



SCHOOL DISTRICT 61: GREATER VICTORIA

RESULTS OF THE 2018 BC ADOLESCENT HEALTH SURVEY



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Introduction

2018 BC Adolescent Health Survey – Confidential school district data tables

These are the confidential data tables for your school district. The data will not be released by McCreary to any other party, unless written permission is received from the school district. You may receive direct requests from your local MCFD or public health agencies to use the data tables. It is the decision of the school district whether or not you release this information.

McCreary will release a provincial report using the data from this and the 57 other participating school districts and is in the process of producing regional (Health Service Delivery Area) level reports. Topic specific reports will follow. No direct comparisons between school districts or individual school data will be released in these reports.

The data tables provide basic percentages of students' responses to the 2018 BC Adolescent Health Survey. Not every student answered all the questions on the survey. For example, if students answered 'no' to the question 'Have you ever used marijuana?', they would skip the marijuana specific questions that followed. The data tables where this occurred are clearly labelled (e.g., the table headline would include 'among students who had tried marijuana').

If "NR" appears in a table this means that the percentage is not releasable due to the risk of deductive disclosure. In order to increase releasability, some response options for a survey item may have been combined. Due to rounding, percentages for a survey item may not always total 100%.

At the end of this report is a summary of students' responses to an open-ended question asking which topics that affect their health they wanted to learn more about.

The data has been weighted at the school district level. Provincial and regional reports use different weighting and therefore school districts should use caution when comparing school district level data to regional and provincial estimates. This requires statistical testing, as does comparing school district level data between survey years (e.g., between 2013 and 2018). Please contact McCreary staff if you would like more information or support in interpreting your school district data.

If it would be helpful, McCreary staff are happy to visit your school district and share the survey findings with school administrators, teachers, students, and/or parents. We may also be able to run some additional analyses upon request.

Finally, the 2018 Youth Action Grants program is now accepting applications from students in school districts which participated in the survey. The grants are for up to \$500 and fund the delivery of youth-led projects to address health issues identified in the data. For more details please contact YAG@mcs.bc.ca or see our website at www.mcs.bc.ca.

Thank you for your school district's participation in the 2018 BC Adolescent Health Survey.

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Youth in the District

Background

| Age | |
|-------------------------|-----|
| 12 years old or younger | 9% |
| 13 years old | 15% |
| 14 years old | 15% |
| 15 years old | 17% |
| 16 years old | 17% |
| 17 years old | 18% |
| 18 years old | 8% |
| 19 years old or older | 1% |

| Family Background | |
|--|-----|
| European | 54% |
| East Asian | 19% |
| Latin American, South American, Central American | 8% |
| Southeast Asian | 8% |
| Indigenous | 7% |
| South Asian | 5% |
| African | 3% |
| West Asian | 2% |
| Australian, Pacific Islander | 2% |
| Other | 3% |
| Don't know | 9% |

Note: Students could choose more than one response.

| Indigenous background (among Indigenous youth) | |
|---|-----|
| First Nations | 62% |
| Métis | 21% |
| Inuit | 8% |
| Other | 16% |

Note: Students could choose more than one response.

Ever lived on First Nations reserve

(among Indigenous youth)

| | |
|-----------------------------|-----|
| No | 70% |
| Currently, all of the time | 9% |
| Currently, some of the time | 8% |
| Previously | 13% |

Speak Indigenous language

(among Indigenous youth)

| | |
|-------------------------|-----|
| No | 70% |
| A few words | 25% |
| Can have a conversation | NR |
| Fluently | NR |

Identify as Two Spirit

(among Indigenous youth)

| | |
|----------------------------------|-----|
| No | 31% |
| Yes | NR |
| Don't know what Two Spirit means | 64% |

Family member ever been in residential school

(among Indigenous youth)

| | |
|-----------------|-----|
| No | 25% |
| Parents | 8% |
| Grandparents | 27% |
| Other relatives | 33% |
| Don't know | 25% |

Note: Students could choose more than one response.

Born in Canada

| | |
|---|-----|
| Yes | 72% |
| No, international student | 16% |
| No, refugee | 1% |
| No, permanent resident/Canadian citizen | 10% |
| Other | 2% |

Length of time lived in Canada

| | |
|-----------------------|-----|
| Less than 2 years | 13% |
| Between 2 and 5 years | 8% |
| 6 years or more | 79% |

Speak a language other than English at home

| | |
|------------------|-----|
| Never | 52% |
| Sometimes | 29% |
| Most of the time | 18% |

Gender identity

| | |
|---|-----|
| Male | 50% |
| Female | 47% |
| Transgender, Non-binary, or Questioning | 4% |

Sexual orientation

| | |
|---|-----|
| Straight | 76% |
| Mostly straight | 9% |
| Bisexual | 5% |
| Gay/Lesbian | 2% |
| Not sure yet | 5% |
| Something other than those listed above | 3% |

Ever been in government care (including through a delegated agency or on a Youth Agreement)

| | |
|-----------------------------------|----|
| Lived in foster home | 3% |
| Lived in group home | 2% |
| Youth Agreement | 1% |
| Agreement with Young Adults (AYA) | 0% |
| Kith and kinship agreement | 2% |
| Stayed in custody centre | 1% |

Note: Students could choose more than one response.

Health and Disabilities

| Self-reported health status | |
|------------------------------------|-----|
| Poor | 4% |
| Fair | 17% |
| Good | 53% |
| Excellent | 27% |

| Self-reported health conditions or disabilities | |
|--|-----|
| None | 69% |
| Mental health or emotional condition | 18% |
| Long-term/chronic medical condition | 8% |
| Learning disability | 6% |
| Sensory disability | 4% |
| Severe allergy requiring EpiPen | 3% |
| Physical disability | 1% |
| Other | 2% |

Note: Students could choose more than one response.

| Health condition or disability limits activities (among students with health condition or disability) | |
|--|-----|
| No | 52% |
| Sometimes/Always | 48% |

Physical Health

Hours of sleep last night

| | |
|------------------|-----|
| 4 hours or less | 5% |
| 5 hours | 7% |
| 6 hours | 15% |
| 7 hours | 24% |
| 8 hours | 29% |
| 9 hours | 14% |
| 10 or more hours | 6% |

Activities done after the time expected to go to sleep

| | |
|--|-----|
| Chat/Text | 59% |
| Game | 29% |
| Homework | 47% |
| Other online things (e.g., watch videos, social media) | 74% |
| Go offline | 42% |

Woke up today feeling rested

| | |
|-----|-----|
| No | 50% |
| Yes | 50% |

Number of days in past week did at least 60 minutes of moderate to vigorous physical activity

| | |
|--------|-----|
| 0 days | 14% |
| 1 day | 8% |
| 2 days | 11% |
| 3 days | 13% |
| 4 days | 15% |
| 5 days | 13% |
| 6 days | 8% |
| 7 days | 18% |

Last time went to the dentist

| | |
|----------------------------------|-----|
| I have never been to the dentist | 4% |
| During the past 12 months | 81% |
| Between 12 and 24 months | 10% |
| More than 24 months ago | 6% |

**Last visit to dentist was for pain
(among students who had been to a dentist)**

| | |
|-----|-----|
| No | 88% |
| Yes | 12% |

Injuries and Injury Prevention

Serious accidental injury in past year that required medical attention

| | |
|-----------------|-----|
| 0 times | 74% |
| 1 time | 15% |
| 2 times | 7% |
| 3 or more times | 4% |

How most seriously injured in past year (among students who had serious accidental injury in past year that required medical attention)

| | |
|---------------------------------------|-----|
| Playing/training for organized sports | 55% |
| Playing recreational sports | 18% |
| Walking/running outside | 17% |
| Riding a bike | 11% |
| Fighting with another person | 5% |
| Skateboarding | 5% |
| Working | 5% |
| Riding or driving in a motor vehicle | 4% |
| Using phone/portable device | NR |
| Other | 19% |

Note: Students could choose more than one response.

Had concussion in past year

| | |
|--------------------------|-----|
| No | 87% |
| Yes, once | 9% |
| Yes, twice | 3% |
| Yes, three or more times | 1% |

**Symptoms of most serious head injury in past year
(among students who had head injury in past year)**

| | |
|-----------------------------------|-----|
| Headaches | 69% |
| Dizziness or balance problems | 64% |
| Dazed, confused, or gap in memory | 50% |
| Ringing in the ears | 46% |
| Blurred vision | 38% |
| Lost consciousness | 22% |
| Had none of these symptoms | 6% |

Note: Students could choose more than one response.

**How incurred most serious head injury in past year
(among students who had head injury in past year)**

| | |
|---------------------------------------|-----|
| Playing/training for organized sports | 43% |
| Playing recreational sports | 15% |
| Fighting with another person | 8% |
| Riding a bike | 8% |
| Using alcohol/other substances | 4% |
| Working | NR |
| Skateboarding | NR |
| Riding or driving in a motor vehicle | NR |
| Other | 28% |

Note: Students could choose more than one response.

**Received medical treatment for most serious head injury in past year
(among students who had head injury in past year)**

| | |
|-----|-----|
| No | 42% |
| Yes | 58% |

Wear a seatbelt in car, truck, or van

| | |
|------------------|-----|
| Never | 3% |
| Rarely | 1% |
| Sometimes | 4% |
| Most of the time | 20% |
| Always | 72% |

**Helmet use in past year
(among students who did activity)**

| | Never | Sometimes | Always | Total |
|-----------------------------------|-------|-----------|--------|-------|
| Cycling | 13% | 26% | 61% | 100% |
| BMXing | 28% | 22% | 50% | 100% |
| Mountain biking | 12% | 13% | 75% | 100% |
| Skateboarding/longboarding | 47% | 23% | 30% | 100% |
| Snowboarding | 10% | 10% | 80% | 100% |
| Skiing | 9% | 9% | 82% | 100% |
| Riding an ATV/dirtbike/snowmobile | 19% | 10% | 72% | 100% |

Mental Health

Self-rated mental health status

| | |
|-----------|-----|
| Poor | 8% |
| Fair | 20% |
| Good | 42% |
| Excellent | 29% |

Specific self-reported health conditions or disabilities

| | |
|---|-----|
| Anxiety Disorder or Panic Attacks | 22% |
| Depression | 18% |
| Attention Deficit Hyperactivity Disorder (ADHD/ADD) | 8% |
| Post-traumatic Stress Disorder (PTSD) | 3% |
| Alcohol or drug addiction | 3% |
| Asperger's or Autism Spectrum Disorder | 2% |
| Fetal Alcohol Spectrum Disorder (FASD) | <1% |
| None | 65% |

Note: Students could choose more than one response.

Felt happy in past month

| | |
|----------------------|-----|
| None of the time | 2% |
| A little of the time | 10% |
| Some of the time | 25% |
| Most of the time | 49% |
| All of the time | 13% |

Felt stress in past month

| | |
|--|-----|
| Not at all | 11% |
| A little | 26% |
| Some, enough to bother me | 25% |
| Quite a bit | 23% |
| Extremely so, to the point I couldn't do my work or deal with things | 14% |

How manage stress

| | |
|---------------------|-----|
| Poorly | 16% |
| Fairly well | 29% |
| Well | 31% |
| Very well | 15% |
| Don't feel stressed | 8% |

Felt despair in past month

| | |
|--|-----|
| Not at all | 37% |
| A little | 25% |
| Some, enough to bother me | 15% |
| Quite a bit | 14% |
| Extremely so, to the point I couldn't do my work or deal with things | 9% |

Seriously considered suicide in past year

| | |
|-----|-----|
| No | 79% |
| Yes | 21% |

Attempted suicide in past year

| | |
|-----|-----|
| No | 94% |
| Yes | 6% |

Has family member ever attempted suicide

| | |
|----------------------|-----|
| No | 83% |
| Within the last year | 5% |
| More than a year ago | 13% |

Note: Students could choose 'within the last year' and 'more than a year ago', if applicable.

Has close friend ever attempted suicide

| | |
|----------------------|-----|
| No | 67% |
| Within the last year | 21% |
| More than a year ago | 13% |

Note: Students could choose 'within the last year' and 'more than a year ago', if applicable.

Self-harmed on purpose in past year without suicidal intent

| | |
|--|-----|
| 0 times | 75% |
| 1 time | 8% |
| 2 or 3 times | 6% |
| 4 or 5 times | 2% |
| 6 or more times | 5% |
| Have self-harmed, but not in the past year | 4% |

**Reason self-harmed the last time
(among students who had ever self-harmed
on purpose without suicidal intent)**

| | |
|--|-----|
| Calm myself down | 55% |
| Punish myself | 35% |
| Stop feeling numb | 34% |
| Put a stop to suicidal thoughts | 23% |
| Create physical sign that I feel awful | 17% |
| Show others my pain | 7% |
| Fit in with peers | NR |
| Other | 15% |

Note: 26% of youth had ever self-harmed on purpose without suicidal intent.

Note: Students could choose more than one response.

Vomited on purpose after eating in past year

| | |
|----------------------|-----|
| No | 85% |
| Once a month or less | 11% |
| 2 to 3 times a month | 2% |
| Once a week or more | 2% |

Nutrition and Food Security

Ate the following yesterday

| | No | Yes, once or twice | Yes, 3 or more times | Total |
|---|-----|--------------------|----------------------|-------|
| Fruit | 16% | 58% | 26% | 100% |
| Vegetables or green salad | 20% | 62% | 18% | 100% |
| Sweets | 23% | 60% | 16% | 100% |
| Fast food | 54% | 39% | 7% | 100% |
| Traditional foods from my background | 67% | 22% | 11% | 100% |
| Food grown or caught by me or my family | 85% | 12% | 3% | 100% |

Drank the following yesterday

| | No | Yes, once or twice | Yes, 3 or more times | Total |
|---------------|-----|--------------------|----------------------|-------|
| Water | 2% | 21% | 77% | 100% |
| Pop/soda | 67% | 28% | 5% | 100% |
| Energy drinks | 93% | 6% | 1% | 100% |

How often eat meals on school days

| | Never | Sometimes | Always | Total |
|-----------|-------|-----------|--------|-------|
| Breakfast | 18% | 32% | 50% | 100% |
| Lunch | 5% | 33% | 62% | 100% |
| Dinner | 1% | 13% | 86% | 100% |

Where get breakfast on school days

| | |
|----------------------|-----|
| Don't eat breakfast | 21% |
| Home | 78% |
| School | 5% |
| On the way to school | 9% |

Note: Students could choose more than one response.

Go to bed hungry due to insufficient money for food at home

| | |
|----------------------|------------|
| Never | 88% |
| Sometimes | 11% |
| Often, always | 1% |

Sexual Health

Ever had oral sex

| | |
|---------------|-----|
| No | 73% |
| Yes, given | 20% |
| Yes, received | 21% |

Note: Students could indicate having both given and received oral sex, if applicable.

Used condom or other protection the last time had oral sex (among students who ever had oral sex)

| | |
|-----|-----|
| No | 84% |
| Yes | 16% |

Ever had sex (other than oral sex or masturbation)

| | |
|-----|-----|
| No | 75% |
| Yes | 25% |

Age when first had sex (among students who ever had sex)

| | |
|------------------------|-----|
| Less than 12 years old | 4% |
| 12 years old | 3% |
| 13 years old | 15% |
| 14 years old | 13% |
| 15 years old | 27% |
| 16 years old | 27% |
| 17 or 18 years old | 12% |
| 19 years or older | 0% |

Note: Original response options ranged from 'less than 12 years old' to '19 years or older'. Individual response options were combined to allow for releasability of data.

**Age of partner when first had sex
(among students who ever had sex)**

| | |
|------------------------|-----|
| Less than 12 years old | 3% |
| 12 years old | 3% |
| 13 years old | 7% |
| 14 years old | 10% |
| 15 years old | 24% |
| 16 years old | 24% |
| 17 years old | 18% |
| 18 years old | 5% |
| 19 years old | 2% |
| 20 years or older | 4% |

**Number of partners had sex with in the past year
(among students who ever had sex)**

| | |
|------------------|-----|
| 0 people | 9% |
| 1 person | 45% |
| 2 people | 21% |
| 3 or more people | 25% |

**Drank alcohol or used drugs before having sex the last time
(among students who ever had sex)**

| | |
|-----|-----|
| No | 79% |
| Yes | 21% |

**Used condom or other protection the last time had sex
(among students who ever had sex)**

| | |
|-----|-----|
| No | 42% |
| Yes | 58% |

Contraception used last time had sex

(among students who ever had sex and whose last sex was with non-same-sex partner)

| | |
|---|-----|
| Condoms | 56% |
| Birth control pills/birth control patch/ Nuva Ring or other prescribed method | 43% |
| Withdrawal | 39% |
| Emergency contraception | 7% |
| IUD | 3% |
| Depo Provera | NR |
| None | 3% |
| Not sure | 5% |

Note: Students could choose more than one response.

Ever been pregnant or gotten someone pregnant

| | |
|----------|-----|
| No | 98% |
| Yes | 1% |
| Not sure | NR |

**Ever diagnosed with STI (sexually transmitted infection) by
doctor or nurse**

| | |
|-----|-----|
| No | 99% |
| Yes | 1% |

Ever had HPV vaccine (Human Papillomavirus vaccine)

| | |
|------------|-----|
| No | 17% |
| Yes | 29% |
| Don't know | 54% |

Could you say no if asked to ...

| | Could say no | Couldn't say no | Not sure | Total |
|---|--------------|-----------------|----------|-------|
| Have sex with a new partner when didn't want to | 91% | 2% | 6% | 100% |
| Have sex with long-term partner when didn't want to | 84% | 5% | 12% | 100% |
| Send nudes/sext | 90% | 3% | 7% | 100% |

Substance Use

Ever tried smoking a cigarette, cigar, or cigarillo

| | |
|-----|-----|
| No | 79% |
| Yes | 21% |

Age first tried smoking

(among students who had tried smoking)

| | |
|------------------------|-----|
| Less than 10 years old | 4% |
| 10 years old | 2% |
| 11 years old | 3% |
| 12 years old | 10% |
| 13 years old | 18% |
| 14 years old | 18% |
| 15 years old | 16% |
| 16 years old | 17% |
| 17 years or older | 11% |

Number of days smoked tobacco in past month

(among students who had tried smoking)

| | |
|---------------|-----|
| 0 days | 51% |
| 1 or 2 days | 16% |
| 3 to 5 days | 5% |
| 6 to 9 days | 5% |
| 10 to 19 days | 6% |
| 20 to 29 days | 9% |
| All 30 days | 8% |

In past month, used ...

| | |
|--------------------------------------|-----|
| Vape pen/vape stick with nicotine | 21% |
| Vape pen/vape stick without nicotine | 19% |
| Cigarettes | 10% |
| Cigars/cigarillos | 3% |
| Chewing tobacco | 2% |
| A product to help you stop smoking | 2% |
| A hookah | 1% |

Ever tried alcohol

| | |
|-----|-----|
| No | 52% |
| Yes | 48% |

Age when first tried alcohol
(among students who had tried alcohol)

| | |
|-----------------------|-----|
| Less than 9 years old | 7% |
| 9 years old | 2% |
| 10 years old | 2% |
| 11 years old | 4% |
| 12 years old | 10% |
| 13 years old | 17% |
| 14 years old | 22% |
| 15 years old | 23% |
| 16 years old | 11% |
| 17 years or older | 3% |

**Number of days had alcohol in past month (among students
who had tried alcohol)**

| | |
|-----------------|-----|
| 0 days | 36% |
| 1 or 2 days | 37% |
| 3 to 5 days | 15% |
| 6 to 9 days | 6% |
| 10 to 19 days | 4% |
| 20 or more days | 1% |

**Number of days in past month had 5 or more drinks of alcohol
within a couple of hours**

(among students who had tried alcohol)

| | |
|---------------|-----|
| 0 days | 67% |
| 1 or 2 days | 20% |
| 3 to 5 days | 9% |
| 6 to 9 days | 2% |
| 10 to 29 days | 2% |
| All 30 days | 0% |

Number of days in past week had more than 2 drinks of alcohol

(among students who had tried alcohol)

| | |
|----------------|-----|
| 0 days | 75% |
| 1 day | 17% |
| 2 days | 4% |
| 3 days | 2% |
| 4 or more days | 2% |

Where did you get alcohol from the last time

(among students who had tried alcohol)

| | |
|-------------------------------------|-----|
| Adult gave it to me | 37% |
| Party | 29% |
| Gave someone money to buy it for me | 28% |
| Youth gave it to me | 15% |
| Took it without permission | 11% |
| Bought it | 8% |
| Made it | 2% |
| Exchanged something for it | 2% |

Note: Students could choose more than one response.

Number of drinks of alcohol consumed last Saturday
(among students who had tried alcohol)

| | |
|-----------|-----|
| 0 | 71% |
| 1 | 8% |
| 2 | 5% |
| 3 | 3% |
| 4 | 4% |
| 5 | 3% |
| 6 | 2% |
| 7 | 1% |
| 8 or more | 3% |

Binge drank last Saturday
(among students who had tried alcohol)

| | |
|-----|-----|
| No | 85% |
| Yes | 15% |

Note: Binge drinking refers to males who consumed 4 or more drinks of alcohol and females who consumed 3 or more drinks of alcohol.

Type of alcohol consumed last Saturday
(among students who drank alcohol last Saturday)

| | |
|--------|-----|
| Beer | 33% |
| Wine | 11% |
| Cooler | 34% |
| Liquor | 64% |
| Other | NR |

Note: Students could choose more than one response.

Ever tried marijuana

| | |
|-----|-----|
| No | 71% |
| Yes | 29% |

Age first tried marijuana
(among students who had tried marijuana)

| | |
|------------------------|-----|
| Less than 11 years old | 2% |
| 11 years old | 2% |
| 12 years old | 10% |
| 13 years old | 17% |
| 14 years old | 20% |
| 15 years old | 20% |
| 16 years old | 18% |
| 17 years or older | 10% |

Number of days used marijuana in past month
(among students who had tried marijuana)

| | |
|---------------|-----|
| 0 days | 35% |
| 1 or 2 days | 23% |
| 3 to 5 days | 15% |
| 6 to 9 days | 8% |
| 10 to 19 days | 7% |
| 20 to 29 days | 7% |
| All 30 days | 6% |

Used marijuana last Saturday
(among students who had tried marijuana)

| | |
|-----|-----|
| No | 68% |
| Yes | 32% |

How you took marijuana the last time you used
(among students who had tried marijuana)

| | |
|-------------------------|-----|
| Smoked it | 91% |
| Ate it in cooked recipe | 14% |
| Other | 4% |

Note: Students could choose more than one response.

Ever been prescribed medical marijuana

| | |
|-----|-----|
| No | 99% |
| Yes | 1% |

Number of times ever used the following drugs

| | 0 times | 1 or 2 times | 3 or more times | Total |
|--|---------|--------------|-----------------|-------|
| Prescription pills without doctor's consent | 90% | 6% | 4% | 100% |
| Mushrooms | 92% | 5% | 3% | 100% |
| More of my own prescription medication than prescribed | 94% | 3% | 2% | 100% |
| Hallucinogens | 95% | 4% | 2% | 100% |
| Ecstasy/MDMA | 95% | 3% | 2% | 100% |
| Cocaine | 97% | 1% | 2% | 100% |
| Inhalants | 98% | 2% | 1% | 100% |
| Amphetamines | 98% | 1% | 1% | 100% |
| Heroin | 99% | 1% | NR | 100% |
| Crystal meth | 99% | NR | NR | 100% |
| Ketamine, GHB | >99% | NR | NR | 100% |
| Other | 99% | NR | NR | 100% |

Ever injected an illegal drug

| | |
|-----|-----|
| No | 99% |
| Yes | 1% |

**Consequences of drinking or using drugs in past year
(among students who used alcohol or other substances in past year)**

| | |
|---|-----|
| Was told I did something that I couldn't remember | 40% |
| Passed out | 26% |
| Argued with family members | 17% |
| Got injured | 13% |
| Lost friends or broke up with a girl/boyfriend or significant other | 12% |
| School work or grades changed | 12% |
| Damaged property | 8% |
| Had sex when didn't want to | 7% |
| Got into physical fight | 6% |
| Got in trouble with police | 6% |
| Got medical treatment | 3% |
| Overdosed | 2% |
| None of these happened | 48% |

Note: 41% of youth used alcohol or other substances in past year.

Note: Students could choose more than one response.

**Reasons for using alcohol or other substances last time
(among students who ever used alcohol or other substances)**

| | |
|---|-----|
| Wanted to have fun | 71% |
| Wanted to try it/experiment | 32% |
| Friends were doing it | 31% |
| Stress | 26% |
| Felt down or sad | 25% |
| Nothing else to do | 9% |
| To manage physical pain | 5% |
| Thought it would help me focus | 4% |
| Was pressured into doing it/to fit in | 4% |
| Addiction | 3% |
| To change the effects of some other drug(s) | 1% |
| Didn't mean to (e.g., someone spiked drink) | NR |
| Other | 6% |

Note: 47% of youth indicated using alcohol or other substances on this survey item.

Note: Students could choose more than one response.

Felt or told in the past year that you needed help for ...

| | |
|---------------------|----|
| Alcohol use | 4% |
| Marijuana use | 5% |
| Other substance use | 3% |

Ever driven after substance use

| | | |
|------------------|-----------------------|-----|
| Alcohol | Never | 98% |
| | In past month | 1% |
| | More than a month ago | 1% |
| Marijuana | Never | 97% |
| | In past month | 1% |
| | More than a month ago | 1% |
| Other substances | Never | 99% |
| | In past month | 1% |
| | More than a month ago | 1% |

Note: Students could choose both 'in past month' and 'more than a month ago', if applicable.

Ever rode with driver who had been using substances

| | | |
|------------------|-----------------------|-----|
| Alcohol | Never | 81% |
| | In past month | 5% |
| | More than a month ago | 15% |
| Marijuana | Never | 87% |
| | In past month | 5% |
| | More than a month ago | 8% |
| Other substances | Never | 96% |
| | In past month | 1% |
| | More than a month ago | 3% |

Note: Students could choose both 'in past month' and 'more than a month ago', if applicable.

Gambling

Done following activities for money in past year ...

| | Never | Less than once a week | One or more times a week | Total |
|-------------------------------|--------------|----------------------------------|-------------------------------------|--------------|
| Played cards/dice in person | 91% | 8% | 1% | 100% |
| Played cards/dice online | 96% | 3% | 1% | 100% |
| Sports betting in person | 91% | 7% | 2% | 100% |
| Sports betting online | 97% | 2% | 1% | 100% |
| Lottery tickets/scratch cards | 90% | 9% | 1% | 100% |
| Gaming online | 92% | 4% | 4% | 100% |

Note: 49% of youth had done at least one of these activities but not for money.

Felt or told in the past year that you needed help for gambling

| | |
|-----|-----|
| No | 99% |
| Yes | 1% |

Housing Stability

Moved in past year

| | |
|-----------------|-----|
| 0 times | 72% |
| 1 or 2 times | 24% |
| 3 or more times | 4% |

Ran away from home in past year

| | |
|-----------------|-----|
| 0 times | 90% |
| 1 or 2 times | 8% |
| 3 or more times | 2% |

Kicked out of home in past year

| | |
|-----------------|-----|
| 0 times | 94% |
| 1 or 2 times | 4% |
| 3 or more times | 2% |

Deprivation

| Do not have things that some young people consider important ... | | | | | |
|---|-------------------------------------|--|------------------|-------------------|--------------|
| | Don't have this, but want it | Don't have this and don't want it | Have this | Don't know | Total |
| Money to spend on yourself | 9% | 2% | 88% | 2% | 100% |
| Personal space to hang out | 7% | 1% | 89% | 2% | 100% |
| Smartphone | 6% | 2% | 92% | NR | 100% |
| Lunch for school/money to buy lunch | 5% | 5% | 88% | 1% | 100% |
| Money for school supplies/school trips/extracurricular activities | 5% | 2% | 89% | 3% | 100% |
| Access to transportation | 5% | 1% | 93% | 1% | 100% |
| Equipment/clothes needed for extracurricular activities | 4% | 7% | 87% | 3% | 100% |
| Quiet space to sleep | 2% | NR | 96% | 1% | 100% |
| Clothes in order to belong/fit in | 2% | 4% | 91% | 3% | 100% |
| Access to Internet | 1% | NR | 99% | NR | 100% |

Bereavement

| Has someone close to you died due to ... | |
|---|------------|
| Illness | 48% |
| Old age/natural death | 45% |
| Accident | 13% |
| Suicide | 11% |
| Overdose (other than Fentanyl overdose) | 6% |
| Fentanyl overdose | 4% |
| Violence | 2% |
| Other | 2% |
| No one close to me has died | 27% |

Note: Students could choose more than one response.

Violence and Discrimination

Sexually harassed in past year

| | Never | Once or twice | 3 or more times | Total |
|------------|-------|---------------|-----------------|-------|
| Verbally | 59% | 26% | 15% | 100% |
| Physically | 76% | 18% | 6% | 100% |

Ever been physically abused

| | |
|-----|-----|
| No | 84% |
| Yes | 16% |

Ever been sexually abused

| | |
|-----|-----|
| No | 92% |
| Yes | 8% |

Ever forced into sexual activity

| | |
|-----------------------|-----|
| No | 92% |
| Yes, by another youth | 7% |
| Yes, by an adult | 2% |

Note: Students could choose 'by another youth' and 'by an adult', if applicable.

Ever been sexually abused, forced into sexual activity, or the younger of an illegal age pairing the first time they had sex

| | |
|-----|-----|
| No | 89% |
| Yes | 11% |

Note: These results were based on responses to four survey items: ever been sexually abused, ever forced into sexual activity, age when first had sex, and age of partner when first had sex.

**Physically assaulted by someone you were dating in past year
(among students who dated someone in past year)**

| | |
|-----|-----|
| No | 94% |
| Yes | 6% |

Note: 45% of youth had dated someone in past year.

In the past year, at school or on the way to/from school, another youth ...

| | Never | Once | Twice | 3 or more times | Total |
|--------------------------|-------|------|-------|-----------------|-------|
| Teased you | 60% | 14% | 11% | 14% | 100% |
| Purposely excluded you | 61% | 17% | 8% | 14% | 100% |
| Physically assaulted you | 90% | 6% | 2% | 2% | 100% |

Note: 53% of youth had at least one of these experiences in the past year.

**You teased, purposely excluded, or physically attacked
another youth while at school or on the way to/from school in
the past year**

| | |
|-----|-----|
| No | 90% |
| Yes | 10% |

In the past year, been discriminated against due to ...

| | |
|---|-----|
| Your physical appearance | 23% |
| Your weight | 17% |
| Your race, ethnicity, or skin colour | 17% |
| Your gender/sex | 11% |
| The amount of money you or your family have | 9% |
| Your sexual orientation | 7% |
| Your disability | 5% |

Been cyberbullied by someone in past year

| | |
|-----|-----|
| No | 87% |
| Yes | 13% |

Cyberbullied someone in past year

| | |
|-----|-----|
| No | 95% |
| Yes | 5% |

Ever met someone through Internet who made you feel unsafe

| | |
|-----|-----|
| No | 81% |
| Yes | 19% |

Home and Family

Who students live with most of the time

| | |
|---------------------------------|-----|
| Mother/Stepmother | 85% |
| Father/Stepfather | 70% |
| Two mothers or two fathers | 1% |
| Grandparents | 9% |
| Foster parents | 1% |
| Siblings | 62% |
| Own child or children | NR |
| Other children/youth | 2% |
| Other related adults | 4% |
| Other unrelated adults | 5% |
| Live alone | NR |
| Both parents at different times | 10% |

Note: Students could choose more than one response.

On average school day, take care of ...

| | |
|--------------------|-----|
| Own child/children | 2% |
| Another relative | 17% |
| Pets or animals | 51% |

Feel that your family ...

| | Not at all | Very little | Somewhat | Quite a bit | Very much | Total |
|-----------------------|------------|-------------|----------|-------------|-----------|-------|
| Understands you | 6% | 13% | 21% | 31% | 28% | 100% |
| Has fun together | 3% | 8% | 20% | 32% | 37% | 100% |
| Pays attention to you | 2% | 7% | 18% | 32% | 41% | 100% |
| Respects you | 3% | 6% | 16% | 27% | 48% | 100% |

How often in past month did parent(s) or guardian(s) monitor your ...

| | Never | Rarely | Sometimes | Most of the time | Always | Total |
|-----------------------------|--------------|---------------|------------------|-----------------------------|---------------|--------------|
| Free time activities | 4% | 9% | 19% | 38% | 31% | 100% |
| Online activities | 18% | 23% | 20% | 25% | 15% | 100% |

School

| Grade | |
|-------------------|-----|
| Grade 7 | 14% |
| Grade 8 | 15% |
| Grade 9 | 16% |
| Grade 10 | 17% |
| Grade 11 | 18% |
| Grade 12 | 19% |
| Ungraded or other | <1% |

| School plans | |
|---|-----|
| Don't expect to finish high school | 1% |
| Expect to finish high school, but not to continue to post-secondary | 6% |
| Plan to continue education after high school | 80% |
| Haven't thought about it | 6% |
| Don't know | 7% |

| Number of days missed class(es) at school in past month due to ... | | | | |
|---|---------------|--------------------|-----------------------|--------------|
| | 0 days | 1 or 2 days | 3 or more days | Total |
| Illness | 55% | 33% | 11% | 100% |
| Appointments | 60% | 35% | 5% | 100% |
| Skipping class | 73% | 18% | 8% | 100% |
| Sleeping in | 75% | 18% | 7% | 100% |
| School responsibilities | 80% | 16% | 4% | 100% |
| Mental health | 81% | 12% | 7% | 100% |
| Family responsibilities | 86% | 11% | 3% | 100% |
| No transportation | 95% | 4% | 1% | 100% |
| Work | 96% | 3% | 1% | 100% |
| Bullying | 97% | 2% | 1% | 100% |

Feelings about school

| | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree | Total |
|-----------------------------------|-------------------|----------|----------------------------|-------|----------------|-------|
| Feel like a part of school | 4% | 9% | 29% | 44% | 15% | 100% |
| Happy to be at school | 7% | 8% | 25% | 42% | 19% | 100% |
| School staff treat me fairly | 4% | 7% | 21% | 48% | 21% | 100% |
| School staff expect me to do well | 2% | 2% | 19% | 53% | 24% | 100% |
| Safe at school | 2% | 5% | 18% | 48% | 28% | 100% |
| Teachers care about me | 4% | 4% | 23% | 46% | 23% | 100% |
| Other school staff care about me | 4% | 8% | 37% | 34% | 17% | 100% |

Usual mode of transport to school

| | |
|---------------------------|-----|
| Walk/bike/skateboard | 36% |
| Car | 34% |
| School bus/public transit | 30% |
| Hitchhike | <1% |

Time to get to school

| | |
|----------------------|-----|
| Less than 15 minutes | 50% |
| 15-29 minutes | 36% |
| 30-59 minutes | 12% |
| 60 minutes or more | 1% |

Feel safe at school

| | Never | Rarely | Sometimes | Usually | Always | Total |
|--------------------------------|-------|--------|-----------|---------|--------|-------|
| In your classroom | 1% | 1% | 6% | 22% | 70% | 100% |
| In the washrooms | 2% | 3% | 10% | 26% | 59% | 100% |
| In the changing rooms | 2% | 5% | 11% | 25% | 58% | 100% |
| In the hallways and stairwells | 1% | 2% | 8% | 25% | 64% | 100% |
| In the library | 1% | 1% | 4% | 18% | 76% | 100% |
| In the cafeteria | 2% | 1% | 6% | 21% | 69% | 100% |
| Outside on school grounds | 2% | 2% | 10% | 28% | 59% | 100% |
| Getting to/from school | 1% | 2% | 8% | 30% | 59% | 100% |

Note: Results are among those students who indicated the location was applicable.

Carried weapon at school in past month

| | |
|------------------|------------|
| Never | 94% |
| Sometimes | 4% |
| Always | 2% |

Work and Leisure

Hours spent weekly at paid job during school year

| | |
|-------------------|-----|
| None | 65% |
| Less than 5 hours | 10% |
| 5 to 12 hours | 12% |
| 13 to 20 hours | 10% |
| 21 or more hours | 3% |

Extracurricular activities in past year

| | Never | Less than once a week | 1 to 3 times a week | 4 or more times a week | Total |
|---|-------|-----------------------|---------------------|------------------------|-------|
| Sports without a coach | 28% | 22% | 31% | 19% | 100% |
| Sports with a coach | 44% | 7% | 25% | 23% | 100% |
| Dance, yoga, or exercise classes with an instructor | 77% | 8% | 11% | 4% | 100% |
| Extreme sports | 85% | 9% | 3% | 3% | 100% |
| Art, drama, singing, or music groups or lessons | 65% | 8% | 16% | 10% | 100% |
| Clubs or groups | 86% | 6% | 7% | 1% | 100% |
| Volunteer activities | 63% | 23% | 13% | 1% | 100% |

Reasons for not participating in extracurricular activities in past year

| | |
|-------------------------------|-----|
| Too busy | 48% |
| Too anxious/depressed | 17% |
| Couldn't afford to | 14% |
| No transportation | 13% |
| Not available in my community | 10% |
| Worried about bullying | 8% |

**Used cell phone, smartphone or other portable device on last school day for ...
(among students with device)**

| | |
|---|-----|
| Listening to music | 87% |
| Communicating with friends I know in person | 85% |
| Using social media | 83% |
| Watching shows/movies/YouTube | 79% |
| Communicating with parents/guardians | 77% |
| Finding information (other than health information) | 66% |
| Doing homework | 59% |
| Gaming | 55% |
| Communicating with someone I only know online | 27% |
| Finding health information | 20% |
| Watching porn | 14% |
| Sexting | 6% |
| Gambling | 2% |

Note: 97% of youth had a portable electronic device.

Have time to do the things you want ...

| | Not enough | Right amount | Too much | Total |
|--------------|------------|--------------|----------|-------|
| With family | 21% | 71% | 8% | 100% |
| With friends | 26% | 67% | 7% | 100% |
| On your own | 22% | 65% | 13% | 100% |
| In nature | 42% | 54% | 4% | 100% |

Supportive Relationships

Have adult to talk to about serious problem

| | |
|-------------------------|-----|
| No | 20% |
| Adult in my family | 70% |
| Adult outside my family | 31% |

Note: Students could choose both 'adult in my family' and 'adult outside my family', if applicable.

Have adult who helps with ...

| | No | Yes | I don't need this | Total |
|---|-----|-----|-------------------|-------|
| Homework | 21% | 61% | 19% | 100% |
| Making appointments | 8% | 86% | 5% | 100% |
| Getting to appointments | 8% | 86% | 6% | 100% |
| Preparing for university/college/trade school | 15% | 76% | 9% | 100% |
| Getting a job | 17% | 68% | 15% | 100% |

Sources of help in past year

| | Asked for help | Found support helpful (among those who asked for help) |
|---------------------------------------|----------------|---|
| Friend I know in person | 74% | 94% |
| Friend I only know online | 23% | 78% |
| Family member | 73% | 94% |
| A friend's parent | 22% | 83% |
| Teacher | 56% | 93% |
| Aboriginal Education Worker | 8% | 70% |
| School counsellor | 32% | 81% |
| Other school staff | 26% | 84% |
| Youth worker | 10% | 83% |
| Mental health counsellor | 16% | 82% |
| Social worker | 7% | 70% |
| Doctor | 35% | 92% |
| Nurse | 17% | 91% |
| Telephone helpline | 9% | 64% |
| Aboriginal Elder | 5% | 64% |
| Sports coach | 28% | 94% |
| Spiritual leader | 7% | 71% |
| Online community/online support group | 9% | 76% |

Note: When the percentage of students who asked for help is relatively low, the data on helpfulness of support should be interpreted with caution as it is based on a smaller subsample of students.

Note: Among Indigenous youth, 18% asked an Aboriginal Education Worker for help and 19% asked an Aboriginal Elder for help. The percentages of those who found an Aboriginal Education Worker or an Aboriginal Elder helpful were not releasable.

Number of close friends in your school or neighbourhood

| | |
|------------|-----|
| 0 | 5% |
| 1 | 4% |
| 2 | 11% |
| 3 to 5 | 33% |
| 6 to 9 | 21% |
| 10 or more | 25% |

Number of close online friends who you have never met in person

| | |
|------------|-----|
| 0 | 65% |
| 1 | 11% |
| 2 | 8% |
| 3 to 5 | 7% |
| 6 to 9 | 4% |
| 10 or more | 5% |

**Had a boyfriend/girlfriend or significant other in the past year
who you met online and never met in person**

| | |
|-------------------------|-----|
| No | 90% |
| Yes, one person | 8% |
| Yes, two or more people | 2% |

Felt you could help a friend that asked for help in the past year

| | |
|----------------------------------|-----|
| A friend did not ask me for help | 20% |
| No, I didn't feel I could help | 2% |
| Yes, I felt I could help | 78% |

Friends would be upset with you if you ...

| | |
|--------------------------------------|-----|
| Beat someone up | 69% |
| Got pregnant or got someone pregnant | 68% |
| Dropped out of school | 80% |
| Got drunk | 41% |
| Used marijuana | 48% |

Community

Have adult in neighbourhood/community who really cares about me

| | |
|------------------|-----|
| Not at all true | 18% |
| A little true | 19% |
| Pretty much true | 22% |
| Very much true | 41% |

Feel like a part of your community

| | |
|-------------|-----|
| Not at all | 9% |
| Very little | 17% |
| Somewhat | 34% |
| Quite a bit | 27% |
| Very much | 13% |

Meaningfulness of activities in which you're involved

| | |
|-------------|-----|
| Not at all | 8% |
| A little | 8% |
| Somewhat | 17% |
| Quite a bit | 36% |
| A lot | 31% |

Your ideas are listened to and acted upon in activities in which you're involved

| | |
|-------------|-----|
| Not at all | 9% |
| A little | 16% |
| Somewhat | 31% |
| Quite a bit | 34% |
| A lot | 10% |

How often feel safe ...

| | Never | Rarely | Sometimes | Often | Always | Total |
|---|-------|--------|-----------|-------|--------|-------|
| In your neighbourhood in daytime | 3% | 2% | 5% | 24% | 67% | 100% |
| In your neighbourhood at night | 6% | 7% | 20% | 34% | 33% | 100% |
| In your home | 2% | 1% | 5% | 17% | 76% | 100% |
| Using local public transit (among students who use transit) | 3% | 6% | 25% | 44% | 22% | 100% |

Note: 87% of youth indicated using transit.

Connected to land/nature

| | |
|-------------|-----|
| Never | 6% |
| Hardly ever | 11% |
| Sometimes | 41% |
| Often | 27% |
| Always | 15% |

Access to Services

| Where accessed health care in past 12 months | |
|---|-----|
| Family doctor | 53% |
| Walk-in clinic | 42% |
| Counsellor/psychologist | 15% |
| Emergency room | 12% |
| Youth Clinic | 7% |
| Nurse | 6% |
| School wellness centre | 3% |
| Traditional healer | 2% |
| Did not get needed health care | 5% |
| Did not need health care | 22% |

Note: Students could choose more than one response.

| Accessed medical help in the past year | |
|---|-----|
| Didn't need medical help | 55% |
| Got the help I needed | 36% |
| Needed medical help, but didn't get it | 9% |

| Needed emotional or mental health services in past year but didn't get them | |
|--|-----|
| No | 79% |
| Yes | 21% |

**Reasons for not getting emotional or mental health services
(among students who felt they needed them)**

| | |
|--|-----|
| Thought or hoped problem would go away | 63% |
| Didn't want parents to know | 57% |
| Afraid of what I would be told | 41% |
| Too busy | 40% |
| Afraid someone I know might see me | 36% |
| Didn't know where to go | 32% |
| Couldn't afford it | 26% |
| Had negative experience(s) before | 15% |
| Parent/guardian wouldn't take me | 10% |
| Had no transportation | 7% |
| On a waiting list | 6% |
| Couldn't go when it was open | 5% |
| Service not available in my community | 0% |

Note: Students could choose more than one response.

Strengths and Resiliency

Feel you're really good at something

| | |
|-----|-----|
| No | 24% |
| Yes | 76% |

How much do you agree with the following ...

| | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree | Total |
|--------------------------------|-------------------|----------|----------------------------|-------|----------------|-------|
| Life is going well | 3% | 8% | 18% | 45% | 27% | 100% |
| Wish I had a different life | 30% | 26% | 25% | 12% | 7% | 100% |
| Have a good life | 2% | 5% | 15% | 45% | 33% | 100% |
| Have what I want in life | 4% | 13% | 28% | 35% | 20% | 100% |
| Life is going just right | 5% | 13% | 27% | 35% | 20% | 100% |
| Usually feel good about myself | 9% | 14% | 22% | 37% | 18% | 100% |

Hopeful about future

| | |
|-------------|-----|
| Not at all | 5% |
| A little | 11% |
| Somewhat | 20% |
| Quite a bit | 33% |
| Very | 31% |

Push yourself to achieve goals when things go wrong

| | |
|------------------------------|-----|
| Never | 6% |
| Sometimes | 53% |
| Always | 37% |
| Things have never gone wrong | 3% |

Importance of spirituality in your life

| | |
|--------------------|-----|
| Not important | 36% |
| A little important | 16% |
| Somewhat important | 23% |
| Very important | 14% |
| I don't know | 11% |

Topics Youth Wanted to Learn More About

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

In this school district, 4% of students provided a comment and identified at least one health related topic that they would like to receive training about or see included in their school's curriculum. Among those who provided a suggestion, the most common topics students wanted to learn more about were mental health, substance use and physical health.

Around half of the students who responded to the survey question, identified that they would like to see more mental health curriculum at their school. Examples included:

"I would like to learn more about OCD, as it affects my daily life quite a bit, and causes me stress, but I don't know much about it."

"Why people get stressed and have anxiety and depression."

"I find myself stressed more than I would like. Finding remedies or suggestions on how to help myself calm down would be very helpful especially during my grade twelve year."

Students also commonly identified wanting to learn more about substance use.

"More education on harm reduction (i.e. naloxone training)."

"I want to learn more about the effects of chronic marijuana use."

Students indicated that they would like to learn more about physical health, including about healthy lifestyles and specific diseases.

"We should be taught about sleep deprivation."

"I would like to learn about the human body/brain more."

"I would like to learn more about different illnesses and diseases like congenital heart disease and others."

Other suggestions included more curriculum content about healthy relationships, abuse, sexual health, gender identity and sexual orientation, discrimination, and life skills.

"Emotional/mental health surrounding relationships (friends, family, partners, etc.)."

"I just think there should be more awareness for people out of the 'boy or girl or middle' gender spectrum."

"I think the sexual health topics we learn in phys. ed is very helpful and we should be taught more about that."

