	16%	18%
West Asian	8%	3%
Latin/South/Central American	7%	5%
Indigenous	7%	10%
Southeast Asian	5%	8%
African	3%	3%
South Asian	3%	11%
Australian/Pacific Islander	2%	2%
Don't know	8%	10%
Other	5%	4%

Note: Youth could choose more than one response.

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

## BIRTHPLACE & LANGUAGE

The percentage of students born in Canada was lower than across the province (73% vs. 79%) and lower than the local rate a decade earlier (78% in 2008). Locally, 8% of youth were in Canada as international students (9% in urban areas vs. 5% in rural ones), and 1% had arrived as refugees (similar to the provincial picture).

Among students who were born abroad, 30% had been in Canada for two to five years, and 26% had been in Canada for less than two years.

A little under half (47%) of students spoke a language other than English at home (vs. 53% provincially), including 19% who did so most of the time (vs. 23% provincially).

Youth were more likely than five and ten years earlier to speak a language other than English at home (e.g., 47% vs. 42% in 2013).

Youth in rural areas were more likely than those in urban areas to have been born in Canada (85% vs. 69%), and to have lived in the country for six or more years (91% vs. 82%); and were less likely to speak a language other than English at home most of the time (8% vs. 23%).

## INDIGENOUS YOUTH

Among the 7% of local students who identified as Indigenous, the majority were First Nations (68%), around 1 in 5 were Métis (22%), and the remainder identified as another Indigenous background (including Inuit).

Around a third (34%) of Indigenous youth currently lived on a First Nations reserve at least some of the time (including 28% who lived there all the time), and another 11% had previously lived on reserve.

Thirty-eight percent of Indigenous youth could speak at least a few words of an Indigenous language (vs. 28% provincially), including 7% who could speak at a conversational level or were fluent.

Indigenous youth in rural areas were more likely than those in urban areas to identify as First Nations (75% vs. 55%), to currently live on reserve all the time (34% vs. 16%), and to speak at least a few words of an Indigenous language (43% vs. 29%).

Almost half of Indigenous students (47%) reported that at least one member of their family had been in residential school, while another 31% did not know their family's history of residential school attendance. Relatives who had been in residential school included youth's grandparents (33%), parents (7%), and/or other relatives (24%).

Among local Indigenous students, 6% identified as Two Spirit.

## GENDER IDENTITY & SEXUAL ORIENTATION

For the first time, the BC AHS asked youth about what sex was on their birth certificate and also about their current gender identity. A little more than half of North Shore/Coast Garibaldi students (52%) were assigned female on their birth certificate, and 48% were male. For nearly all youth, their current gender identity corresponded with their sex at birth, whereas 1% were transgender and 2% identified as non-binary (i.e., did not identify as male or female or were not yet sure of how they identified).

Males were the most likely to identify their sexual orientation as straight (90% vs. 78% of females vs. 14% of non-binary youth). Non-binary youth were the most likely to identify as lesbian, gay, or bisexual (34% vs. 7% of females vs. 3% of males) and to not yet be sure of their sexual orientation (19% vs. 5% of females vs. 2% of males).

Sexual orientation of North Shore/Coast Garibaldi youth	
Straight	83%
Mostly straight	6%
Bisexual	5%
Gay or lesbian	1%
Not sure yet	4%
Something other than those listed above	1%

Note: Among North Shore/Coast Garibaldi students who identified a sexual orientation other than the options listed on the survey, they commonly identified as pansexual or asexual.

## GOVERNMENT CARE

Students were asked if they had experienced different types of government care (through the BC Ministry of Children and Family Development or a delegated agency) or alternatives to care. In total, 2% had been in foster care, 1% had been on a kith and kin agreement, 1% had stayed in a group home, 1% had been held in a custody centre, and 1% who were age eligible had been on a Youth Agreement.

Youth in rural areas were more likely than those in urban areas to have been in a foster home (4% vs. 1%) and on a Kith and Kin Agreement (3% vs. 1%).

## LIVING SITUATION

Most youth (96%) lived with at least one parent. Compared to 2013, they were less likely to report living alone, and were more likely to be living with their parents, grandparents, foster parents, siblings, and other children or youth.

Rural-based youth were less likely than urban-based youth to live with a parent (94% vs. 96%) or with siblings (65% vs. 71%).

On a typical school day, 55% of students looked after a pet (59% of females vs. 51% of males) and 16% cared for a relative such as a relative with a disability or younger sibling (18% of females vs. 14% of males).

Who North Shore/Coast Garibaldi youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	84%	89%	↑
Father/Stepfather	71%	79%	↑
Two mothers or two fathers	1%	1%	–
Grandparent(s)	5%	7%	↑
Foster parent(s)	NR	1%	↑
Sibling(s)/Step-sibling(s)	55%	69%	↑
Own child or own children	NR	NR	–
Other children or youth	1%	2%	↑
Other related adult(s)	3%	3%	–
Other unrelated adult(s)	3%	2%	–
Live alone	1%	<1%	↓
Live with both parents at different times	9%	9%	–

Note: Youth could choose more than one response.

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

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



## EMPLOYMENT

Youth in rural areas were more likely than those in urban areas to be caring for a pet (65% vs. 52%) and a relative (20% vs. 15%).

Similar to 2013, 23% of students had moved in the past year, including 4% who had moved three or more times (vs. 6% provincially). Also, 9% of students had run away from home and 6% had been kicked out in the past year.

Youth in rural areas were more likely than those in urban areas to have moved three or more times (6% vs. 4%), to have run away (12% vs. 8%), and to have been kicked out of home (8% vs. 5%) in the past year.

Nearly all students (95%) often or always felt safe inside their homes (vs. 96% in 2013), while 2% never or rarely felt safe there.

*"I consider myself a hard worker. But it's not fair that I drain myself from work. I need balance."*

Grade 11 student

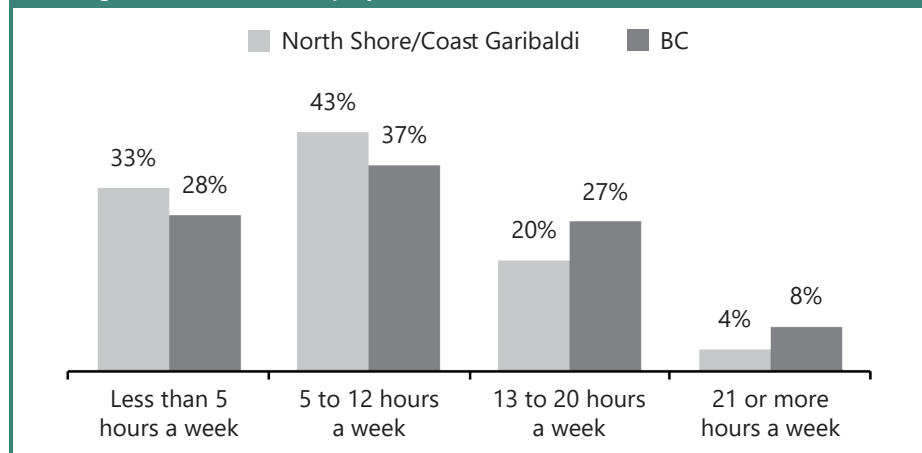
Four in ten students (40%) had worked at a paid job during the school year, which was higher than five years earlier (33% in 2013), but lower than in 2008 (48%).

Youth in rural areas were more likely than those in urban areas to have worked during the school year (46% vs. 38%).

Local students were more likely than those across the province to have worked at a paid job (40% vs. 33% provincially). However, they were less likely than those across BC to have worked in excess of 12 hours a week.

Among local students who worked, males were more likely than females to work in excess of 20 hours a week (5% vs. 3%), unlike in 2013 when there was no gender difference.

Hours youth spent working at a paid job during the school year (among those who were employed)



## PHONE USE

Most North Shore/Coast Garibaldi students (97%) had a cell phone, smartphone, or other portable device. Students with a device most commonly used it on their most recent school day to communicate with friends they knew in person.

Youth in rural areas were less likely than those in urban areas to have a cell phone (95% vs. 97%). Among those with a phone, rural youth were generally less likely to use it. For example, they were less likely to have used it on their last school day to communicate with their in-person friends (83% vs. 90% of urban youth), to use social media (82% vs. 87%), and to watch shows, movies, etc. (69% vs. 76%).

North Shore/Coast Garibaldi students' phone use on their last school day (among those with a phone)	
Communicating with friends they know in person	88%
Listening to music	87%
Using social media	86%
Communicating with parents/guardians	83%
Watching shows, movies, YouTube, etc.	74%
Finding information (other than health information)	67%
Doing homework	64%
Playing games	54%
Communicating with someone they know only online	23%
Finding health information	18%
Watching porn	12%
Sexting	4%
Gambling	2%

Note: Youth could choose more than one response.





# HEALTH PROFILE OF NORTH SHORE/COAST GARIBALDI YOUTH

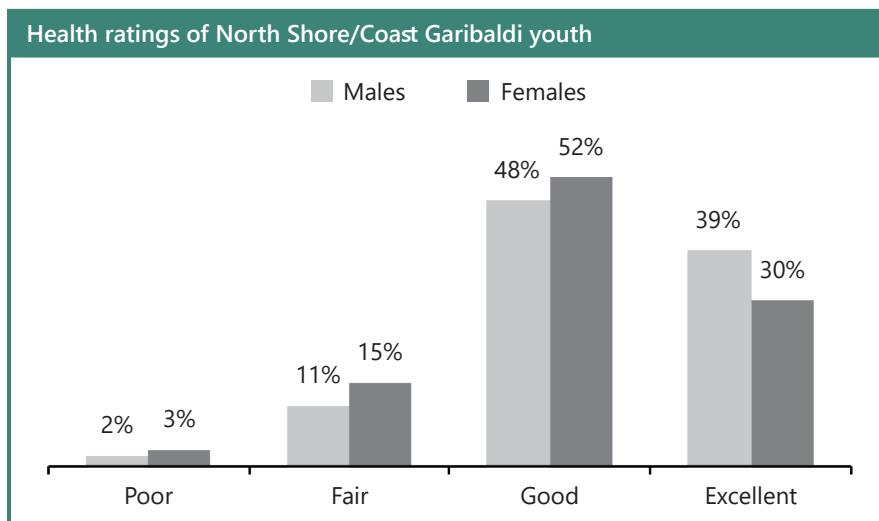
## PHYSICAL HEALTH

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

Most students rated their health as good or excellent (84% vs. 81% provincially). There was a decrease from five and ten years earlier (from 88% in 2008 and 2013), which mirrored the pattern across the province.

Males in urban areas were more likely than those in rural areas to rate their health as good or excellent (89% vs. 83%). There was no urban-rural difference among females.

Males were more likely than females to rate their health as excellent, which was consistent with findings five years earlier.



Note: The gender difference for 'poor' was not statistically significant.

## HEALTH CONDITIONS & DISABILITIES

Locally, 28% of youth indicated having at least one health condition or disability, which was similar to the provincial rate.

Youth most commonly reported having a mental health condition, and, as in 2013, females were more likely than males to report having one. Also, females were more likely than five years earlier to report having a mental health condition (21% vs. 16% in 2013), while the percentage for males was similar over time (8% in 2018).

Forty-two percent of students who had a disability or health condition reported that it prevented them from doing things their peers could do.

### Health conditions and disabilities reported by North Shore/Coast Garibaldi youth

Mental health condition	15%
Long-term/chronic medical condition	7%
Learning disability	5%
Sensory disability	3%
Severe allergy requiring EpiPen	2%
Physical disability	1%
Other	2%

Note: Youth could choose more than one response.

Youth in rural areas were more likely than those in urban areas to report having a mental health condition (17% vs. 13%), long-term/chronic medical condition (9% vs. 6%), and sensory disability (4% vs. 2%).



## 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. Seventeen percent of local youth aged 12–17 met these recommendations in the week before taking the survey (similar to youth across BC and to the local percentage in 2013). Males were the most likely to exercise this regularly (e.g., 23% of males vs. 12% of females).

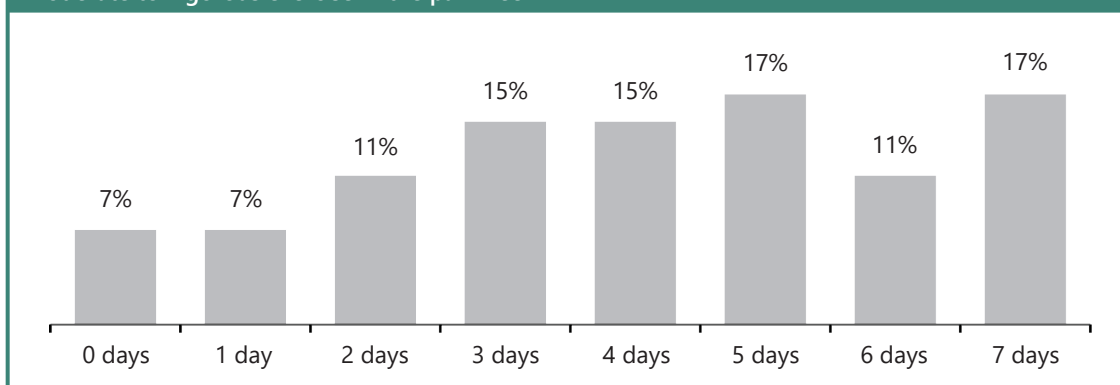
The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Most local students aged 18 or older (64%) met this recommendation by participating in 60 minutes of exercise on at least three days in the past week (which was similar to 2013). Males aged 18 or older were more likely than females to have met the recommendation (76% vs. 56%).

*“Increasing the amount of physical activity I do has made my marks improve, and makes me feel all around happier and carefree.”*

Grade 12 student

Urban and rural youth aged 12–17 were equally likely to have met the physical activity recommendations for their age group. However, youth aged 18 or older in urban areas were more likely to have met the recommendations for older youth and adults (67% vs. 54% in rural areas).

Number of days on which North Shore/Coast Garibaldi students participated in at least 60 minutes of moderate to vigorous exercise in the past week



## SLEEP

*"I rarely get enough sleep."*

Grade 11 student

Half of students (50%) slept eight or more hours on the night before completing the survey (including 23% who slept nine or more hours), and 5% slept four hours or less. The percentage who slept for eight or more hours was similar to youth across the province, and a local decrease from five years earlier (58% in 2013).

Males were the most likely to have slept for at least eight hours (53% of males vs. 47% of females vs. 34% of non-binary youth). Also, younger students were more likely than older ones to have slept eight or more hours (e.g., 70% of 13-year-olds vs. 44% of 15-year-olds vs. 34% of 17-year-olds).

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (57%), homework (49%), gaming (25%), and online activities other than gaming (e.g., watching videos, checking social media; 71%).

Females were more likely than males to report chatting or texting (62% vs. 53%), doing homework (57% vs. 41%), and other online activities (72% vs. 70%); and were the least likely to report gaming after their expected bedtime (e.g., 13% of females vs. 37% of males).

Locally, 46% of students reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). Females were more likely than males to go offline (48% vs. 43%).

On the day they completed the survey, 44% of local students had woken up feeling like they got enough rest. Students who reported going offline at night were more likely to wake up feeling rested than those who did not go offline (50% vs. 39%). The percentage of students who woke up feeling rested rose to 64% if they went offline and did not engage in any other activities (e.g., homework) after their expected bedtime.

Youth in rural areas were more likely than those in urban areas to have had at least eight hours sleep the previous night (55% vs. 48%), and to have woken up feeling rested (48% vs. 43%). They were less likely than urban youth to have been doing their homework after their expected bedtime (45% vs. 51%), but were also less likely to have gone offline (43% vs. 47% of urban youth).



## ACCESS TO HEALTH CARE

*"Our health clinics aren't open enough. One day isn't good enough."*

Grade 10 student

*"I went to my local youth clinic for the first time last month, and they were very kind and helpful."*

Grade 12 student

Similar to the picture across BC, 21% of local students reported that they did not need health care in the past year, and 3% indicated they did not get the health care they needed.

Most youth (61%) had visited a family doctor. Students in North Shore/Coast Garibaldi were more likely than youth across the province to have visited a walk-in clinic (40% vs. 35% provincially), a youth clinic (6% vs. 4%), or a counsellor or psychologist (13% vs. 11%).

Urban youth were more likely than rural youth to have accessed a family doctor (63% vs. 56%) and walk-in clinic (44% vs. 30%), while youth in rural areas were more likely to have accessed an emergency room (21% vs. 15% of urban youth) and nurse (12% vs. 8%).

### Where North Shore/Coast Garibaldi youth got health care in the past year

Family doctor	61%
Walk-in clinic	40%
Emergency room (ER)	17%
Counsellor/psychologist	13%
Nurse	9%
Youth clinic	6%
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, 56% of students reported they did not need this type of medical help, while 36% got the help they needed, and 8% had not received the help they needed (similar to provincial findings). Males were the least likely to miss out on accessing needed medical care, while non-binary youth were the most likely (7% of males missed out vs. 9% of females vs. 24% of non-binary youth).

Rural youth were more likely than urban youth to have missed out on accessing needed medical care in the past year (10% vs. 8% of urban youth).

## DENTAL VISITS

*"I would like to improve my dental hygiene."*

Grade 9 student

Most youth (86%) had been to the dentist in the past 12 months, while 9% had visited the dentist between a year and two years ago, 4% had last been more than two years ago, and the remainder had never been to the dentist.

Rural-based youth were less likely to have been to the dentist in the previous 12 months (82% vs. 87% of urban youth), and were more likely to have last been between a year and two years ago (12% vs. 7%).

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

## NUTRITION

Provincially there was a slight decrease in the percentage of youth who ate fruit and/or vegetables on the day before completing the BC AHS. However, this was not the case for youth in North Shore/Coast Garibaldi, as 95% ate fruit and/or vegetables the previous day, which was similar to the percentage in 2013.

Local youth were more likely than youth across the province to have had fruit and/or vegetables (95% vs. 93%), as well as sweets (79% vs. 77%). They were less likely to have had traditional foods from their background (35% vs. 41% provincially), pop (32% vs. 37%), and fast food (41% vs. 47%).

However, there was a local increase in eating fast food (41% vs. 35% in 2013). There was also an increase in eating food grown or caught by them or their family (15% vs. 13% in 2013), and in drinking water (98% vs. 97%).

In comparison to youth in rural areas, youth in urban areas were more likely to have eaten sweets (80% vs. 76% of rural youth), and were less likely to have eaten food grown or caught by them or their family (13% vs. 20%) the previous day.

There was no urban-rural difference in drinking water but youth in rural areas were more likely to have drunk pop (34% vs. 31% of urban youth) and energy drinks (8% vs. 5%).

What North Shore/Coast Garibaldi students ate or drank yesterday		
	Once or twice	Three or more times
Water	20%	78%
Fruit	57%	31%
Vegetables or green salad	62%	22%
Sweets (cookies, cake, candy, chocolate, etc.)	65%	13%
Traditional food from their background	26%	9%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	36%	5%
Pop	29%	3%
Food grown/caught by them or their family	12%	3%
Energy drinks	5%	1%

## MEALS

Similar to the provincial picture, there was a decline from 2013 in the percentage of students who always ate breakfast (54% vs. 58% in 2013), and a rise in the percentage who never ate breakfast on school days (from 11% to 14%). Males were the most likely to always eat breakfast (e.g., 60% of males vs. 50% of females).

Among students who ate breakfast, the majority usually got their breakfast at home, while 8% got it on the way to school, and 8% ate at school (similar to percentages across BC).

The 2018 survey asked for the first time about eating lunch and dinner on school days. Local students were more likely than youth across BC to always eat lunch (66% vs. 64% provincially) and dinner (88% vs. 87%). Also, 3% of local youth never ate lunch (vs. 5% provincially), and 1% never ate dinner.

Students in North Shore/Coast Garibaldi were more likely than those across the province to eat three meals on school days (41% vs. 37%). Local males were the most likely to always eat breakfast, lunch, and dinner (e.g., 47% of males vs. 36% of females).

Youth in urban areas were more likely than those in rural areas to always eat breakfast (57% vs. 48%) and dinner (89% vs. 86%) on school days.

## EATING BEHAVIOURS

Locally, 13% of youth had vomited on purpose after eating in the past year, including 1% who did so at least once a week. The percentage of males who vomited on purpose rose from five years earlier (10% vs. 4% in 2013), while the percentage among females was similar over time.

As in 2013, females were more likely than males to have vomited on purpose after eating (14% vs. 10%). Also, 33% of non-binary youth had done so in the past year.



# INJURIES & INJURY PREVENTION

## INJURIES

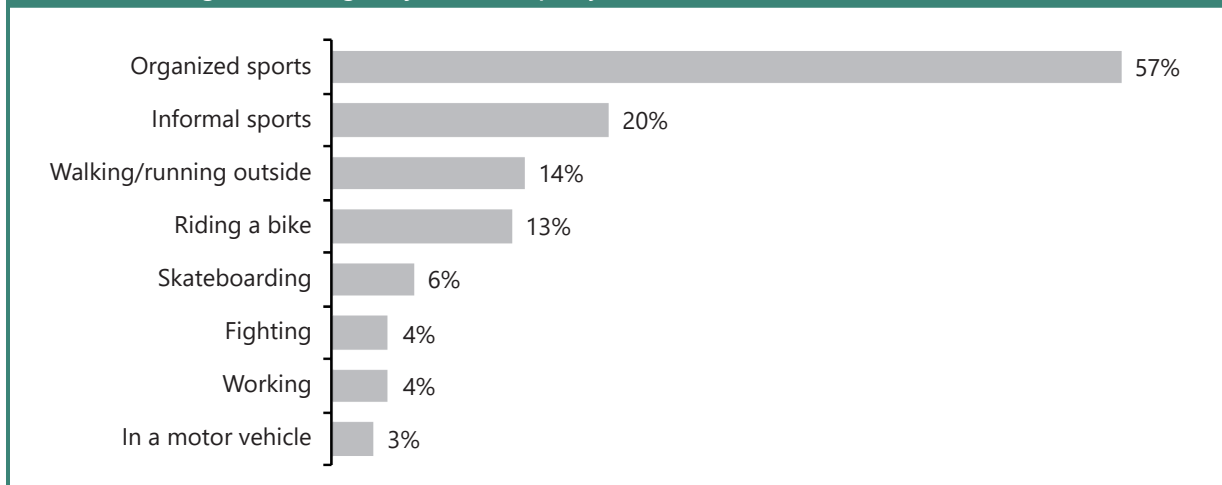
Reflecting results in 2013, 31% of youth were injured seriously enough to require medical attention in the past year (vs. 26% provincially), including 8% who experienced two serious injuries and 4% who had three or more.

Also similar to five years earlier, males were more likely than females to have been seriously injured (33% vs. 29%).

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

Urban and rural youth were equally likely to have been seriously injured in the past year. However, there were some differences in how youth were injured. Among youth who were injured, youth in urban areas were more likely to have been injured playing or training for organized sports (61% vs. 48% in rural areas); while those in rural areas were more likely to have been injured riding a bike (21% vs. 10% in urban areas), and while working (7% vs. 3%).

Most common causes of serious injuries sustained by North Shore/Coast Garibaldi youth that required medical attention (among those who got injured in the past year)



Note: Youth could choose more than one response.





## CONCUSSIONS

Reflecting the provincial pattern, there was a local decrease in youth who had a concussion in the past year (15% vs. 20% in 2013). This included 4% who had two or more concussions.

As in 2013, males were more likely than females to have experienced a concussion in the past year (17% vs. 12%).

Youth who experienced a concussion typically reported multiple symptoms including headaches (77%); dizziness or balance problems (65%); feeling dazed, confused, or experiencing memory loss (51%); blurred vision (47%); ringing in their ears (43%); and loss of consciousness (24%).

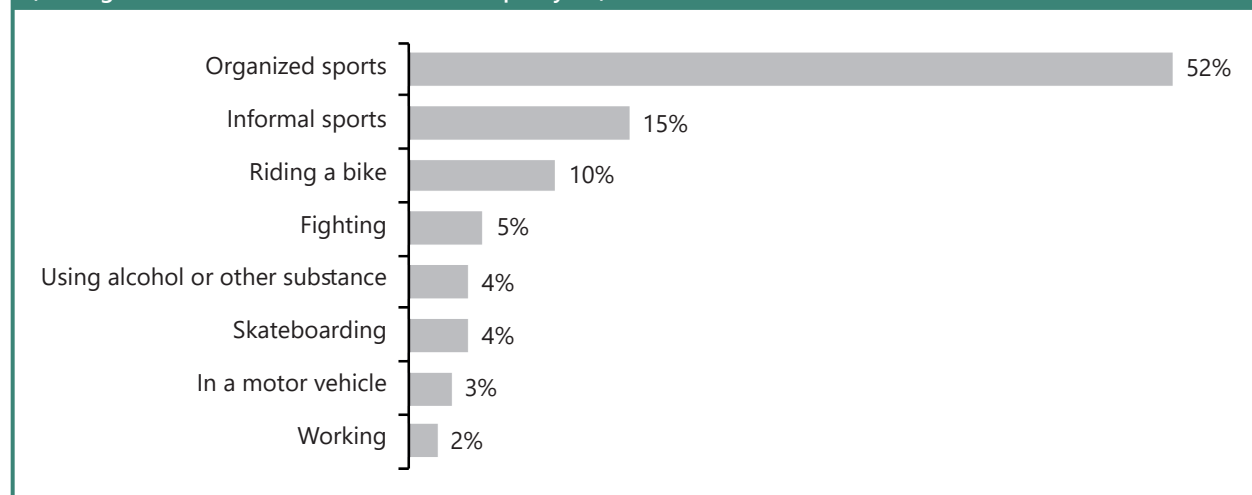
As was the case with serious injuries and consistent with provincial findings, the most common

activity local youth were doing when they suffered a concussion was playing or training for organized sports.

Around 6 in 10 local youth (59%) who experienced a concussion in the past year received medical treatment for their injury. This was higher than for youth across the province (52% provincially) and there were no urban-rural differences.

As with serious injuries, urban and rural youth were equally likely to have experienced a concussion in the past year. However, urban-based youth were more likely to have been concussed through involvement in organized sports (60% vs. 36% of rural youth; among those who had a concussion in the past year), while rural youth were more likely to have experienced their concussion as a result of riding a bike (17% vs. 7% of urban youth).

Most common activities North Shore/Coast Garibaldi youth were doing when they suffered a concussion (among those who had a concussion in the past year)



Note: Youth could choose more than one response.

## INJURY PREVENTION

Most youth (70%) always wore a seat belt when riding in a car, truck, or van. The percentage was similar to five years earlier and lower than for youth across BC (73% provincially). Similar to 2013, males and females were equally likely to always wear a seat belt.

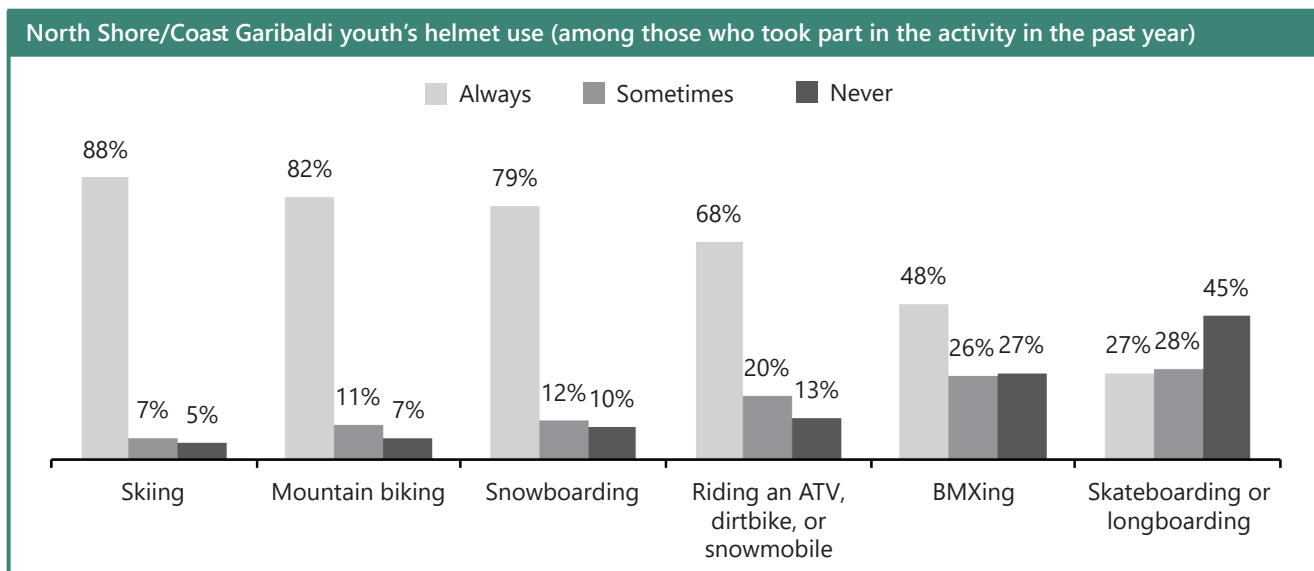
Youth in urban areas were more likely than those in rural areas to always wear their seat belt when riding in a motor vehicle (72% vs. 67%).

In the past year, around half (49%) of local youth always wore a helmet when cycling. This percentage rose over the past decade (49% vs. 44% in

2013 vs. 32% in 2008) and was higher than for youth across the province (45% provincially).

Local youth were also more likely than those across BC to always wear a helmet when skiing (88% vs. 82%) and mountain biking (82% vs. 69%) in the past year.

In the past year, youth in urban areas were more likely than those in rural areas to always wear a helmet when cycling (52% vs. 43%); mountain biking (84% vs. 79%); snowboarding (81% vs. 74%); skiing (89% vs. 84%); and when riding an ATV, dirt bike, or snowmobile (71% vs. 64%).



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

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

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

## MENTAL HEALTH

*"I'm struggling with mental health and don't know who to tell."*

Grade 9 student

Reflecting the provincial picture, there was a decrease in the percentage of local students who rated their mental health as good or excellent, from 83% in 2013 to 73%. Males were the most likely to report good or excellent mental health.

Youth in rural areas were less likely than those in urban areas to rate their mental health as good or excellent (70% vs. 75%).

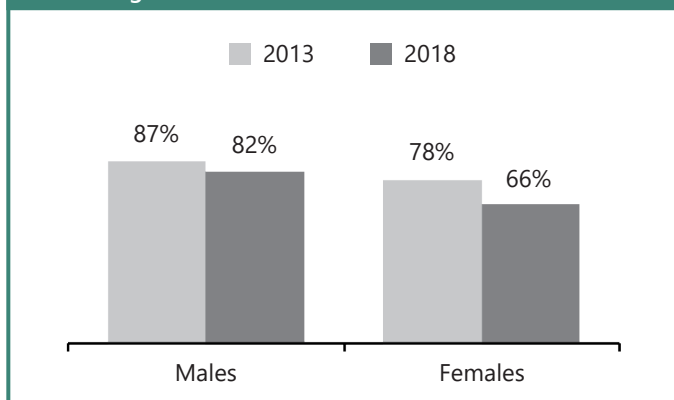
## HAPPINESS

Similar to the province, 66% of local students felt happy most or all of the time in the past month (vs. 71% in 2013), while 25% felt happy some of the time, and 10% rarely or never felt happy.

Males were the most likely to feel happy most or all of the time (73% vs. 60% of females vs. 39% of non-binary youth).

Youth in rural areas were less likely than those in urban areas to usually feel happy in the past month (62% vs. 67%).

North Shore/Coast Garibaldi youth who rated their mental health as good/excellent



## STRESS & DESPAIR

Most youth (89%) experienced some level of stress in the past month, including 13% who felt so stressed that they could not function properly.

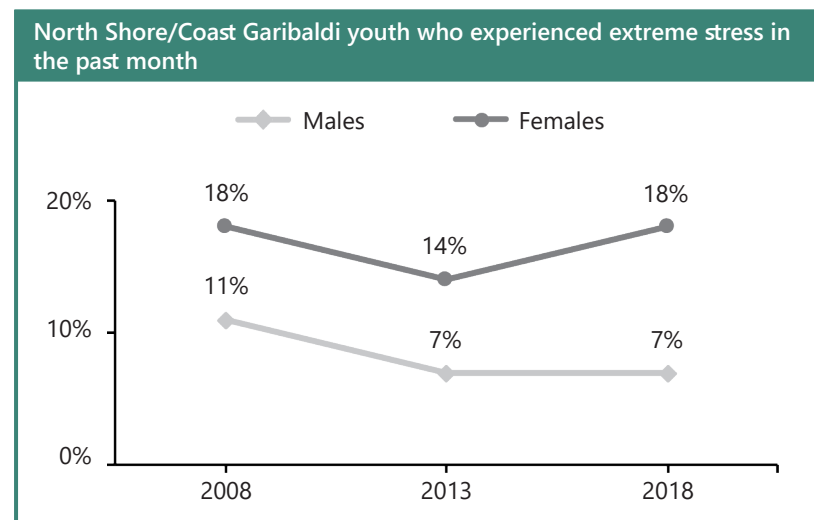
The percentage of local students who reported extreme stress decreased between 2008 and 2013. However, in 2018 the percentage of females who reported extreme stress returned to 2008 levels, while the percentage for males was unchanged from 2013.

As in previous years, females were more likely than males to experience extreme stress. Also, 30% of non-binary youth experienced this level of stress.

Among those who experienced stress, 36% felt they managed it well and 17% felt they managed it very well, while 30% felt they managed their stress only fairly well and 17% felt they managed it poorly.

There was an increase in the percentage of local students who felt some level of despair in the past month (57% vs. 52% in 2013). Also, 7% of youth (4% of males vs. 9% of females vs. 21% of non-binary youth) felt so sad, discouraged, or hopeless that they were unable to function.

Youth in rural areas were more likely than those in urban areas to have experienced extreme despair in the past month (9% vs. 6%).



## MENTAL HEALTH CONDITIONS

*"One of the hardest things for myself when my depression was at its worst point was not having my mother understand. I think giving more education to parents, adults, etc. could really improve lives."*

**Grade 10 student**

*"PTSD coping strategies would be helpful."*

**Grade 12 student**

Locally, 18% of youth reported having Anxiety Disorder/panic attacks (9% of males vs. 26% of females vs. 42%\* of non-binary youth), 13% reported Depression (9% of males vs. 16% of females vs. 39% of non-binary youth), 9% reported Attention Deficit/Hyperactivity Disorder (ADHD; 11% of males vs. 6% of females), 3% reported Post-Traumatic Stress Disorder (PTSD; 1% of males vs. 4% of females vs. 12% of non-binary youth), 1% reported Asperger's or Autism Spectrum Disorder, and 1% reported Fetal Alcohol Spectrum Disorder.

Youth in rural areas were more likely than those in urban areas to report having Anxiety Disorder/panic attacks (24% vs. 16%), Depression (19% vs. 11%), and PTSD (5% vs. 2%).

There was an increase from five years earlier in the percentage of youth reporting Anxiety Disorder/panic attacks (18% vs. 8% in 2013), Depression (13% vs. 9%), and PTSD (3% vs. 1%).

Compared to youth across the province, North Shore/Coast Garibaldi students were less likely to report having Depression (13% vs. 15% across BC), and more likely to report ADHD (9% vs. 7%).

## SELF-HARM & SUICIDALITY

In the past year, 17% of students had cut or injured themselves on purpose without the intention of killing themselves. Reflecting the provincial picture, males were the least likely to have done so (11% vs. 21% of females vs. 45% of non-binary youth).

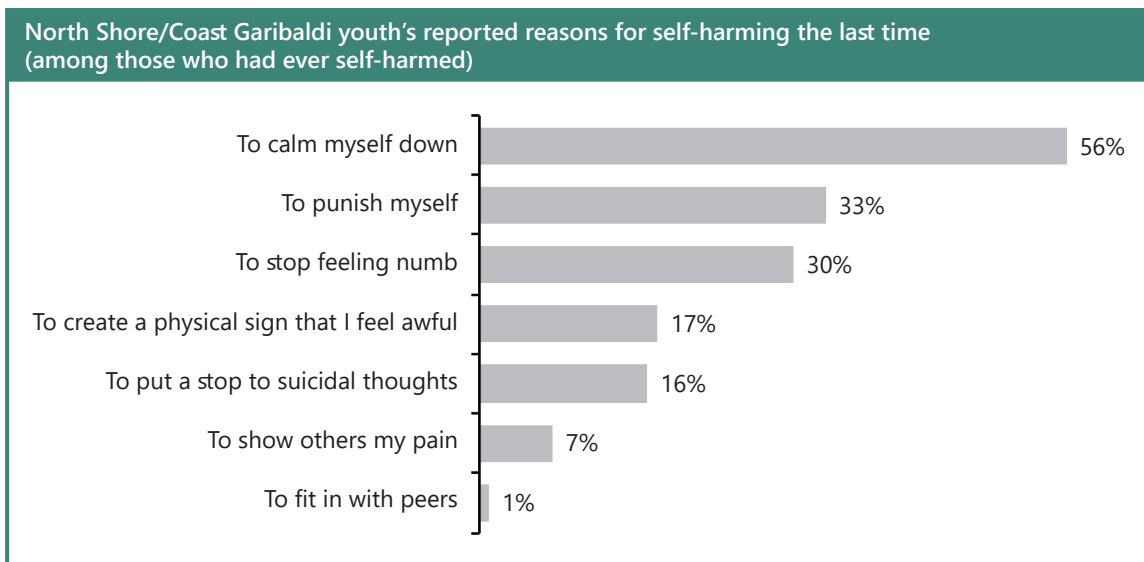
Females in rural areas were more likely than females in urban areas to have self-harmed in the past year (27% vs. 18%), while there was no difference among males.

The most common reason students gave for self-harming the last time was to calm themselves down. Rural youth who self-harmed were more likely than urban youth to have done so to put a stop to suicidal thoughts (23% vs. 13%).

In the past year, 15% of youth had seriously considered suicide, which was lower than across BC (17%) but a local increase from 10% in 2013. Females in rural areas were more likely than females in urban areas to have seriously considered suicide (24% vs. 16%).

Four percent of youth had attempted suicide in the past year, which was similar to the provincial picture and a local decrease from five years earlier (5% in 2013). As in 2013, females were more likely than males to have attempted suicide (5% vs. 2%). Also, 15% of non-binary youth had attempted suicide in the past year.

Youth in rural areas were more likely than urban youth to have attempted suicide in the past year (7% vs. 3%), with a similar pattern for males (4% vs. 1% of urban males) and females (9% vs. 4%).



Note: Youth could choose more than one response.



## MISSED OUT ON NEEDED MENTAL HEALTH SERVICES

*"I have no idea where to go to get help for constant feelings of depression."*

Grade 10 student

*"I would like there to be more mental help experts as I had to wait for four months before I got the help I needed. Those four months were some of the hardest months of my life."*

Grade 12 student

In the past year, 19% of students had missed out on accessing needed mental health services (11% of males vs. 26% of females vs. 45% of non-binary youth). This rate was comparable to the province as a whole and represented a local increase from 11% in 2013.

The most common reasons youth identified for not accessing needed mental health services were not wanting their parents to know and thinking or hoping the problem would go away. These were also the most common reasons five years earlier.

Local youth were more likely than students across the province to report missing out on needed services in the past year because they could not go when services were open (8% vs. 5% provincially; among those who needed services), and were also more likely than local youth five years earlier to identify this reason.

Youth were also more likely than five years earlier to report missing out on needed mental health services because they did not think they could afford them (20% vs. 12% in 2013; among those who needed services in the past year), and because they had a negative experience before (17% vs. 11%).

### North Shore/Coast Garibaldi youth's most commonly reported reasons for not accessing mental health services in the past year (among those who felt they needed services)

Thought or hoped the problem would go away	58%
Didn't want parents to know	58%
Didn't know where to go	42%
Too busy to go	40%
Afraid of what I would be told	38%
Afraid someone I know might see me	38%
Didn't think I could afford it	20%
Had prior negative experience	17%
Parent/guardian would not take me	9%
Couldn't go when it was open	8%
Had no transportation	7%
On a waiting list	6%
The service is not available in my community	2%

Note: Youth could choose more than one response.

Among youth who had not accessed needed services in the past year, local students were less likely than those across BC to report missing out because they thought or hoped the problem would go away (58% vs. 63% provincially); they did not want their parents to know (58% vs. 62%); they were afraid of what they would be told (38% vs. 44%); and they had no transportation (7% vs. 10%).

Youth in rural areas were more likely than those in urban areas to have missed out on accessing needed mental health services in the past year (22% vs. 18% of urban youth); and to have missed out on these services because they did not know where to go (49% vs. 39%; among those who needed services in the past year), they had no transportation (10% vs. 6%), and because they had prior negative experiences (21% vs. 15%).

## SEXUAL HEALTH

*"They teach us about safe sex, but not about how to have a healthy relationship."*

Grade 10 student

### ORAL SEX

A quarter (25%) of youth had engaged in oral sex, which was similar to local percentages over the past decade, and higher than the 22% reported provincially.

Among students who had oral sex, 13% used a condom or other barrier/protection the last time they had oral sex. This was similar to the local percentage five years earlier, and lower than the provincial percentage (17% across BC).

Urban and rural youth were equally likely to have had oral sex, but rural youth were more likely to have used a barrier the last time they had oral sex (18% vs. 11% of urban youth; among those who ever had oral sex).

### INTERCOURSE

*"I think the youth clinic in [my community] should have more than one day for girls to get birth control. Last time I waited 2.5 hours."*

Grade 9 student

Around 1 in 5 youth (21%) ever had sex other than oral sex or masturbation, which was similar to the provincial picture and to the local picture over the past decade.

Among youth who ever had intercourse, the most common ages for first doing so were 15 and 16 years old (e.g., 28% first had sex at age 16). The percentage of students who waited until they were at least 15 to first have sex was the same as in 2013 but higher than 10 years earlier (70% vs. 64% in 2008).

Around half of youth (51%) who ever had intercourse had one sexual partner in the past year, while 21% had two partners, 22% had three or more partners, and 6% did not have intercourse in the past year.

Rural youth were more likely than urban youth to have had sexual intercourse (26% vs. 20%). Among those who ever had intercourse, rural youth were also more likely to have first had sex at age 14 or younger (39% vs. 25% of urban youth), and to have had three or more sexual partners in the past year (26% vs. 20%).





Similar to the picture across BC and the local rate in 2013, 65% of youth who had intercourse reported using a condom or other barrier/protection the last time they had sex (68% of males vs. 61% of females).

When asked specifically about what efforts they made to prevent pregnancy the last time they had sex, condoms were the most common method.

Compared to ten years earlier, there was an increase in youth who used emergency contraception (9% vs. 6% in 2008; among those who ever had intercourse) and an IUD. Use of withdrawal to prevent pregnancy also increased (39% vs. 31% in 2013 vs. 17% in 2008), although there was no change in the use of withdrawal as the only method of contraception (7% in 2018).

The only urban-rural difference in contraception was rural youth were more likely to have used an IUD (7% vs. 2% of urban youth; among those who ever had intercourse).

One percent of local youth had been involved in a pregnancy (2% of rural youth vs. 1% of urban youth).

## SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

One percent of youth reported ever being told by a doctor or nurse that they had an STI.

The HPV vaccines protect against infection from certain types of cancers, and have been available to girls in Grade 6 since 2008 and to boys in Grade 6 since September 2017. Locally, 35% of youth reported they had been vaccinated (18% of youth who were assigned male on their birth certificate vs. 50% of females), and 52% did not know if they had received the vaccines (66% of males vs. 38% of females).

Youth in urban areas were more likely to report they had received the HPV vaccines (37% vs. 30% of rural youth).

Methods North Shore/Coast Garibaldi youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Condoms	59%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	45%
Withdrawal	39%
Emergency contraception	9%
IUD	4%
Depo Provera	2%
Not sure	3%
No method	3%

Note: Youth could choose more than one response.

## REFUSAL SKILLS

*"I am often emotionally tired from having to constantly say no to guys when they ask for nudes, dates, or other stuff."*

Grade 10 student

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

## USED PHONE TO SEXT OR WATCH PORNOGRAPHY

Among youth with a phone, 4% used their device on their most recent school day to engage in sexting (which was a decrease from 9% in 2013). Also, 12% used their device to watch pornography (asked for the first time on the 2018 survey).

Older youth were generally more likely than younger youth to report having watched pornography on their device on their last school day (e.g., 14% of 18-year-olds vs. 4% of 13-year-olds).

Also, youth in urban areas were more likely than those in rural areas to have used their device to watch pornography on their most recent school day (13% vs. 9%).

North Shore/Coast Garibaldi youth who felt they could say no if asked to ...			
	Could say no	Could not say no	Not sure
Send nudes/sext	93%	2%	5%
Have sex with a new partner when they did not want to	92%	2%	7%
Have sex with a long-term partner when they did not want to	86%	3%	11%

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



## SUBSTANCE USE

*"I had only one sip of alcohol and I got sick from it so I never drink and never used drugs."*

Grade 8 student

### TOBACCO USE & VAPING

*"A lot of kids will vape while they smoke or drink and also they sometimes skip class to go vape."*

Grade 10 student

Locally, 22% of students had smoked tobacco (e.g., cigarettes, cigars, or cigarillos), compared to 18% across BC. There was a decrease in the percentage of males who had smoked tobacco (23% vs. 28% in 2013), while the percentage for females was similar to five years earlier (20%). However, males remained more likely than females to have smoked (23% vs. 20%).

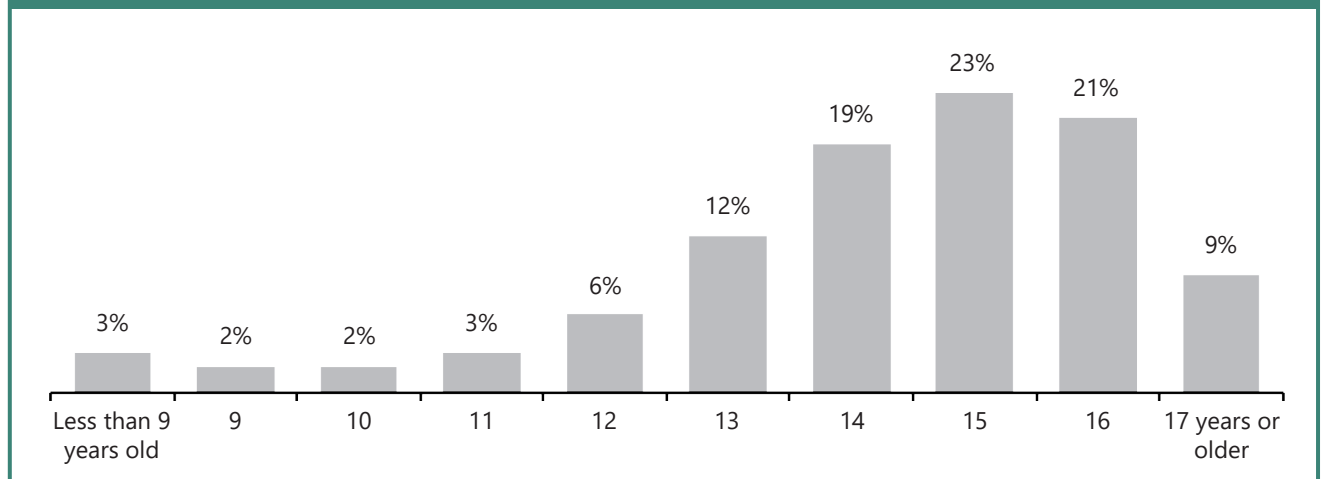
The most common ages for youth to first try smoking were 14, 15, and 16 years old. Local youth were more likely than five years earlier to wait until they were at least 15 years old to first smoke (53% vs. 47% in 2013; among youth who had smoked tobacco).

Youth in rural areas were more likely than those in urban areas to have ever smoked tobacco (26% vs. 20%). They were also less likely to have waited until they were at least 15 years old to try smoking (41% vs. 59% of urban youth; among youth who had smoked tobacco).

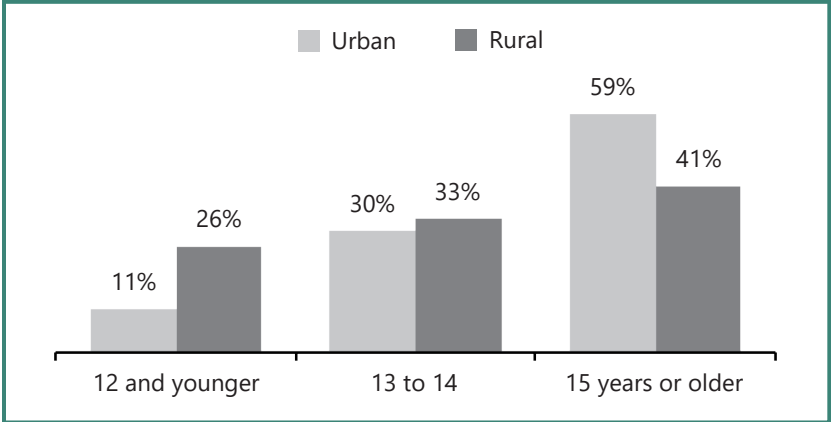
Among youth who had smoked tobacco, 44% smoked in the past month, including 5% who smoked daily (similar to percentages five and ten years earlier). Rural youth were more likely to have smoked every day in the past month (8% vs. 3% of urban youth).

Reflecting the provincial pattern, the most common smoking product students used in the past month was a vape pen or stick with and/or without nicotine (34%; with no urban-rural differences). However, local youth were more likely than those across BC to have vaped in the past month (34% vs. 27% provincially), and specifically to have vaped with nicotine (30% vs. 21% provincially).

Age North Shore/Coast Garibaldi youth first smoked tobacco (among those who had tried smoking)



**Age North Shore/Coast Garibaldi youth first smoked tobacco (among those who had tried smoking)**



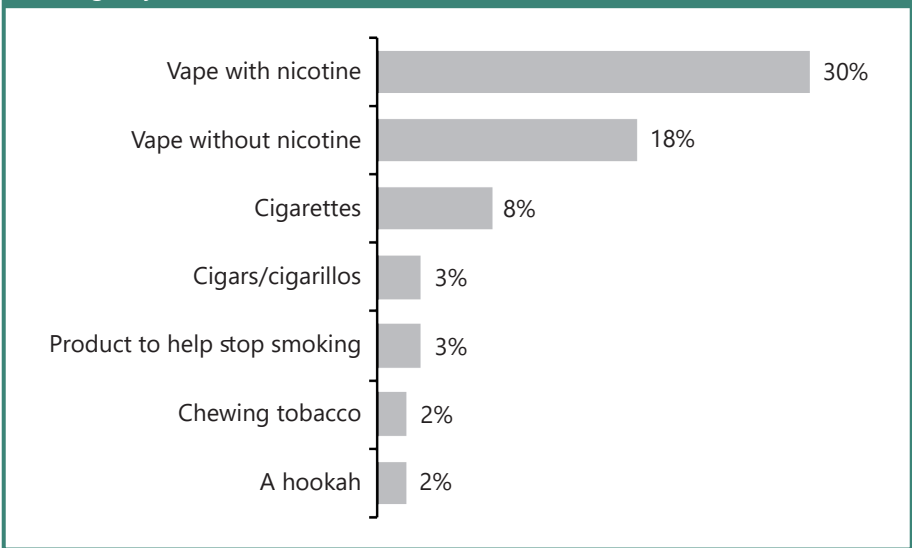
Youth in rural areas were more likely than those in urban areas to have smoked cigarettes (10% vs. 7%) and used a product to help them stop smoking (4% vs. 2%) in the past month. They were less likely to have used a hookah (1% vs. 2% of urban youth).

In the past month, males were more likely than females to use chewing tobacco (3% vs. 1%), cigars or cigarillos (5% vs. 1%), to vape with

nicotine (33% vs. 27%), and to use a product to help them stop smoking (4% vs. 2%).

Among students who had smoked tobacco, 75% had vaped in the past month, including 71% who vaped with nicotine (vs. 64% provincially). Youth who had never smoked tobacco were also vaping, as 22% had vaped (vs. 17% provincially), including 18% who vaped with nicotine (vs. 11% provincially).

**Products North Shore/Coast Garibaldi youth used in the past month (among all youth)**



## ALCOHOL

A little over half of youth had tried alcohol (with no gender difference), which was the same as five years earlier and lower than in 2008 (52% vs. 60%). Local youth remained more likely than youth across the province to have tried alcohol (44% provincially).

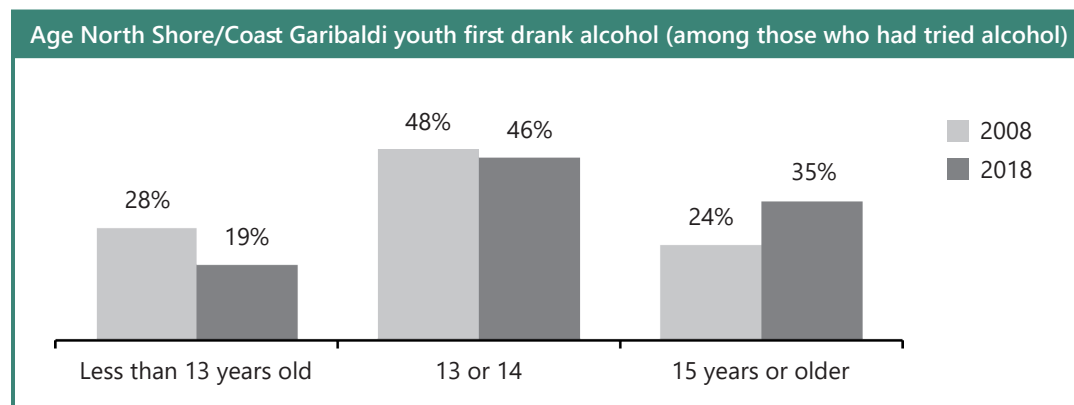
Among youth who had tried alcohol, the most common age for them to have their first drink was 14 years old (26%). Youth were more likely than ten years earlier to wait until they were at least 15 years old to have their first drink.

There was no difference between urban and rural youth in trying alcohol, but youth in urban areas were more likely to have waited until they were at least 15 years old to have their first drink (38% vs. 27% of rural youth; among those who had tried alcohol), and those in rural areas were more likely to first try alcohol at age 12 or younger (27% vs. 16%).

Among youth who had tried alcohol, 71% had at least one drink in the past month, including 5% who drank alcohol on at least ten days that month.

Among youth who had tried alcohol, local youth were more likely than those across the province to have consumed alcohol on the Saturday before completing the survey (41% vs. 35% provincially). Youth who drank the previous Saturday most commonly drank liquor (31%; among those who had tried alcohol), followed by coolers (24%) and beer (21%), and fewer consumed wine (6%). Females were less likely than males to drink beer (11% vs. 32%), and were more likely to drink coolers (29% vs. 18%).

Among those who had tried alcohol, local youth were more likely than youth across the province to have drunk beer (21% vs. 18% provincially), but were less likely to have done so than five years earlier (30% in 2013). Students were also less likely have drunk liquor (31% vs. 36% in 2013), and were more likely to have drunk coolers (24% vs. 20% in 2013) the previous Saturday.



Note: The difference between 2008 and 2018 for '13 or 14' was not statistically significant.

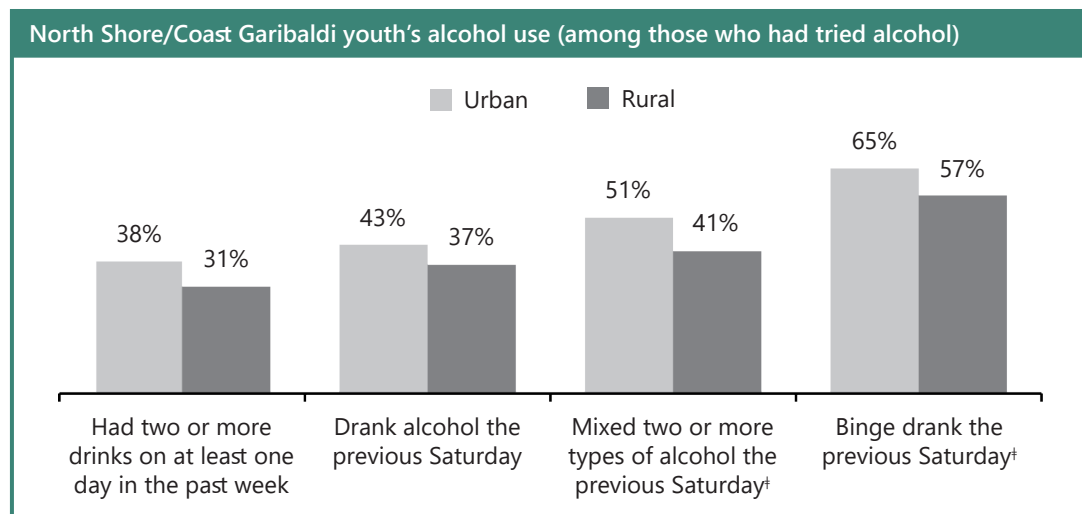
Among youth who drank the previous Saturday, 48% mixed at least two different types of alcohol (e.g., drank liquor and coolers), including 16% who mixed three or four types. This was a reduction from 2013, when 64% of youth mixed at least two different types of alcohol, and 20% mixed three or four types.

Canadian Low Risk Drinking Guidelines suggest not exceeding two drinks on any one occasion. Among local youth who had tried alcohol, 36% had more than two drinks at least once in the week before they took the survey (40% of males vs. 32% of females), and 5% did so on at least three days in the past week (7% of males vs. 4% of females).

Reflecting the local pattern over the past decade, 45% of youth who had tried alcohol had consumed five or more drinks within a couple of hours at least once in the past month (48% of males vs. 42% of females), and 7% did so on six or more days (9% of males vs. 5% of females).

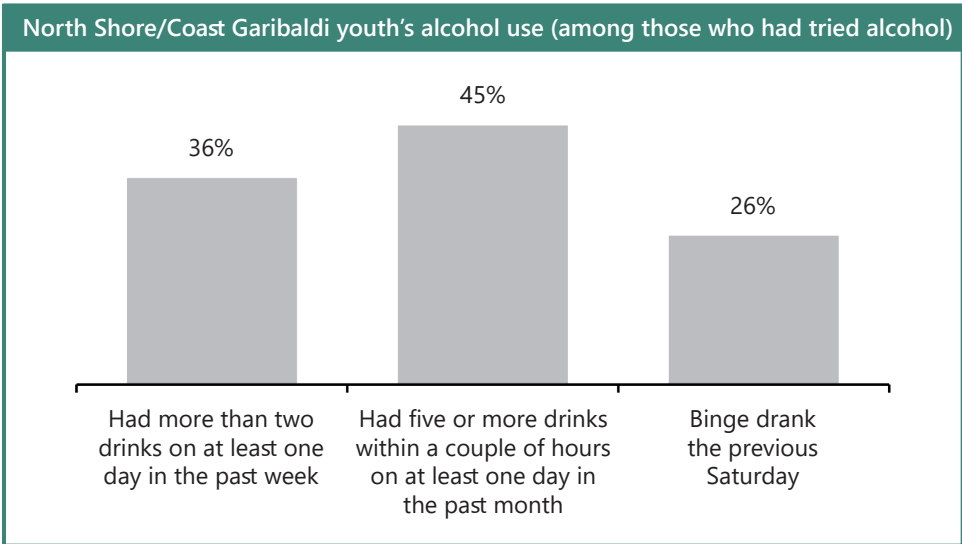
In this report, binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and to females who consume three or more. Among students who drank the previous Saturday, 63% engaged in binge drinking (similar to youth across BC), which was a decrease from 80% in 2013.

While youth in rural areas who had tried alcohol were more likely to have had alcohol on 10 or more days in the past month (8% vs. 5% of urban youth), urban youth were more likely to have had two or more drinks on at least one day in the past week (38% vs. 31% of rural youth) and to have drunk alcohol the previous Saturday (43% vs. 37%). Also, among youth who drank the previous Saturday, urban youth were more likely to have mixed two or more types of alcohol (51% vs. 41% of rural youth) and to have binge drank (65% vs. 57%).



<sup>†</sup>Among youth who drank last Saturday.

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



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.

For the first time, the BC AHS asked youth where they got their alcohol the last time they drank. Youth in North Shore/Coast Garibaldi most commonly got their alcohol from an adult.

Among youth who had tried alcohol, urban youth were more likely than rural youth to get their alcohol from an adult (40% vs. 32%), while rural youth were more likely to have taken it without permission (15% vs. 10% of urban youth).

**Where North Shore/Coast Garibaldi youth got alcohol from the last time (among those who had tried alcohol)**

Adult gave it to me	38%
At a party	33%
Gave someone money to buy it for me	31%
Youth gave it to me	15%
Took it without permission	12%
Bought it	9%
Exchanged something for it	1%
Made it	1%

Note: Youth could choose more than one response.

## MARIJUANA

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. Just under a third (32%) of local youth had tried marijuana. This was higher than the provincial rate (25%), and similar to the local rate over the past decade.

Males were more likely than females to have tried marijuana (34% vs. 29%), unlike across the province where there were no gender differences.

The most common ages for local youth to first try marijuana were 14 or 15 years old. Half (50%) of youth who had tried marijuana waited until they were at least 15 to first try marijuana (55% of females vs. 46% of males). The percentage of youth who waited until they were at least 15 rose from previous survey years (50% vs. 41% in 2013 vs. 36% in 2008).

As with alcohol use, there was no urban-rural difference in trying marijuana, but rural youth were less likely to have waited until they were 15 or older to first try it (36% vs. 56% of urban youth).

Among youth who had tried marijuana, 62% had used it in the month before completing the

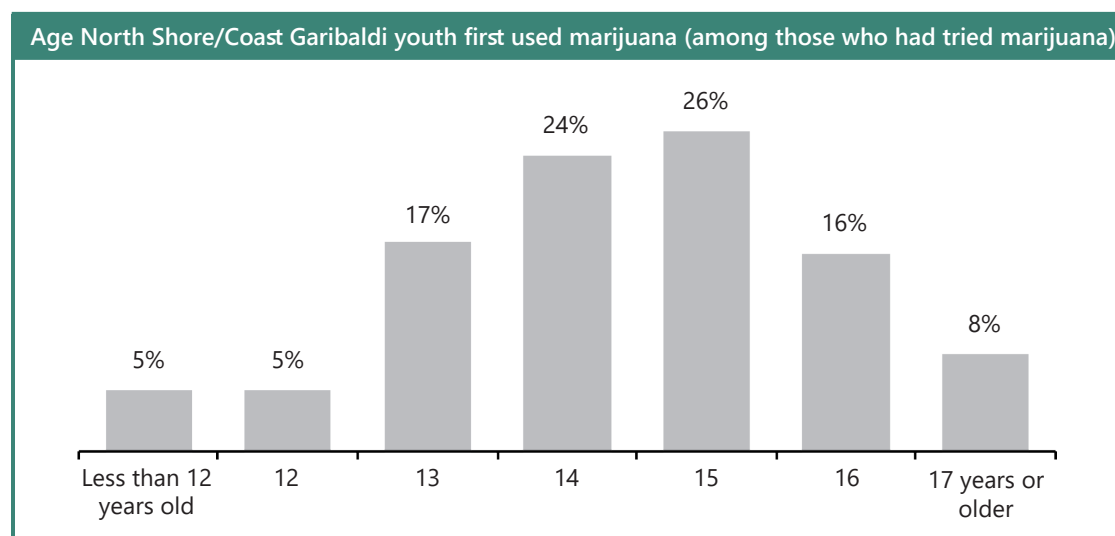
survey, including 23% who had used it on six or more days, and 11% who had used it on 20 or more days (similar to local findings over the past decade).

Rural youth were more likely than urban-based youth to have used marijuana daily in the past month (9% vs. 4%; among those who had tried it).

Locally, 30% of youth who had tried marijuana had used it on the Saturday before taking the survey, which was a decrease from 39% in 2013. Also, 6% of all local youth had used both alcohol and marijuana that day, which was a decrease from 9% in 2013 and 11% in 2008.

The BC AHS asked students who used marijuana about all the ways they had consumed it the last time they used. Most students (88%) smoked it, 13% ate it in a cooked recipe, and 8% took it another way such as gummies. Rural youth were more likely than urban-based ones to have smoked their marijuana (91% vs. 86%).

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



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



## USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

*"[My community] is a party town and drugs are very easy to get. Hard drugs...are very popular but no one really knows the danger."*

Grade 11 student

Around 1 in 5 youth (19%) had tried at least one substance other than alcohol and marijuana (compared to 16% provincially). As was the case provincially, youth in North Shore/Coast Garibaldi most commonly reported using prescription pills without a doctor's consent.

Youth in rural areas were more likely than those in urban areas to have tried substances other than alcohol and marijuana (23% vs. 17%), including prescription pills without a doctor's consent (12% vs. 9%), mushrooms (9% vs. 6%), hallucinogens (5% vs. 3%), inhalants (4% vs. 2%), and crystal meth (1% vs. less than 1% of urban youth).

North Shore/Coast Garibaldi youth were less likely than five years earlier to have used heroin (<1% vs. 2% in 2013) and ketamine or GHB (1% vs. 2%).

One percent of youth had injected an illegal drug.

### North Shore/Coast Garibaldi youth who had used substances other than alcohol and marijuana

Prescription pills without a doctor's consent	10%
Mushrooms	7%
More of my own prescription than prescribed	6%
Ecstasy/MDMA	4%
Hallucinogens (excluding mushrooms, ecstasy/MDMA, and ketamine)	4%
Cocaine	3%
Inhalants	3%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	1%
Ketamine, GHB	1%
Crystal meth	1%
Heroin	<1%
Other substances	1%

Note: Youth could choose more than one response.

## CONSEQUENCES OF USE

More than half (55%) of youth who had used alcohol or other substances reported negative consequences of their use in the past year (similar to 2013). The most commonly reported consequence was being told they did something they could not remember.

Among youth who ever had intercourse, 32% used alcohol or other substances before having sex the last time (similar to previous survey years).

In the past year, 6% of students felt they needed help or were told they needed help for their

substance use. Specifically, 4% needed help for their alcohol use, 3% for their marijuana use, and 2% for their use of other substances. Youth in rural areas were more likely to feel they needed help or were told they needed help for their substance use (8% vs. 5% of urban youth).

Also, when asked about health conditions, 4% of youth indicated having an addiction to alcohol or another substance (compared to 3% provincially). Youth in rural areas were more likely to report such an addiction (6% vs. 3% of urban youth).

Consequences of substance use experienced by North Shore/Coast Garibaldi 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	28%
Got injured	17%
Argued with family members	16%
School work or grades changed	11%
Damaged property	10%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	8%
Got into trouble with the police	7%
Had sex when I didn't want to	7%
Got into a physical fight	6%
Had to get medical treatment	2%
Overdosed	2%
Used alcohol or other substances but none of these happened	45%

Note: Youth could choose more than one response.



## DRIVING AFTER SUBSTANCE USE

Among youth who had tried alcohol, 6% reported driving a vehicle after they had been drinking, which was comparable to 2013 and lower than a decade earlier (13% in 2008). Two percent of youth who had tried alcohol drove after drinking in the past month (vs. 6% in 2008).

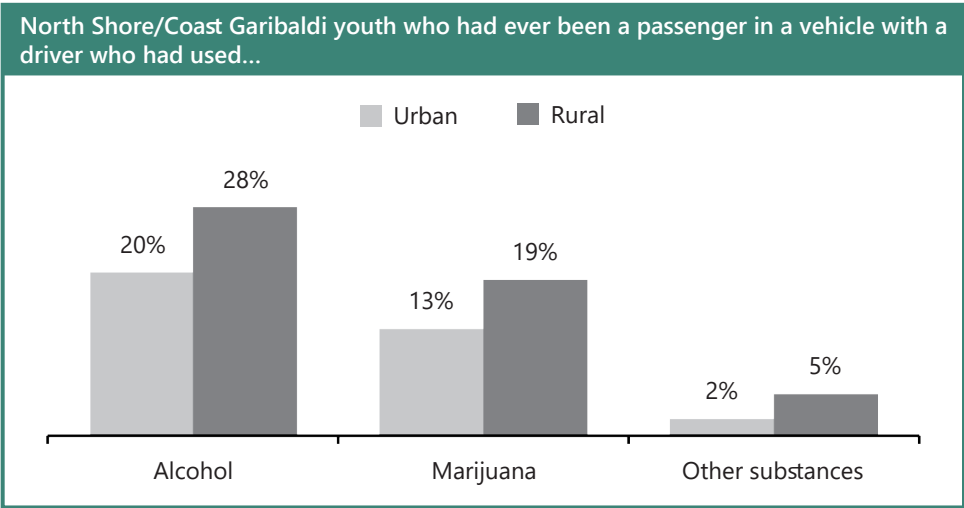
Among youth who had tried marijuana, 13% had ever driven after using it (vs. 23% in 2008), and 7% had done so in the past month.

Also, 3% of youth who had used substances other than alcohol or marijuana had ever driven after using such substances, including 2% who had done so within the past month.

While youth were more likely to have driven after using marijuana than after drinking alcohol, they were more likely to have been the passenger of a driver who had been using alcohol (22% vs. 14% who had been a passenger of someone who had been using marijuana).

They were also more likely to have been a passenger of a driver who had been using alcohol than local students five years earlier (22% vs. 20% in 2013), and in comparison to students across BC (20% provincially).

Youth in urban and rural areas were equally likely to have driven after using substances but rural youth were more likely than urban youth to have been a passenger in a vehicle with a driver who had used substances.



## REPORTED REASONS FOR USING

*“Why do kids use drugs and alcohol when they know it is bad?”*

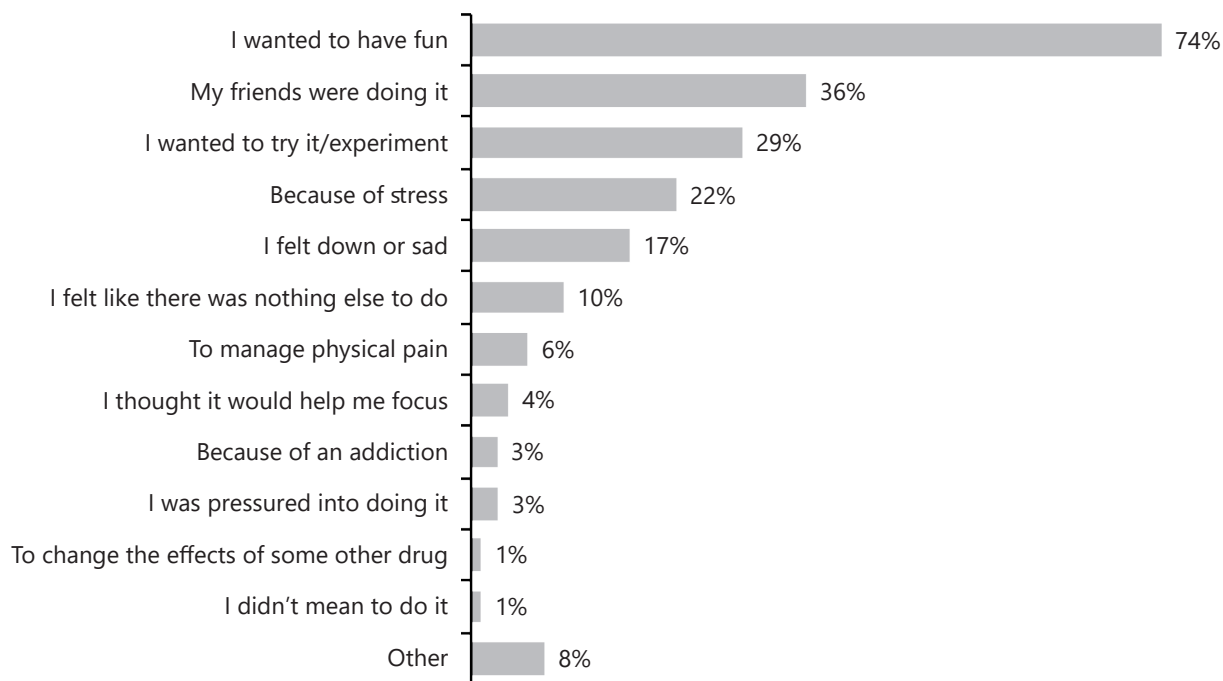
**Grade 8 student**

The most common reason youth gave for using substances the last time was to have fun. This was also the most common reason in 2013.

Youth in 2018 were more likely to report using substances because of stress (22% vs. 18% in 2013; among those who had used substances), because they felt down or sad (17% vs. 13%), and to help them focus (4% vs. 2%).

Youth in urban areas were more likely to have used substances the last time because they wanted to have fun (76% vs. 69% of rural youth; among those who had used substances), whereas youth in rural areas were more likely to have used substances because of stress (27% vs. 20% of urban youth), they felt down or sad (23% vs. 14%), to manage physical pain (7% vs. 5%), they felt there was nothing else to do (13% vs. 8%), and because of an addiction (5% vs. 3%).

Reasons North Shore/Coast Garibaldi youth used substances the last time (among those who had used alcohol or other substances)



Note: Youth could choose more than one response.

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

## EXTRACURRICULAR ACTIVITIES

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

*"I am healthy and I do a lot of sports like every day.*

**Grade 8 student**

In the past year, 96% of North Shore/Coast Garibaldi students participated in at least one extracurricular activity (such as sports, dance, clubs, art, or volunteering), including 90% who did so on at least a weekly basis.

Among youth who engaged in weekly activities, 75% took part in two or more different types of activities (e.g., volunteering and organized sports), including 15% who participated in four or more different types.

Youth's most common extracurricular activity was organized sports (sports with a coach, such as school teams), and the percentage who took part weekly was similar to five years earlier. Local students were more likely than those across the province to participate in organized sports on a weekly basis (63% vs. 52% provincially).

Weekly participation in informal sports continued to decline from previous survey years (58% vs. 64% in 2013 vs. 70% in 2008). However, local students were more likely than youth across BC to take part on a weekly basis (58% vs. 52% provincially).

Local youth were also more likely than those across BC to participate weekly in art, drama, music, and singing groups or classes (27% vs. 23%); dance, yoga, or exercise classes (20% vs. 16%); and extreme sports (13% vs. 9%).

Youth's participation in cultural or traditional activities was higher than five years earlier (6% vs. 5% in 2013). Females were more likely than males to participate in cultural or traditional activities (7% vs. 5%), unlike five years earlier when there was no gender difference.

As in 2013, females were also more likely than males to participate weekly in art, drama, music, and singing groups or classes (33% vs. 21% of males); dance, yoga, or exercise classes (29% vs. 8%); and volunteer activities (23% vs. 12%). Males were more likely than females to participate weekly in informal sports (66% vs. 52%), organized sports (66% vs. 61%), and extreme sports (19% vs. 7%).

Youth in urban areas were more likely than those in rural areas to have participated in at least one extracurricular activity in the past year (97% vs. 93%). Urban youth were also more likely to have taken part in weekly organized sports (65% vs. 58%); art, drama, singing, or music groups/lessons (29% vs. 23%); and volunteering (19% vs. 15%). Rural youth were more likely to have taken part in weekly extreme sports (17% vs. 12% of urban youth).

North Shore/Coast Garibaldi 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	18%	23%	39%	20%
Organized sports	30%	7%	34%	29%
Volunteered without pay	54%	29%	15%	3%
Art/drama/singing/music (group or lessons)	64%	9%	21%	7%
Dance/yoga/exercise classes	71%	10%	13%	7%
Cultural/traditional activities	73%	21%	5%	1%
Extreme sports	75%	12%	9%	4%
Clubs/groups	84%	6%	9%	1%

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

Students were asked about any barriers they may have experienced to taking part in extracurricular activities in the past year. Consistent with provincial findings and previous local findings, being too busy was youth's most commonly reported barrier. The local percentage (53%) was higher than five years earlier (50% in 2013), and higher than for students across BC (48% provincially).

Other barriers to participating in extracurricular activities included the activity not being available in youth's community (14%), feeling too anxious or depressed to take part (14%), being unable to get there or home (14%), being unable to afford it (12%), and worrying about being bullied (7%).

Urban youth were more likely to report they were too busy to participate (55% vs. 49% of rural youth), whereas rural youth were more likely to indicate the activity was not available in their community (23% vs. 11% of urban youth), they were unable to get there or home (17% vs. 13%), they couldn't afford it (15% vs. 11%), they felt too anxious or depressed (17% vs. 13%), and they were worried about being bullied (8% vs. 6%).



## 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. In the past year, 65% of local students had played at least one of these games (comparable to the provincial rate). Among these students, 25% had gambled for money (26% of urban youth vs. 23% of rural youth).

Females were the least likely to have engaged in gambling behaviour (51% vs. 60% of non-binary youth vs. 80% of males).

### GAMBLING FOR MONEY

Students who gambled for money in the past year played cards or dice in person (41%) and online (9%; 10% of males vs. 6% of females);

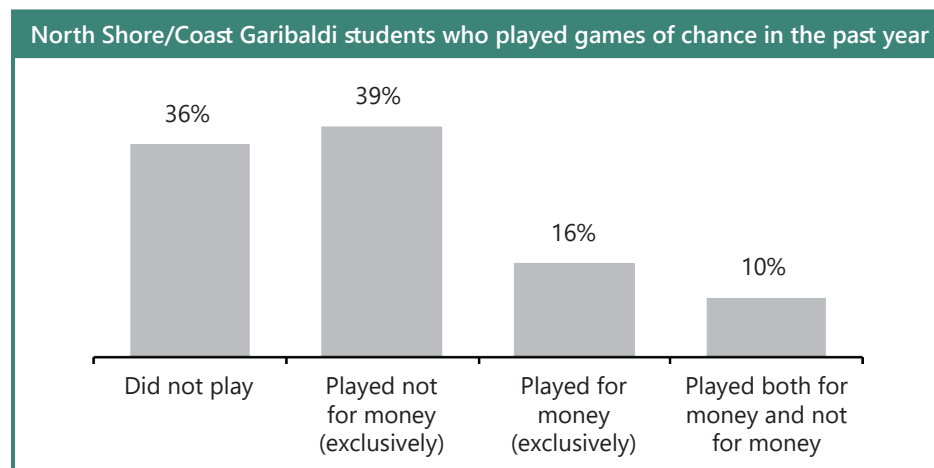
bought lottery tickets or scratch cards (38%; 57% of females vs. 30% of males); engaged in sports betting in person (35%; 43% of males vs. 17% of females) and online (10%; 12% of males vs. 4% of females); and were gaming online (34%; 40% of males vs. 18% of females).

Reflecting the provincial pattern, 19% of local youth who had gambled for money did so on at least a weekly basis in the past year.

Youth were more likely to have engaged in online gaming on a weekly basis than any other gambling activity for money. For example, 14% participated weekly in online gaming, compared to 5% who played cards/dice in person.

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

In the past year, 4% of local students who gambled for money felt they had a problem with their gambling or had been told they needed to get help.



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

# RISKS TO HEALTHY DEVELOPMENT

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

## POVERTY & DEPRIVATION

### GOING TO BED HUNGRY

In the past year, 8% of local youth went to bed hungry at least sometimes because there was not enough money for food at home (vs. 10% provincially), including 1% who often or always went to bed hungry. The percentage was similar to five and ten years previously.

Youth in rural areas were more likely than those in urban areas to have gone to bed hungry at least some of the time in the past year (12% vs. 7%).

### DEPRIVATION

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

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

North Shore/Coast Garibaldi youth who felt deprived of...	
Money to spend on themselves	7%
Smartphone	5%
Space of their own to hang out in	5%
Lunch for school/money for lunch	4%
Money for school supplies, trips, and extracurricular activities	3%
Equipment/clothes for extracurricular activities	2%
A quiet place to sleep	2%
Access to transportation	2%
Clothes to fit in	2%
Access to the Internet	1%

Most youth had all the items on the list. For example, 97% of youth had access to 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.

Compared to the province, local students were less likely to feel deprived of money to spend on themselves (7% vs. 10% provincially), a smartphone (5% vs. 6%), equipment or clothes for extracurricular activities (2% vs. 3%), and access to transportation (2% vs. 3%).

Rural youth were more likely than urban youth to report feeling deprived of money to spend on themselves (10% vs. 6%); a smartphone (8% vs. 4%); money for school supplies, trips, and extracurricular activities (5% vs. 3%); access to transportation (4% vs. 1%); clothes to fit in (2% vs. 1%); and access to the Internet (2% vs. <1%).

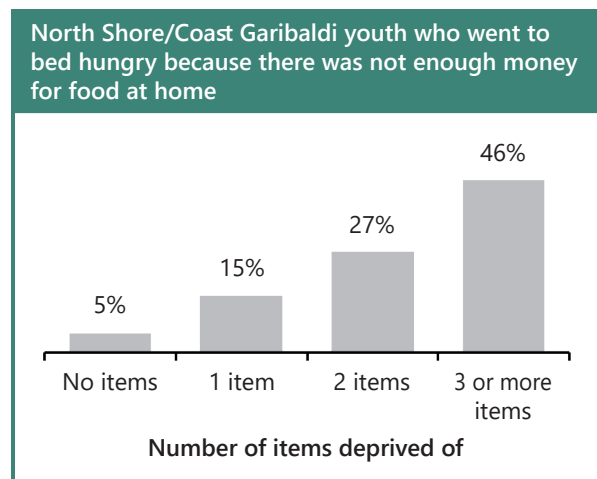




When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 73% of youth who did not have but wished for a quiet place to sleep had slept for less than eight hours on the night before completing the survey, compared to 50% of those who had somewhere quiet to sleep. Also, youth who wished for but did not have the money to buy school supplies, go on school trips, or join in extracurricular activities were less likely to think they would go on to post-secondary (72% vs. 87% of youth who were not deprived of these things).

One in five youth (20%) reported they lacked but wished they had at least one of the items in the Index, including 4% who lacked two items, 2% who lacked three items, 1% who lacked four items, and 1% who lacked five or more items. Rural youth were more likely than their urban peers to be deprived of four or more items (3% vs. 1%).

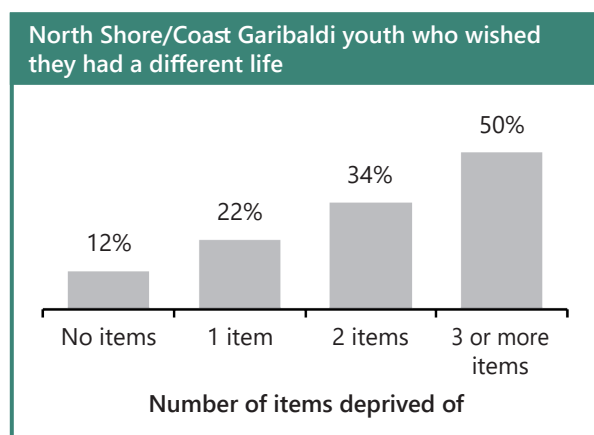
The more items youth reported not having but wishing they had, the more likely they were to go to bed hungry because there was not enough money for food at home.



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, 36% of those who were deprived of two or more items reported feeling like a part of their school, compared to 67% of those who were not deprived of any items on the list. Also, 51% of local youth who had all the items in the Index reported that they felt connected to their community, compared to a quarter (25%) of those who were deprived of two or more items on the list.

Youth who were deprived of more items were less likely to describe their health as good or excellent. For example, 87% of those who had all the items on the list reported good or excellent health, compared to 67% of those who felt deprived of two items, and 48% of those who were deprived of three or more of the items.

Deprivation was also associated with poorer mental health and well-being. For example, more than three quarters (77%) of local youth who had all the items in the Index reported that their mental health was good or excellent, compared to around half (48%) of those who were deprived of two items, and 30% of those who were deprived of three or more items on the list. They were also more likely to report wishing they had a different life.



## LOSS & BEREAVEMENT

Locally, 73% of students had experienced bereavement. They had most commonly lost someone close to them due to illness (49%). Other reasons included old age (46%), accident (12%), suicide (9%), violence (2%), a fentanyl overdose (2%), and an overdose from a substance other than fentanyl (4%).

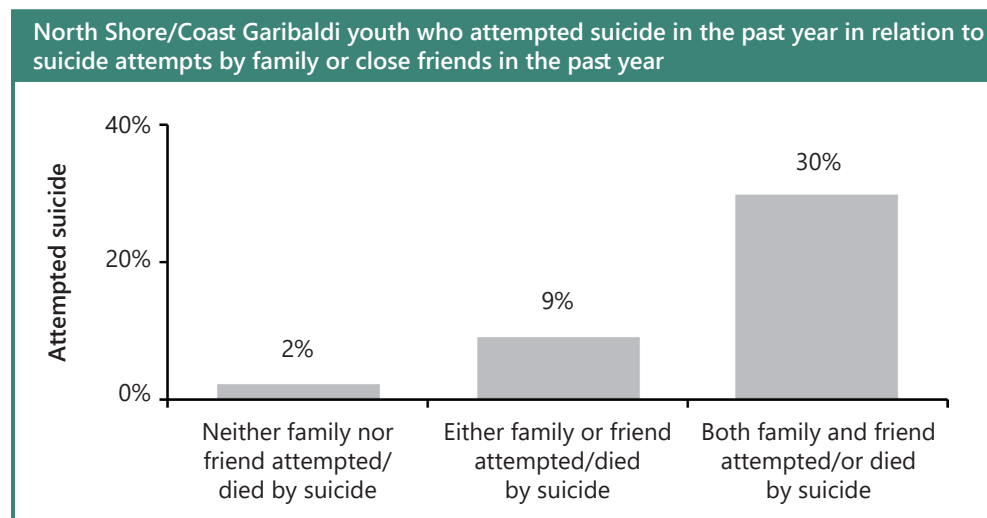
Youth in rural areas were more likely than those in urban areas to have experienced the death of someone close to them (75% vs. 72%); and specifically to have lost someone as a result of an accident (15% vs. 11% in urban areas), suicide (12% vs. 9%), a fentanyl overdose (4% vs. 2%), an overdose other than fentanyl (7% vs. 3%), and violence (4% vs. 2%).

The BC AHS also asked students if they had a family member or close friend who had attempted or died by suicide, and if this had occurred within the past year. Locally, 14% had a family member who had attempted or died by suicide (vs. 16% provincially), and 4% had this occur in the past year (vs. 5% provincially). Also, 26% had a close friend who had attempted or died by suicide (vs.

29% provincially), and 16% had experienced this within the past year. Overall, 32% of local youth had experienced at least one of these events (vs. 36% provincially), which was an increase from 26% in 2013.

Rural-based youth were more likely than urban-based youth to have had a family member or close friend attempt or die by suicide, and to have had this experience in the past year. For example, 21% of rural youth reported that a close friend had attempted or died by suicide in the past year, compared to 14% of urban youth; and 6% had this experience with a family member in the past year (vs. 3% of urban youth).

Youth who had a close friend or family member attempt or die by suicide in the past year were more likely than their peers who had neither of these experiences to have attempted suicide themselves in that time period. Students who had both a friend and family member attempt or die by suicide were the most likely to have attempted suicide themselves.



## VIOLENCE & DISCRIMINATION

*“Stuck in an abusive relationship—don’t know what to do.”*

Grade 12 student

### DATING VIOLENCE

In the past year, 43% of students had been in a romantic relationship. Consistent with results over the past decade, 7% of youth who had been in a relationship had been the victim of physical violence within their relationship in the past year (8% of males vs. 5% of females).

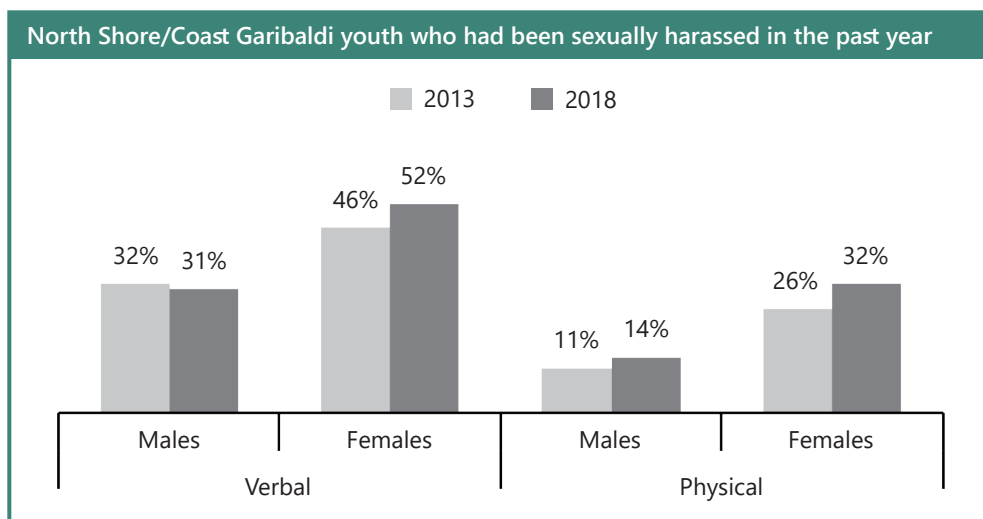
Among females who had been in a dating relationship, those in rural areas were more likely to have been the victim of relationship violence in the past year (8% vs. 4% in urban areas). There was no such difference among males.

### SEXUAL HARASSMENT

In the past year, 42% of students had been verbally sexually harassed (vs. 39% provincially), and 23% had been physically sexually harassed. Compared to five years earlier, males and females were more likely to have been physically sexually harassed, and females were more likely to have been verbally sexually harassed.

Similar to 2013, females were more likely than males to have been sexually harassed verbally (52% vs. 31%) and physically (32% vs. 14%) in the past year.

Females in rural areas were more likely than females in urban areas to have been verbally sexually harassed (56% vs. 50%) and physically sexually harassed (36% vs. 29%) in the past year.



Note: For males, the difference for verbal sexual harassment was not statistically significant.

## PHYSICAL & SEXUAL ABUSE

*"I would like to know more about what you do if you get sexually assaulted."*

Grade 8 student

Similar to the provincial picture and the local picture over the past decade, 14% of North Shore/Coast Garibaldi youth reported they had been physically abused or mistreated (11% of males vs. 15% of females vs. 30% of non-binary youth).

Also, 12% of students had been sexually abused (similar to students across BC). Among females, there was an increase from five years earlier (18% vs. 13% in 2013), while there was no change over time for males (5% in 2018). Also, 31% of non-binary youth had been sexually abused.

Rural-based females were more likely than urban-based females to have been physically abused (19% vs. 13%) and/or sexually abused (23% vs. 16%).

Compared to five years earlier, there were increases in discrimination on the grounds of physical appearance (20% vs. 17% in 2013); race, ethnicity, or skin colour (13% vs. 11%); gender or sex (10% vs. 5%); income or family income (8% vs. 4%); sexual orientation (5% vs. 3%); and a disability (3% vs. 2%).

Youth in North Shore/Coast Garibaldi were less likely than those across BC to have experienced discrimination due to their physical appearance (20% vs. 23% provincially) and their weight (14% vs. 16%).

Youth in rural areas were more likely than those in urban areas to have experienced discrimination based on their physical appearance (23% vs. 19%) and weight (17% vs. 13%); while youth in urban areas were more likely to report discrimination based on their race, ethnicity, or skin colour (14% vs. 11% of rural-based youth).

## DISCRIMINATION

*"I would like the curriculum to implement more ways to learn about discrimination in communities (i.e., racism, homophobia, sexism)."*

Grade 10 student

Similar to youth across BC, 38% of local students experienced at least one form of discrimination in the past year. The most commonly perceived reason for being discriminated against was physical appearance.

North Shore/Coast Garibaldi youth's perceived reasons for being discriminated against in the past year

Physical appearance	20%
Weight	14%
Race, ethnicity, or skin colour	13%
Gender/sex	10%
Income or family income	8%
Sexual orientation (e.g., being or thought to be gay or lesbian)	5%
A disability	3%

Note: Youth could choose more than one response.



## BULLYING

Over half (57%) of youth had been the victim of bullying in the past year, which was higher than for students across BC (53%). Bullying included being teased to the point that youth felt bad or extremely uncomfortable (40%), being socially excluded on purpose (42%), and being physically attacked at school or on the way to or from school (8%).

There was an increase from previous survey years in students who experienced social exclusion, for both males (from 26% in 2013 to 33%) and females (from 36% in 2008 to 44% in 2013 to 50%).

As in previous years, females were more likely than males to report being teased (47% vs. 33%) and socially excluded (50% vs. 33%) in the past year, while males were more likely to have been physically assaulted (11% vs. 5% of females).

Reflecting results across BC, 10% of local students reported they had teased, excluded, or physically attacked someone else at school or on the way to or from school in the past year.

Youth in rural areas were more likely than those in urban areas to have been physically attacked or assaulted at school or on the way to or from school in the past year (10% vs. 7%). There were no urban-rural differences for the other forms of bullying, or for bullying others.

## WEAPON CARRYING

Locally, 4% of students carried a weapon to school in the past 30 days (6% of rural-based youth vs. 3% of urban-based youth), including 1% who always did so.

Students who had been the victim of bullying were more likely to carry a weapon. For example, 16% of youth who had been physically attacked in the past year carried a weapon, compared to 3% of those who had not been attacked.

## INTERNET SAFETY

Compared to 2013, students were more likely to have met someone through the Internet who made them feel unsafe (16% vs. 13% in 2013). This was the case for both females (20% vs. 17% in 2013) and males (12% vs. 9%). Females remained more likely than males to have met such a person online.

Rural females were more likely than urban females to have met someone through the Internet who made them feel unsafe (25% vs. 17%), while there was no such difference among males.

Locally, 12% of youth had been cyberbullied in the past year (15% in rural areas vs. 11% in urban areas). This represented a decrease for females (from 18% in 2013 to 14%), while the percentage among males was similar to five years earlier (10% in 2018). As was the case in previous survey years, females were more likely than males to have been cyberbullied.

In the past year, 6% of students reported they had cyberbullied someone. Males were more likely than females to have been a perpetrator of cyberbullying (8% vs. 4%), unlike in 2013 when there was no significant gender difference.

# SUPPORTING HEALTHY DEVELOPMENT

## FAMILY

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

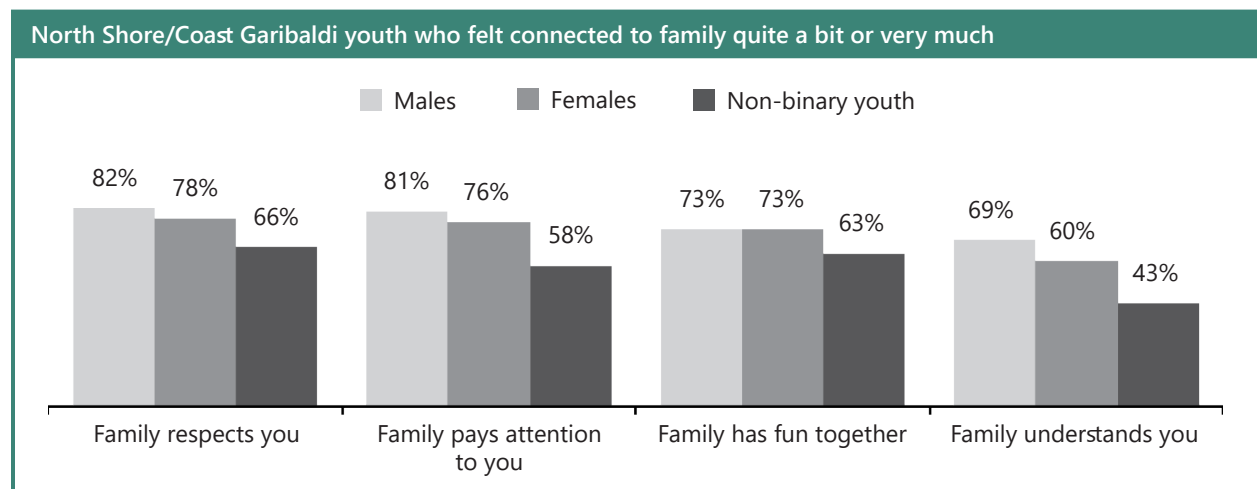
Youth with positive family relationships are also less likely to engage in health risk behaviours (such as risky substance use or risky sexual behaviours), and are more likely to have the skills to refuse negative peer pressure or unwanted sexual activity.

*“My friends and family are the most important people in my life”*

**Grade 11 student**

The majority of local youth felt connected to their family, and males were generally the most likely to feel this way. Overall, 80% felt respected by their family, 78% felt their family paid attention to them, 73% felt their family had fun together, and 64% felt their family understood them.

Urban-based youth were more likely than rural-based ones to feel their family respected them (82% vs. 76%), paid attention to them (81% vs. 70%), had fun together (74% vs. 69%), and understood them (76% vs. 69%).



Note: For 'Family has fun together,' the differences between males, females, and non-binary youth were not statistically significant.

Locally, 74% of students felt they had an adult inside their family they could talk to if they had a serious problem (76% of urban youth vs. 69% of rural youth). This percentage was similar to five years earlier and higher than for youth across BC (71% provincially). Males were the most likely to have an adult inside their family they could talk to (77% vs. 72% of females vs. 56% of non-binary youth).

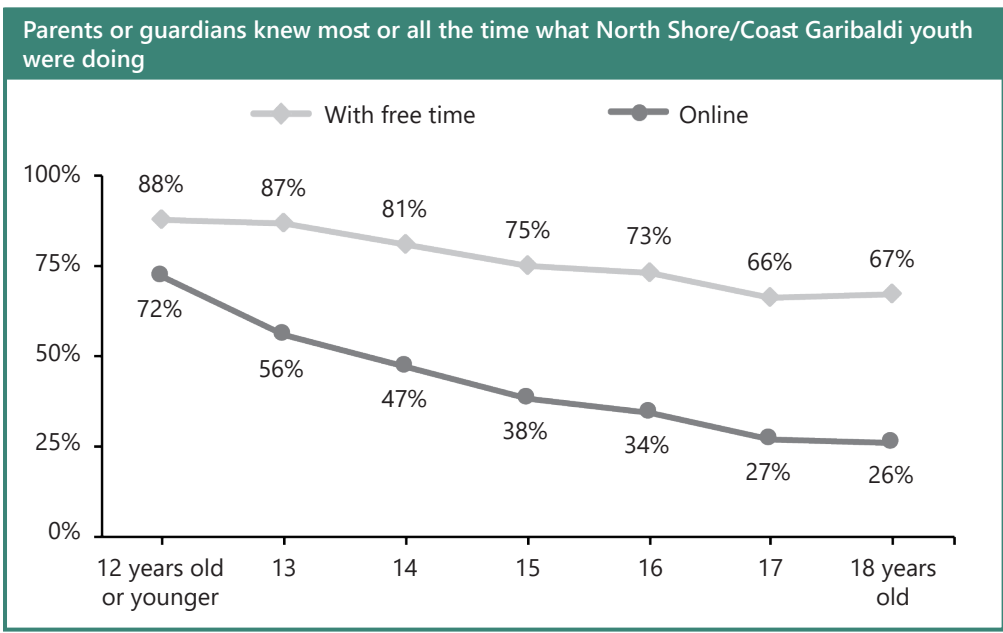
Three quarters of students (75%) turned to a family member for help in the past year (77% of urban youth vs. 72% of rural youth), and the majority of these students (94%) found the support helpful.

There was a rise in males who turned to a family member for help (74% vs. 68% in 2013), while

the percentage among females was similar to five years earlier. As a result, there was no gender difference in turning to a family member for help, unlike five years earlier when females were more likely than males to have done so.

Most youth (76%) had parents who monitored their free time; while 10% had parents who rarely or never knew what they were doing in their free time, and 36% reported their parents rarely or never knew what they were doing online.

When asked how much time they had to do the things they wanted with their family, most students (74%) felt they had the right amount of time, while 20% felt they did not have enough time.



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

## SCHOOL

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

Most students in North Shore/Coast Garibaldi felt school staff expected them to do well (78%), they were treated fairly by school staff (68%), they were a part of their school (63%), their teachers cared about them (63%), and they were happy to be at school (61%). Also, 51% felt that school staff other than teachers cared about them.

Urban-based youth were more likely than rural-based youth to feel like a part of their school (65% vs. 59%), to feel happy at school (63% vs. 54%), and to feel safe there (79% vs. 73%).

## SAFETY

Local students were less likely to feel safe at school compared to five and ten years earlier (78% vs. 85% in 2013 vs. 80% in 2008). However, they were more likely than youth across the province to feel safe at school (78% vs. 73% provincially).

When asked about safety in specific areas of the school, local students reported feeling safer in all areas than youth across the province.

Compared to five years earlier, students were less likely to feel safe in the classroom (from 96% in 2013 to 94%), washrooms (from 92% to 89%), and changing rooms (from 90% to 88%). However, students felt safer in every area of their school in 2018 than in 2008.

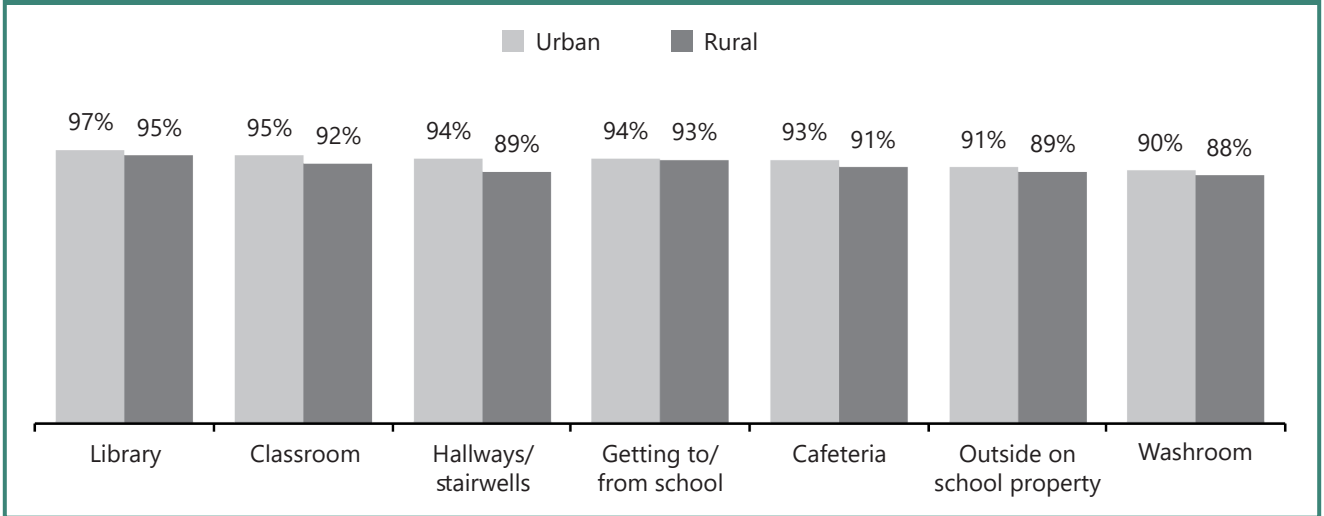
Local males were more likely than females to feel safe in the cafeteria (94% vs. 92%) and hallways and stairwells (94% vs. 92%); while females were most likely to feel safe in washrooms (91% vs. 88% of males). Non-binary youth were the least likely to feel safe at school and in specific areas of their school.

Urban youth were more likely than rural youth to feel safe in all areas of their school, and were equally likely to feel safe getting to and from school.

Locations where students usually or always felt safe at school		
	North Shore/ Coast Garibaldi	BC
Library	96%	94%
Classroom	94%	92%
Getting to or from school	94%	89%
Cafeteria	93%	90%
Hallways and stairwells	93%	89%
Outside on school grounds	91%	86%
Washrooms	89%	86%
Changing rooms	88%	85%



### Locations where North Shore/Coast Garibaldi students always or usually felt safe at school



Note: The difference for 'Getting to/from school' was not statistically significant.

## EDUCATION PLANS

Most students (88%) planned to finish Grade 12 (92% of females vs. 85% of males), which was similar to five years earlier and to youth across BC. However, local students were more likely than those across the province to expect to pursue post-secondary education (85% vs. 83% provincially), with females the most likely to expect to go on to post-secondary (e.g., 90% of females vs. 81% of males).

Urban youth were more likely than rural youth to expect to finish high school (90% vs. 84%) and to go on to post-secondary education (88% vs. 78%).

Most students who did not plan to complete Grade 12 had not thought about it, and 1% did not expect to graduate.

*"Why do we have to have grades that determine if we make it to the next grade or not because now school is only about memorizing and cramming for big tests instead of actually learning and getting the proper help we need."*

Grade 9 student

## SCHOOL ATTENDANCE

Overall, 76% of youth had missed class in the past month. Students most commonly missed school because of illness or to attend appointments.

Reasons North Shore/Coast Garibaldi students missed classes in the past month	
Illness	40%
Appointments	39%
Skipping class	29%
Slept in	24%
Other school responsibilities	20%
Mental health (e.g., anxiety, depression)	16%
Family responsibilities	13%
No transportation	5%
Work	4%
Bullying	4%

Note: Youth could choose more than one response.

Around 3 in 10 youth had skipped class, with 9% doing so on three or more days. Youth were more likely to have skipped class than five years earlier (29% vs. 26% in 2013), and compared to youth across BC (26% provincially).

Local youth were also more likely than their peers across BC to have missed school due to appointments (39% vs. 36% provincially), sleeping in (24% vs. 21%), and other school responsibilities (20% vs. 18%).

Females were more likely than males to have missed class because of appointments (43% vs. 34%), illness (44% vs. 36%), skipping (31% vs. 27%), their mental health (22% vs. 8%), family responsibilities (14% vs. 12%), and bullying (4% vs. 2%).

Students in rural areas were more likely than those in urban areas to have missed class due to their mental health (19% vs. 15%) and family responsibilities (17% vs. 11%), and were less likely to have missed class due to other school responsibilities (16% vs. 22% of urban youth).

## COMMUTE TO SCHOOL

Similar to youth across BC, 46% of students got to school by car; 29% walked, cycled, or skateboarded; 25% took the school bus or public transit; and less than 1% hitchhiked.

Youth in urban areas were more likely to get to school by car (52% vs. 32% of rural youth) or to walk, cycle, or skateboard (32% vs. 18% of rural youth), while youth in rural areas were more likely to take a school bus or public transit (49% vs. 16% of urban youth).

Most local students (93%) had a commute to school that was less than 30 minutes (vs. 90% provincially), while 2% had a commute of at least an hour (similar to youth across the province). Youth in urban schools were more likely than those in rural schools to commute an hour or more to school (2% vs. 1%).



## COMMUNITY

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

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

Similar to five years earlier, 48% of local students felt quite a bit or very connected to their community (vs. 42% provincially), while 18% felt only a little or not at all connected (vs. 22% provincially).

Females were most likely to feel connected to their community (50% vs. 46% of males vs. 29% of non-binary youth).

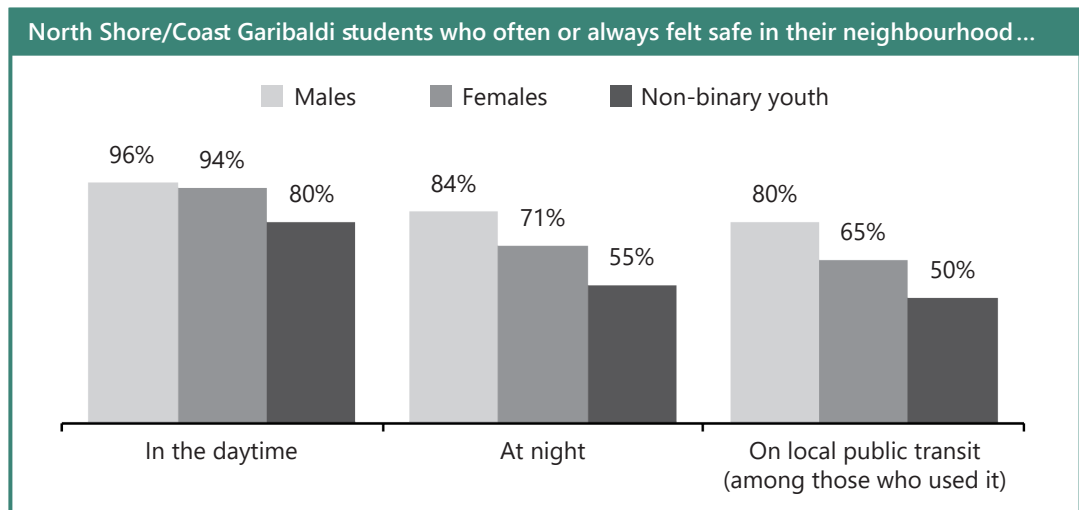
Most youth (70%) felt there was an adult in their neighbourhood or community (outside their family or school) who really cared about them. This was similar to the local percentage in 2013, and was higher than for youth across the province (65%).

Females were the most likely to feel that an adult in their community really cared about them (e.g., 72% vs. 68% of males). Also, youth in rural areas were more likely than those in urban areas to feel an adult in their community really cared about them (72% vs. 69%).

## SAFETY

The majority of youth often or always felt safe in their neighbourhood in the daytime (95%) and at night (76%), with males the most likely to feel safe (similar to 2013).

Among local youth who used public transit, 72% often or always felt safe doing so and 2% never did.



Local students were more likely than youth across the province to often or always feel safe in their neighbourhood during the day (95% vs. 91% provincially), at night (76% vs. 65%), and while using public transit (72% vs. 60%; among those who used transit).

Urban females were more likely than rural females to often or always feel safe in their community during the day (96% vs. 91%) and at night (72% vs. 68%), as well as when using public transit (67% vs. 60%; among those who used transit). There were no such differences among males.

## RELATIONSHIP TO THE LAND/NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Fifty percent of North Shore/Coast Garibaldi students reported often or always feeling connected (vs. 44% provincially), whereas 35% sometimes felt this way, and 14% hardly ever or never felt connected (vs. 18% provincially). There were no differences in feeling connected between youth in urban and rural areas.



# SUPPORTIVE RELATIONSHIPS

## SUPPORTIVE ADULTS

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

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

Locally, 27% of youth felt there was an adult outside their family they could talk to if they had a serious problem (similar to youth across BC). This reflected a continuing decline over the past decade (27% vs. 34% in 2013 vs. 59% in 2008), and was seen for both males and females.

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

Youth in urban areas were more likely than youth in rural areas to have an adult who helped them prepare for post-secondary (80% vs. 75%), while students in rural areas were more likely to have an adult who helped them to find a job (74% vs. 67% of urban youth).

Local youth were more likely than students across the province to have an adult who helped them with their homework (66% vs. 63%).

North Shore/Coast Garibaldi students who had an adult who helped them with...

	Yes	No	Do not need this
Getting to appointments	90%	5%	5%
Making appointments	90%	5%	5%
Preparing for post-secondary	78%	12%	10%
Getting a job	69%	15%	16%
Homework	66%	17%	17%

## ASKING ADULTS FOR HELP

Youth asked a variety of adults outside their family for help in the past year, and most found the experience helpful. Teachers were the most commonly sought source of support and, as with youth across BC, there was an increase in the percentage who approached a teacher for help (53% vs. 41% in 2013).

When compared to youth across the province, local youth were more likely to seek help from a doctor (36% vs. 34% provincially) and sports coach (31% vs. 27%). They were less likely to seek help from an Aboriginal Education Worker (5% vs. 6% provincially), online community or online support group (5% vs. 6%), and a spiritual leader (5% vs. 6%).

Urban-based youth were more likely than rural youth to have sought help from a doctor (38% vs. 32%), school counsellor (33% vs. 29%), and sports coach (32% vs. 29%). Rural youth were more likely to have sought help from a nurse (19% vs. 15% of urban youth); Aboriginal Education Worker (9% vs. 4%); social worker (7% vs. 5%); Indigenous Elder (5% vs. 3%); through an online community or support group (7% vs. 5%); and from school staff other than a teacher, counsellor, or Aboriginal Education Worker (26% vs. 23%).

Adults outside their family whom North Shore/Coast Garibaldi students approached for help and found helpful in the past year		
	Asked for help	Found helpful (among those who asked for help)
Teacher	53%	91%
Doctor	36%	92%
School counsellor	32%	79%
Sports coach	31%	95%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	24%	83%
Friend's parent	21%	89%
Nurse	16%	92%
Mental health counsellor	11%	79%
Youth worker	9%	81%
Online community/online support group	5%	71%
Social worker	5%	69%
Aboriginal Education Worker <sup>†</sup>	5%	66%
Telephone helpline	5%	59%
Spiritual leader	5%	79%
Indigenous Elder <sup>†</sup>	3%	70%

<sup>†</sup> Among Indigenous students, 27% had approached an Aboriginal Education Worker for help and 85% of these youth found the experience helpful, while 19% had approached an Indigenous Elder for help and 92% of them found it helpful.

## FRIENDS

Findings from the BC AHS have shown that having three or more in-person friends is associated with a number of positive outcomes, including positive mental health and a reduced likelihood of being bullied.

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

The majority of local students (97%) had at least one close friend in their school or neighbourhood, and 85% had three or more close friends. Reflecting the provincial picture, males were the most likely to have three or more close friends (86% vs. 84% of females vs. 65% of non-binary youth).

Just under a third of students (30%) had at least one close friend online whom they had never met in person, and 15% had three or more such friends. Females were the least likely to have three or more exclusively online friends (10% vs. 19% of males vs. 29% of non-binary youth).

Youth in urban areas were more likely than those in rural areas to have three or more close friends in their school or neighbourhood (86% vs. 82%), and were less likely to have three or more close online friends they had never met in person (14% vs. 17% of rural youth).

In the past year, 7% of local youth had at least one boyfriend/girlfriend or significant other they had met online and had never met in person (13% of non-binary youth vs. 6% of males and females), including 2% who had two or more partners whom they had never met in person.

*"I have many friends that don't feel comfortable seeking out professional help or family help so they turn to me and other peers/friends. I want the best for them but it puts a lot of stress and strain on my own mental health."*

Grade 11 student

### Connecting with friends

When asked how much time they had to do the things they wanted with friends, 66% felt they had the right amount of time, while 29% did not have enough time, and 5% had too much time.

Older youth were more likely than younger ones to feel they had insufficient time to spend with friends (e.g., 34% of 17-year-olds vs. 22% of 13-year-olds), as were females in comparison to males (32% vs. 25%).

### Asking for help

In the past year, 75% of students had asked a friend they knew in person for help, and 93% of these youth found their friends helpful. Females were more likely than males to have asked an in-person friend for help (80% vs. 70%), but they were less likely to have found it helpful (92% vs. 95% of males; among those who asked for help).

Also, 15% of youth had asked a friend they only knew online for help, and 79% of these youth found the support helpful. Females were the least likely to have asked an online friend for help (14% vs. 17% of males vs. 30% of non-binary youth).

Urban and rural students were equally likely to have asked an in-person friend for help, but rural students were more likely to have asked an online friend for help (19% vs. 14% of urban students).

In the past year, 82% of students had a friend who had asked them for help, and most who had been asked (96%) felt able to help. Males were the least likely to have a friend approach them for help (e.g., 79% vs. 84% of females), but were the most likely to feel they were able to help their friend (97% vs. 96% of females vs. 87% of non-binary youth; among those who had been asked for help).

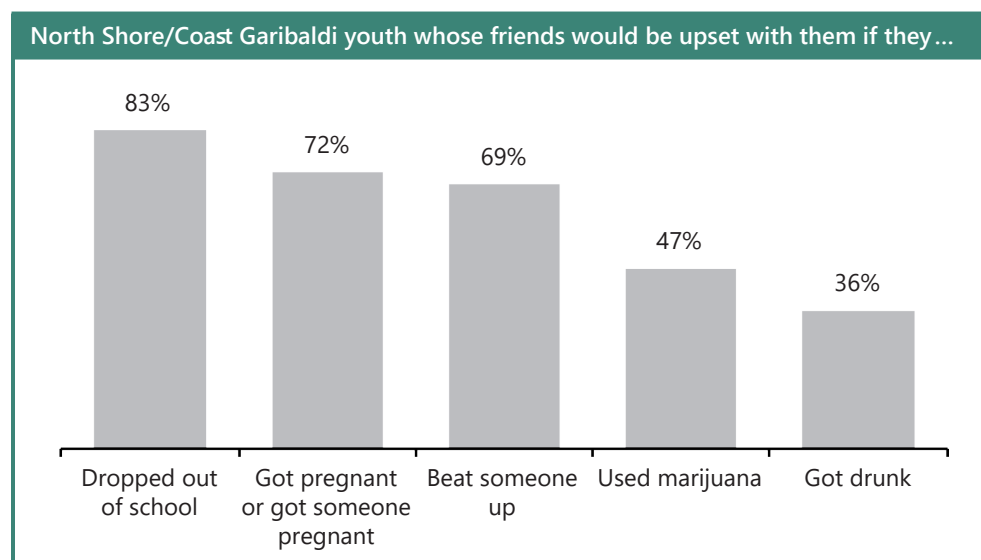
### Friends with prosocial attitudes

Most youth had friends who would be upset with them if they dropped out of school, were involved in a pregnancy, or beat someone up; while under half had friends who would be upset with them if they used marijuana or got drunk.

Local youth were more likely than students across BC to feel their friends would be upset with them for beating someone up (69% vs. 65% provincially), and were less likely to feel their friends would be upset with them if they used marijuana (47% vs. 55%) or got drunk (36% vs. 45%).

Females were generally the most likely to have friends who would be upset with them for engaging in health risk behaviours. There were no urban-rural differences except youth in urban areas were more likely to have friends who would be upset with them if they beat someone up (70% vs. 66% in rural areas).

Similar to findings across the province, local students were less likely than five years earlier to report that their friends would be upset with them if they dropped out of school (83% vs. 86% in 2013) or were involved in a pregnancy (72% vs. 79%).





# YOUNG PEOPLE'S STRENGTHS & RESILIENCY

## QUALITY OF LIFE & WELL-BEING

*"I am fortunate to have a good and easy life."*  
Grade 10 student

Local youth generally felt positively about their quality of life. For example, most felt they had a good life and their life was going well. Males were the most likely to rate their quality of life positively, while non-binary youth were generally the least likely to do so.

Urban youth were generally more likely than rural youth to rate their quality of life positively. For example, 84% of urban youth felt they had a good life (vs. 79% of rural youth), and 77% felt their life was going well (vs. 71% of rural youth).

## HOPEFULNESS

*"I have no friends... I don't feel a part of my school or community whatsoever... But I am very hopeful for the future."*  
Grade 12 student

Most students felt quite a bit or very hopeful for their future, with males the most likely to feel this way.

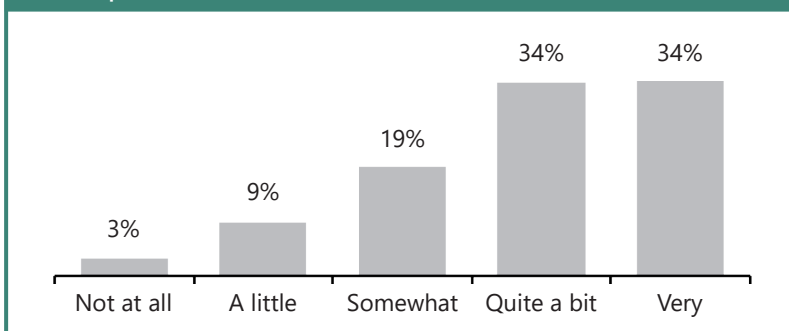
Youth who felt hopeful were more likely than their peers to report positive mental health, including feeling happy, as well as lower rates of extreme stress and despair.

Quality of life and well-being of North Shore/Coast Garibaldi youth

	Agree/ Strongly agree	Neither agree nor disagree	Disagree/ Strongly disagree
I have a good life	83%	13%	5%
My life is going well	76%	17%	8%
I have what I want in life	61%	26%	13%
My life is going just right	58%	26%	16%
I wish I had a different life	16%	22%	63%

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

How hopeful North Shore/Coast Garibaldi students felt for their future



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

## PERSEVERANCE

For the first time, the BC AHS included a question about how often students pushed themselves to achieve their goals when things went wrong. Four percent of students indicated that things had never gone wrong for them. Among those who had experienced challenges or setbacks, 46% indicated always pushing themselves to achieve their goals in these situations (with males the most likely to report doing so), while 4% never pushed themselves (6% of rural youth vs. 3% of urban youth), and the remainder sometimes pushed themselves.

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

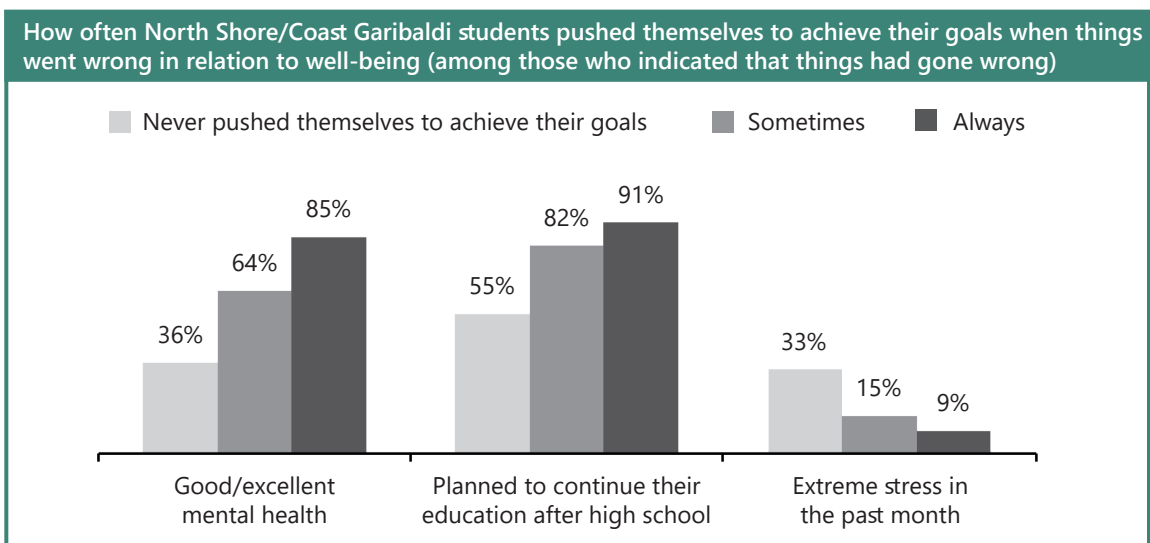
## FEELING SKILLED & CONFIDENT

Around 8 in 10 students (81%) were able to name something they were really good at (such as sports, school work, art, or playing a musical instrument). This was above the local percentage five years earlier (79% in 2013).

Males were the most likely to identify something they were good at (85% vs. 78% of females vs. 65% of non-binary youth).

Also, 60% of students usually felt good about themselves (71% of males vs. 51% of females vs. 39% of non-binary youth). Urban-based females were more likely than rural-based females to feel this way (53% vs. 47%), while there was no such difference among males.

Students who felt good about themselves were more likely to feel hopeful for their future (86% vs. 28% of youth who did not feel good about themselves).



## UNSTRUCTURED TIME

Two thirds (67%) of local youth felt they had the right amount of time to do what they wanted on their own, while 23% felt they did not have enough time, and the remainder felt they had too much time. Students who felt they had the right amount of time to spend on their own were more likely to report positive mental health and well-being. For example, they were more likely to feel happy in the past month and to feel their life was going well, and were less likely to experience extreme stress.

More than half of youth (58%) felt they had the right amount of time to do what they wanted in nature, while 38% felt they did not have enough time in nature (40% of urban youth vs. 35% of rural youth). Those who felt they had the right amount of time to spend in nature were more likely to feel connected to the land/nature (54% vs. 45% of those who felt they had insufficient time to spend in nature).

## SPIRITUALITY

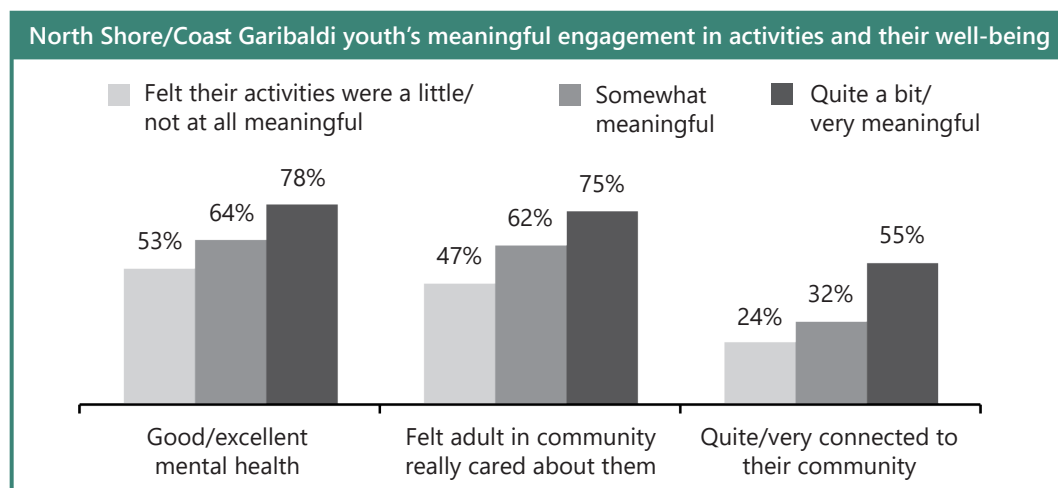
Thirteen percent of students reported that spirituality was very important in their life, while 21% felt it was somewhat important, 18% a little important, 39% felt it was not important, and the remainder were unsure how important spirituality was to them.

## MEANINGFUL ENGAGEMENT

Similar to findings over the past decade, 73% of youth felt the activities they were involved in were meaningful to them. Also, 48% felt their ideas were listened to and acted upon in their activities (similar to 2013 and a decrease from 55% in 2008).

Urban-based youth were more likely than rural-based youth to feel their activities were meaningful (74% vs. 70%) and that their ideas were valued in their activities (51% vs. 43%).

Youth who experienced meaningful engagement in their activities were more likely to report positive mental health, to feel an adult in their community cared about them, and to feel connected to their community.



# TOPICS NORTH SHORE/COAST GARIBALDI YOUTH WOULD LIKE TO LEARN MORE ABOUT

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

In North Shore/Coast Garibaldi, 4% of students who completed the survey provided a comment and identified at least one health-related topic they would like to receive training about or see included in their school's curriculum.

A little over half of students who identified a topic they would like to learn more about wanted more information on mental health, including information about specific conditions, how to cope with stress and anxiety, how to support others with mental health challenges, and where to access support.

*"[I want to learn] how to cope with my anxiety better."*

Grade 10 student

*"[I want to learn] how to help those struggling with mental illness (anxiety, depression)."*

Grade 12 student

*"[I want to learn] how to deal with anxiety/stress in school (breathing techniques, etc.)."*

Grade 12 student

*"[I want to learn about] mental disorders. Show that things like ADHD are normal and you can still have a 4.0 GPA with it."*

Grade 10 student

*"Perhaps helping people understand everyone gets stressed out and that we have to learn to live with it to an extent."*

Grade 12 student

Physical health topics youth wanted to learn more about included information about various health conditions and how to adopt a healthy lifestyle. Sexual health topics included general sexual education, information about sexual health resources, and training about consent.

*"I would like to learn more about healthy eating, such as how many calories should an average teenager have daily?"*

Grade 11 student

*"I would like someone to come to our class and teach us about sex."*

Grade 7 student

*"Provide more information and help about birth control and such—such as a better hotline."*

Grade 12 student

*"Have a better sexual education program that goes on through all of the high school grades. Ones that don't just say the best safe sex is no sex at all. Teach us how to actually be safe, get consent, and how birth control works."*

Grade 12 student

Youth also wanted to learn more about accessing services, specifically how and where to access mental health and sexual health services, as well as housing support services.

*"[I would like] more in-depth information on where to go for mental health support (locally)."*

Grade 10 student

*"[I would like to learn] how someone can get help if they need it without telling an adult at school, while getting help within the school."*

Grade 10 student

*"[I would like to learn about] other options for housing alternatives for youth."*

Grade 10 student

Other topics students wanted to learn more about included how to combat bullying and discrimination, the effects of social media on well-being, substance use and addictions, gender identity and sexual orientation, and recognizing and reporting abuse.

*"I think we should learn more about bullying."*

Grade 8 student

*"I would like the curriculum to implement more ways to learn about discrimination in communities (i.e., racism, homophobia, sexism)."*

Grade 10 student

*"[I would like to] talk about divorce and getting help with support."*

Grade 11 student

*"[I would like to learn more about] technology and social media: I really wanted to learn about how social media is killing our generation and decreasing girls' self-esteem. It's almost like they are expected to be certain ways and can't be themselves."*

Grade 12 student

*"I think we should learn the warning signs of destructive habits, drug and alcohol abuse."*

Grade 9 student

*"[I would like to learn] about how kids/youth are getting access and obtaining drugs and/or alcohol at such young ages."*

Grade 11 student

# McCREARY RESOURCES

## BC AHS PROVINCIAL & REGIONAL RESULTS



This report provides an overview of the BC Adolescent Health Survey results for youth in North Shore/Coast Garibaldi Health Service Delivery Area. Provincial results and results for BC's other Health Service Delivery Areas are available at [www.mcs.bc.ca](http://www.mcs.bc.ca).

## ADDITIONAL PUBLICATIONS



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

## PRESENTATIONS & WORKSHOPS



McCreary staff are available to present BC AHS findings for North Shore/Coast Garibaldi, and to conduct workshops which explore how local stakeholders can utilize the results. For more information contact [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca).

## ENGAGING YOUTH IN THE BC AHS RESULTS



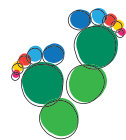
McCreary's Youth Advisory and Action Council (YAC) have created a youth-friendly poster of the key findings of the provincial report. Additional youth-friendly posters will be available on a range of topics, including substance use and mental health. The YAC have also created a workshop to share the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

## YOUTH ACTION GRANTS



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

## BC AHS NEXT STEPS



McCreary is committed to returning the results of the 2018 BC AHS to young people in North Shore/Coast Garibaldi. 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](mailto:mccreary@mcs.bc.ca). A Next Steps curriculum toolkit is also available on our website for anyone wanting to conduct their own Next Steps.







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