



Results of the 2013 BC Adolescent Health Survey

Okanagan



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ISBN: 978-1-895438-32-1

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McCreary Centre Society is a non-government not-for-profit committed to improving the health of BC youth through research and community-based projects. Founded in 1977, the Society sponsors and promotes a wide range of activities and research to identify and address the health needs of young people in the province.



Youth health • Youth research • Youth engagement

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Acknowledgements

Statistical weighting and expertise provided by Rita Green.

Funding for the 2013 BC Adolescent Health Survey was provided by BC Ministry of Children and Family Development, BC Ministry of Health, and BC Office of the Representative for Children and Youth.

Sincere thanks are due to all the students who participated in the 2013 BC Adolescent Health Survey.

We are also indebted to the following Okanagan coordinators and survey administrators:

Jane Luk-Tran	Jodie Stevens
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Heather Wood	Sydney Berger
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This study was approved by the Behavioural Research Ethics Board, University of British Columbia, #H12-02630.

CITATION

Peled, M., Stewart, D., Poon, C., Kovaleva, K., Cullen, A., Smith, A., & McCreary Centre Society (2014). *Okanagan: Results of the 2013 BC Adolescent Health Survey*. Vancouver, BC: McCreary Centre Society.

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Key findings

Findings from the 2013 BC Adolescent Health Survey showed that most youth in the Okanagan reported good physical and mental health; felt connected to their family, school and community; had positive plans for the future; and were engaging in health promoting behaviours which will assist them to transition successfully to adulthood.

However, the survey findings also highlighted some differences between this region and the province as a whole, as well as identified some groups of students who may need additional support. Youth in this area reported higher rates of certain health risk behaviours than seen provincially, but there were local improvements from previous years. Protective factors were also found that appear to be linked to better outcomes.

- In the past year, 29% of students were injured seriously enough to require medical attention, which was a decrease from 33% in 2008 and 41% in 2003. Also, 20% of students had experienced a concussion during this time period. Mirroring what was seen provincially, almost one in five (19%) of those who had experienced a concussion had not accessed needed medical help.
- Overall, 9% of students (6% of males vs. 12% of females) did not get medical help when they thought they needed it, and 12% of youth (5% of males vs. 19% of females) did not access needed mental health services. Common reasons for students missing out on needed services included not wanting their parents to know and thinking or hoping the problem would go away.
- Most youth rated their mental health as good or excellent, but they were less likely to rate their mental health this way than their overall health. Males generally reported better mental health than females, including higher rates of self-confidence and lower rates of extreme stress, despair, self-harm, and suicide attempts.
- Local females were more likely than females across the province to have thought about suicide (21% vs 17%) and to have attempted suicide (12% vs. 9%) in the past year.
- Fifty-six percent of students (60% of males vs. 53% of females) slept for eight or more hours the night before taking the survey. Seventy-eight percent of males and 84% of females were doing something such as being online or on their phone after they were supposed to be asleep.

- Local youth were more likely than students throughout the province to have smoked tobacco or consumed alcohol. However, fewer students were trying these substances than in previous survey years, and those who did were waiting longer to do so. For example, among local youth who had tried alcohol, 69% had their first drink before turning 15 years old, which was a decrease from 74% in 2008.
- The Canadian Physical Activity Guidelines recommend that youth aged 12 to 17 do an hour of moderate to vigorous physical activity every day. Locally, 17% of students in this age group (23% of males vs. 11% of females) met these guidelines, which mirrored the provincial picture. However, Okanagan youth were more likely than those throughout the province to have taken part in informal sports on a weekly basis (such as road hockey, hiking, and skateboarding; 64% vs. 58%).
- According to their BMI, 77% of youth were a healthy weight for their age and gender, which was similar to the provincial picture. Females were more likely than males to be a healthy weight, whereas males were more likely to be underweight, overweight, or obese.
- Similar to youth across the province, 94% of local students reported eating fruit or vegetables at least once on the day before taking the survey, which was an increase from 92% in 2008. Youth who had three or more servings of fruit or vegetables were more likely than those who ate fewer servings to report good or excellent mental health.
- Protective factors which appeared to improve outcomes for even the most vulnerable youth included physical activity, meaningful engagement in activities, nutrition, and getting eight or more hours of sleep. Local results also highlighted the importance of supportive relationships with peers and adults, including family, teachers, and other professionals.



Introduction

Between February and June 2013, 29,832 students in Grades 7–12 completed the BC Adolescent Health Survey (BC AHS) in schools across British Columbia. These students answered 130 questions about their health, and about the risk and protective factors in their lives.

This is the fifth time students have been asked to complete the survey since 1992. Fifty-six of the 59 BC school districts participated in the survey. This is seven more than when the survey was last conducted in 2008.

In addition to a provincial report (*From Hastings Street to Haida Gwaii* available at www.mcs.bc.ca), 16 reports at the Health Service Delivery Area level will be published over the coming year. This report focuses on students in the Okanagan Health Service Delivery Area.

The Okanagan Health Service Delivery Area is comprised of Vernon (SD 22), Central Okanagan (SD 23), Okanagan Similkameen (SD 53), Nicola-Similkameen (SD 58), Okanagan Skaha (SD 67), and North Okanagan-Shuswap (SD 83). All of these school districts participated in the BC Adolescent Health Survey in 2003, 2008 and 2013. This allows for the inclusion of data about trends over the past decade. The results presented in this report provide the most comprehensive and representative picture of youth health in the Okanagan.

When reading this report it is important to keep in mind that the survey was administered in English to youth in public schools. This means that youth who were absent that day, had limited English language comprehension, or were not attending a mainstream class are not included in these results.

All comparisons and associations included in this report are statistically significant at $p < .05$. This means there is up to a 5% likelihood that these results occurred by chance. Comparisons between Okanagan and the province are statistically significant at $p < .01$. Where relevant, differences in tables or charts that are not statistically significant are noted.



QUOTES

Quotes from Okanagan students who participated in the survey are included throughout this report.



SYMBOLS USED IN THIS REPORT

* The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.

NR The percentage could not be released due to the risk of deductive disclosure.

PARTICIPATING SCHOOL DISTRICTS

Northern Health Authority

- 28 Quesnel
- 50 Haida Gwaii
- 52 Prince Rupert
- 57 Prince George
- 59 Peace River South
- 60 Peace River North
- 81 Fort Nelson
- 82 Coast Mountains
- 91 Nechako Lakes
- 92 Nisga'a

Fraser Health Authority

- 33 Chilliwack
- 34 Abbotsford
- 35 Langley
- 36 Surrey
- 37 Delta
- 40 New Westminster
- 41 Burnaby
- 42 Maple Ridge-Pitt Meadows
- 43 Coquitlam
- 78 Fraser-Cascade

Vancouver Coastal Health Authority

- 38 Richmond
- 39 Vancouver
- 44 North Vancouver
- 45 West Vancouver
- 46 Sunshine Coast
- 47 Powell River
- 48 Sea To Sky
- 49 Central Coast

Vancouver Island Health Authority

- 61 Greater Victoria
- 62 Sooke
- 63 Saanich
- 64 Gulf Islands
- 68 Nanaimo-Ladysmith
- 69 Qualicum
- 70 Alberni
- 71 Comox Valley
- 72 Campbell River
- 79 Cowichan Valley
- 84 Vancouver Island West
- 85 Vancouver Island North

Interior Health Authority

- 05 Southeast Kootenay
- 06 Rocky Mountain
- 08 Kootenay Lake
- 10 Arrow Lakes
- 19 Revelstoke
- 20 Kootenay-Columbia
- 22 Vernon
- 23 Central Okanagan
- 27 Cariboo-Chilcotin
- 51 Boundary
- 53 Okanagan Similkameen
- 58 Nicola-Similkameen
- 67 Okanagan Skaha
- 73 Kamloops/Thompson
- 74 Gold Trail
- 83 North Okanagan-Shuswap

OKANAGAN HEALTH SERVICE DELIVERY AREA



PARTICIPATING SCHOOL DISTRICTS

- 22 Vernon
- 23 Central Okanagan
- 53 Okanagan Similkameen
- 58 Nicola-Similkameen
- 67 Okanagan Skaha
- 83 North Okanagan-Shuswap



ONLINE

A fact sheet explaining the methodology of the survey can be found at www.mcs.bc.ca.

Youth in the Okanagan

Ethnic & cultural background

In the 2013 BC Adolescent Health Survey, students in the Okanagan most commonly reported that they were of European heritage (73%), which was above the provincial rate of 53% but reflected a local decrease from 80% a decade earlier. Twelve percent of local students did not know their background (compared to 8% provincially).

There was an increase over time in the percentage of youth identifying that their background was East Asian (3% in 2003 to 4% in 2013), African (1% in 2003 to 2% in 2013), Southeast Asian (1% in 2008 to 2% in 2013), and Australian/Pacific Islander.

Family background	
European	73%
Aboriginal	14%
East Asian	4%
South Asian	4%
Latin/South/Central American	3%
African	2%
Australian/Pacific Islander	2%
Southeast Asian	2%
West Asian	1%
Other	3%
Don't know	12%

Note: Youth could choose more than one response.

Note: If youth did not feel any of the listed options represented their background, they could choose to write in their own identity. Most of these students wrote Canadian.

ABORIGINAL STUDENTS

Fourteen percent of students identified as Aboriginal, which was above the provincial rate of 10% and reflected a local increase from 7% in 2003 and 12% in 2008.

Among students who identified as Aboriginal, 54% were First Nations, 41% Métis, and 7% specified another Aboriginal group (such as Mohawk or Blackfoot; youth could select more than one Aboriginal identity if it were applicable).

Twenty percent of Aboriginal students had ever lived on reserve, and 13% were living there currently. Consistent with the provincial rate, 10% of Aboriginal youth spoke an Aboriginal language.

NEW CANADIANS

Ten percent of students were born outside of Canada which was an increase from 6% in 2003 but below the provincial rate of 19%. Among local students born outside Canada, 26% had lived here less than two years, and 30% were here as international students.

LANGUAGE

The majority of students (65%) spoke only English at home, which was above the provincial rate of 51%. This was a decrease from 73% in 2003. More than a quarter of youth (27%) reported sometimes speaking a language other than English at home, and 9% spoke another language at home most of the time (compared to 21% provincially).

5% of youth born outside of Canada identified as refugees.

Sexual orientation & gender identity

The percentages of local students identifying with various sexual orientations were generally similar to those across the province, although local males were less likely to identify as gay than their peers across BC.

Reflecting the provincial picture, males were more likely than females to identify as completely straight (88% vs. 77%), whereas females were more likely to identify as mostly straight (11% vs. 4% of males) or bisexual (4% vs. 2%).

Students in the Okanagan were less likely to identify as completely straight in 2013 than in previous years (88% in 2003 vs. 83% in 2013). There was an increase in the percentage of students identifying as bisexual (2% in 2003 to 3% in 2013).

Students were asked if they identified as transgender. A few local students did but the percentage was too small to release. Aboriginal students were also asked if they identified as Two Spirit—5% of Aboriginal youth identified as such. These rates mirrored the provincial picture.

Sexual orientation	
Completely straight	83%
Mostly straight	7%
Bisexual	3%
Gay or lesbian	1%
Questioning	1%
Don't have attractions	6%

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

Home life

Similar to the rest of the province, 95% of local students reported living with at least one parent (including a step-parent). This was a slight decrease from 96% in 2003.

The majority of youth (91%) reported that their parents worked locally, which was above the provincial rate of 88%. Four percent indicated that at least one parent worked abroad, 13% that a parent worked somewhere else in Canada, and 3% that their parents did not work.

Who youth lived with most of the time	
Mother/stepmother	84%
Father/stepfather	69%
Sibling(s)/stepsibling(s)	54%
Both parents at different times	10%
Grandparent(s)	7%
Other adult(s) not related to me	3%
Other adult(s) related to me	2%
Other children or youth	2%
Two mothers/two fathers	1%
I live alone	1%
Foster parent(s)	1%
My own child or children	NR

Note: Youth could choose more than one response.

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

In this report

PARENT refers to students' parent or guardian. 

8% of males and 16% of females had run away in the past year.

Stable home

Having a stable home has been shown to be a protective factor in the lives of youth. Similar to the provincial rates, 24% of Okanagan students had moved from one home to another in the past year, and 6% had moved three or more times.

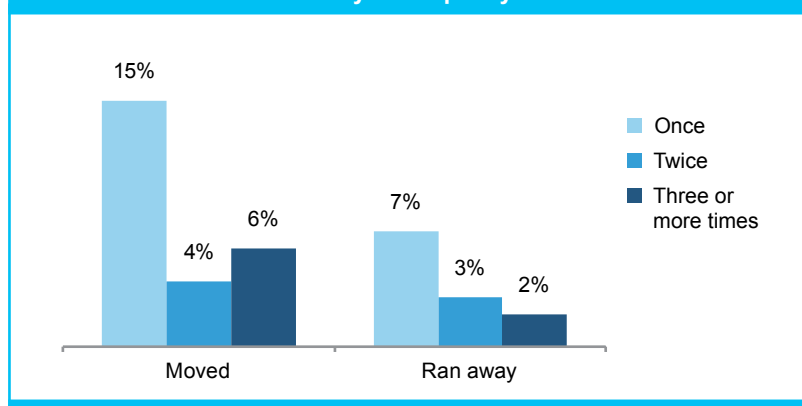
When compared to youth who had moved house, those who had stayed in the same home for the past year were less likely to have missed out on accessing needed mental health services (11% vs. 15%) or medical care during that time period (8% vs. 13%). They were also less likely to have self-harmed (16% vs. 25% who had moved), to have seriously considered suicide (12% vs. 20%), or to have attempted suicide (7% vs. 13%) in the past year.

Youth who had not moved were also more likely to be taking part in community life such as participating in weekly organized sports (e.g., school teams, swimming lessons; 57% vs. 49%), and to feel that there was an adult in their neighbourhood or community who cared about them (65% vs. 57% who had moved).

Having a stable home may be particularly important for youth facing challenges in their lives. For example, among youth who had been teased to the point where they felt bad or were extremely uncomfortable, those who had not moved were more likely to feel like a part of their community (34% vs. 24%) and to report that an adult in their community cared about them (65% vs. 54% of those who had moved in the past year).



Youth who moved or ran away in the past year



Government care

Similar to the provincial picture, 3% of Okanagan students had ever lived in foster care and 1% had ever lived in a group home. One percent were currently in government care.

More than half of local students with care experience had moved in the past year (52%*), which was more than double the rate among youth who had not been in care (22%). Youth with government care experience were also more likely to have moved three or more times (21% vs. 5% of those who had not been in care).

Among youth who had been in government care, those who had not changed address in the past year reported reduced substance use compared to those who had moved. For example, they were less likely to have tried alcohol or marijuana, and to have been binge drinking in the past month (among those who ever drank).

A young person who is on a Youth Agreement is not considered to be in the care of the Ministry of Children and Family Development. A Youth Agreement supports independent living for 16- to 18-year-olds (and occasionally 15-year-olds) who are homeless and cannot live with their family. The number of age-eligible local students who had lived on a Youth Agreement was too small to release.

Caretaking responsibilities

On an average school day, 72% of students (66% of males vs. 79% of females) had some caretaking responsibilities, such as caring for pets or other animals (61% of males vs. 73% of females) or caring for a relative (e.g., a relative with a disability or younger sibling; 14% of males vs. 22% of females). Rates for caring for a relative were similar to the province but local students were more likely to be caring for pets or other animals (67% vs. 52% provincially).

Students who took care of a relative were more likely than other students to be dealing with associated challenges, such as missing out on extracurricular activities because they could not afford them (25% vs. 15% without caretaking responsibilities), or because they were too busy (49% vs. 43%).

Def.

In this report, when the term **GOVERNMENT CARE** is used, it refers to youth living in a foster home or group home.

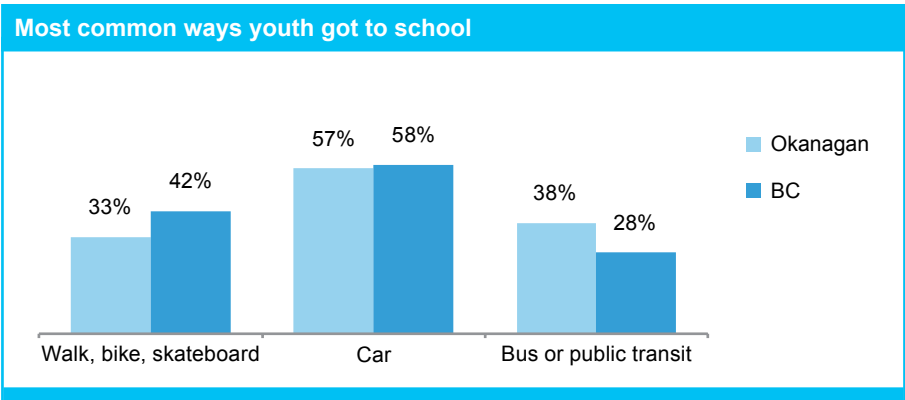
Transportation

Students were asked about what method of transport they usually used to get to school. Thirty-three percent of Okanagan students used active means, including walking, biking or skateboarding. Fifty-seven percent (53% of males vs. 61% of females) got to school by car, 38% took a bus or other public transit, and 1% usually hitchhiked to school.

Youth who were dependent on transit to get to school were more likely to have missed out on extracurricular activities because they could not get there or home (24% vs. 14% of youth who did not use a bus to get to school).

When asked about transportation in general, 62% of Okanagan youth (59% of males vs. 66% of females) used public transit, which was lower than the provincial rate of 73%. Similar to the provincial picture, 3% of students (3% of males vs. 2% of females) had hitchhiked somewhere in the past month.

Thirty-four percent of Okanagan youth held some sort of driver's licence. Specifically, 20% had a learner's licence, 14% had a novice licence, and less than 1% had a full privilege licence.



Note: The difference between local students and those throughout BC who usually got to school by car was not statistically significant.

Note: Youth could use more than one mode of transport to get to school.



Physical health

Consistent with provincial findings and with local rates over the past decade, most students (87%) rated their health as good or excellent.

Health conditions & disabilities

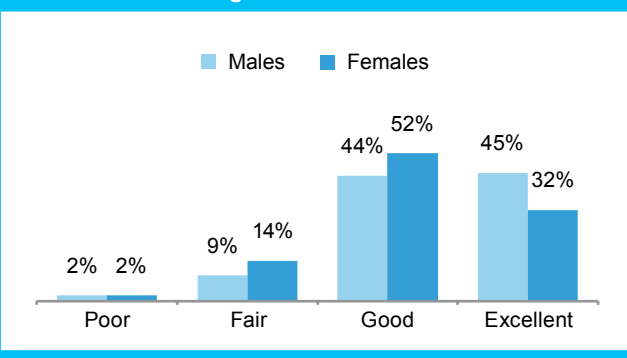
Thirty percent of students (25% males vs. 36% females) had at least one health condition or disability. Females in the Okanagan were more likely than those across BC to have a health condition or disability (30% provincially) but there was no difference among males.

Females were more likely than males to report having a long term or chronic condition (14% vs. 11%) and a mental or emotional health condition (19% vs. 6%).

When asked more specific questions about conditions such as Depression and Anxiety Disorder the percentages reporting a mental health condition rose (see page 16 for more details).

Among youth with a health condition or disability, 26% of males and 53% of females had a condition that at least sometimes prevented them from doing things their peers could do.

Overall health ratings



Youth with a health condition or disability

Mental or emotional health condition	13%
Long term or chronic condition (e.g., diabetes or asthma)	13%
Learning disability	4%
Sensory disability	4%
Behavioural condition	4%
Allergies severe enough to require an epinephrine injection	2%
Physical disability	1%

Note: Youth could choose more than one response.



Foregone medical care

In the past year, 9% of students (6% of males vs. 12% of females) did not get medical help when they thought they needed it. This was similar to the 2013 provincial percentage, and lower than the 2008 local rate of 14%.

Among students who did not access needed medical care, the most common reason was thinking or hoping the problem would go away. Other common reasons included not wanting their parents to know, being too busy to go, or feeling fearful of what the doctor would say or do.

Females were over twice as likely as males to miss out on needed medical care because they did not want their parents to know (45% vs. 26%* of males) and because they thought or hoped the problem would go away (71% vs. 47%*). Females were also more likely to miss out because they did not

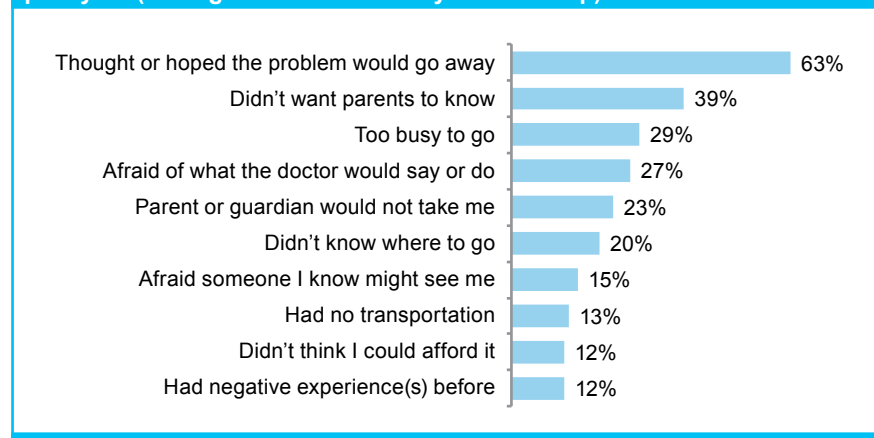
know where to go, were afraid of what the doctor would say or do, or because they had a negative experience before.

Compared to five years previous, local students were more likely to miss out on needed medical help because they did not want their parents to know (39% in 2013 vs. 17% in 2008), they were afraid of being seen (15% in 2013 vs. 8% in 2008), and because they did not know where to go (20% in 2013 vs. 7% in 2008).

Dental visits

Similar to the picture across the province, 85% of local students had visited the dentist in the past 12 months, while 5% had last visited more than 24 months ago, and 1% had never been to the dentist. For 8% of students their last visit to the dentist had been for pain.

Most common reasons students missed out on needed medical help in the past year (among those who felt they needed help)



Note: Youth could choose more than one response.



I was afraid my parents would brush it off as over-dramatic, or not believe me.”

Sleep

It is recommended that adolescents get between 8.5 and 9.25 hours of sleep each night. In the Okanagan, 56% of students (60% of males vs. 53% of females) slept for eight or more hours on the night before taking the survey, while 5% slept for four hours or less.

Older students slept less than younger ones. For example, 46%* of students who were 18 years old slept for eight or more hours on the night before taking the survey, compared to 75% of students age 12 and younger.

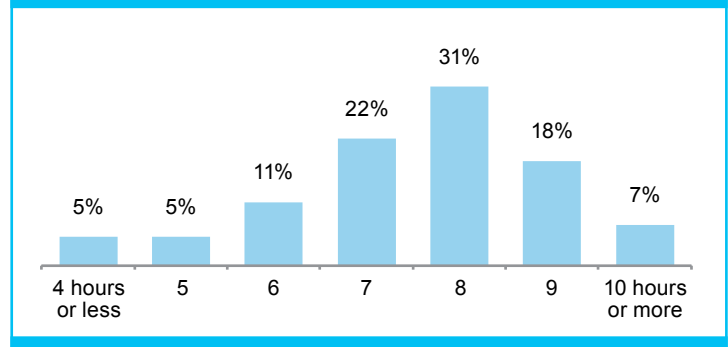
Comparable to the provincial picture, 78% of males and 84% of females were doing something such as homework or using their cellphone after the time they were expected to be asleep. For example, 37% of students (33% of males vs. 41% of females) were doing homework and 61% of youth (53% of males vs. 68% of females) were using a phone to chat or text after their expected bedtime.

Some students were at particular risk for not getting enough sleep. For example, 39% of students who had been physically or sexually abused slept eight or more hours the night before taking the survey, compared to 61% of students who had not experienced abuse.

The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent. For example, youth who had been abused who slept for at least eight hours were less likely to have self-harmed in the past year (29% vs. 54% who slept fewer hours), and were less likely to have missed out on needed mental health services (20% vs. 36%).

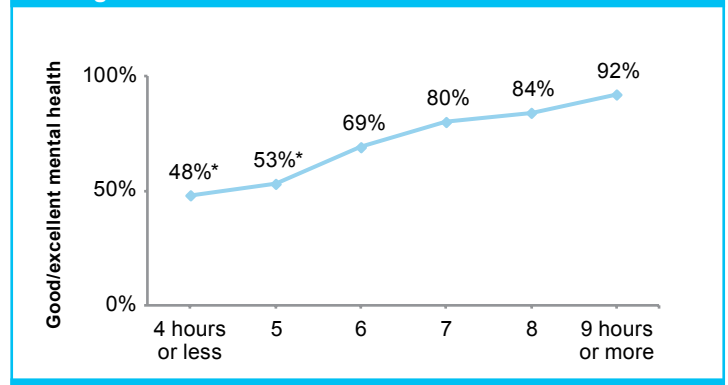
Similarly, among Okanagan students who had been socially excluded, those who slept for eight or more hours the previous night were more likely than those who slept fewer hours to feel good about themselves (76% vs. 54%) and about their skills and abilities (84% vs. 69%).

Hours slept last night



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

Good/excellent mental health in relation to hours slept last night



Note: Not all differences were statistically significant.

* The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.



I suffer from insomnia.”

Mental health

Reflecting the provincial picture, most youth (80%) rated their mental health as good or excellent. Males were more likely than females to rate their mental health as good or excellent (87% vs. 73%), whereas females were more likely to rate it as fair or poor (27% vs. 13% of males).

Consistent with findings throughout BC, students were less likely to rate their mental health as good or excellent than their overall health.

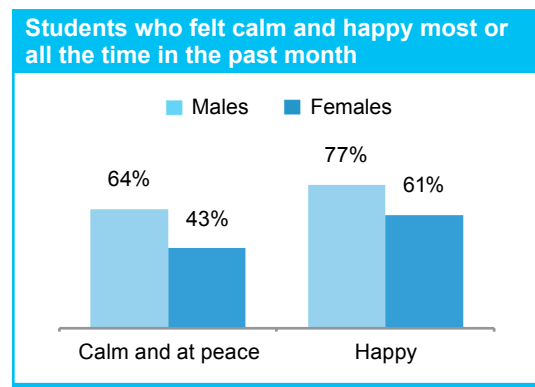
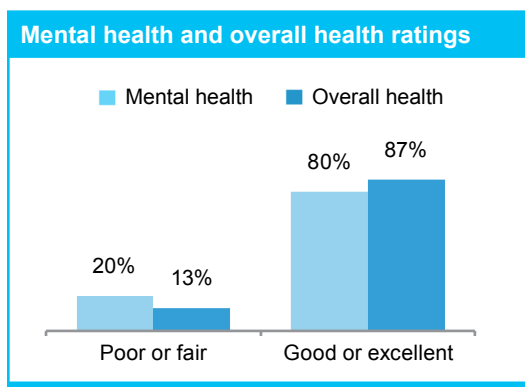
The majority of students felt good about themselves (90% of males vs. 68% of females) felt they were as competent as their peers (92% males vs. 80% females), and reported excelling in at least one area, such as sports, school, the arts, or relationships (82% males vs. 72% females).

Mental health conditions

Students were asked about specific mental health conditions. As was the case provincially, females were more likely than males to have at least one condition (31% vs. 19%), and to have multiple conditions (14% vs. 4% of males).

Local youth most commonly reported having Depression (12%), Anxiety Disorder (11%), Attention Deficit/Hyperactivity Disorder (ADHD; 8%), and/or an addiction to alcohol or other drugs (3%). Females were more likely than males to have Depression (19% vs. 6%) and Anxiety Disorder (18% vs. 3%).

Okanagan students were more likely than their peers across BC to report having at least one mental health condition. Specifically, rates of ADHD were higher among local males (10% vs. 7% provincially) and females (7% vs. 4% provincially). Local females were also more likely than females across BC to report Depression (19% vs. 13%) and Anxiety Disorder (18% vs. 13%).



Stress & despair

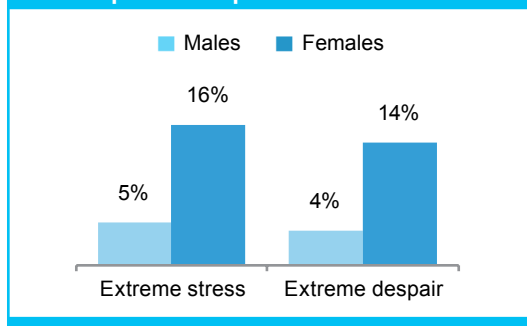
Most students (82%) reported feeling at least some stress in the past month. As seen across the province, females were over three times as likely as males to experience extreme stress that prevented them from functioning properly.

Students were also asked the extent to which they felt so sad, discouraged, or hopeless that they wondered if anything was worthwhile. Forty-nine percent reported feeling some level of despair in the past month.

As was the case with extreme stress, females were over three times as likely as males to report extreme despair. Local females were more likely than females across the province to report extreme despair (14% vs. 10% provincially), but the percentages among males were comparable.

Among local females, extreme despair was higher in 2013 than five and ten years earlier (10% in 2003). Among local males, rates of extreme despair were comparable over time.

Students who experienced extreme stress and despair in the past month

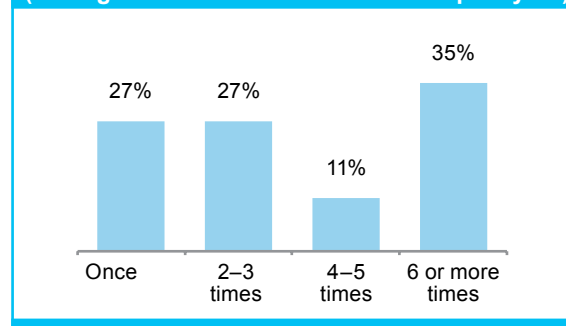


Self-harm

Eight percent of males and 28% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year. The percentage among local females was higher than that for females across BC (22% provincially), but there was no difference among males.

Among students who self-harmed, males were more likely than females to have done so once in the past year (39%* vs. 24%), whereas females were more likely to have done so multiple times (76% vs. 61%* of males).

Number of times students self-harmed (among those who self-harmed in the past year)



I get really stressed about homework and school!”

Suicide

Females were more likely than males to have seriously thought about killing themselves and to have attempted suicide in the past year. Local females were also more likely than females across the province to have thought about suicide (21% vs. 17% provincially) and to have attempted suicide (12% vs. 9% provincially) in the past year.

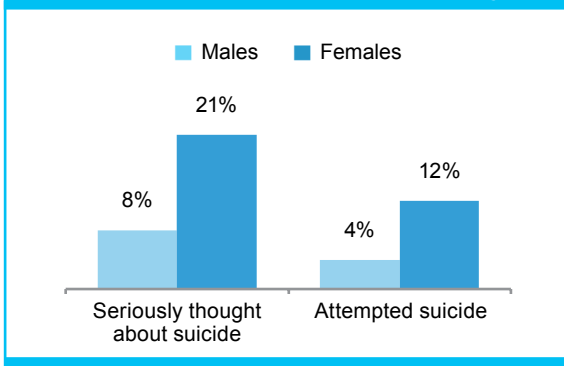
Among local males, the rate of suicide ideation in 2013 was comparable to that in 2008, but reflected a decrease from ten years previous (8% in 2013 vs. 12% in 2003). The percentage of males who reported attempting suicide did not change over the past decade.

Among local females, the percentage who seriously thought about suicide dropped from 2003 to 2008 (23% to 15%), but increased again in 2013 to a level similar to that seen a decade earlier. The same pattern was seen for suicide attempts.

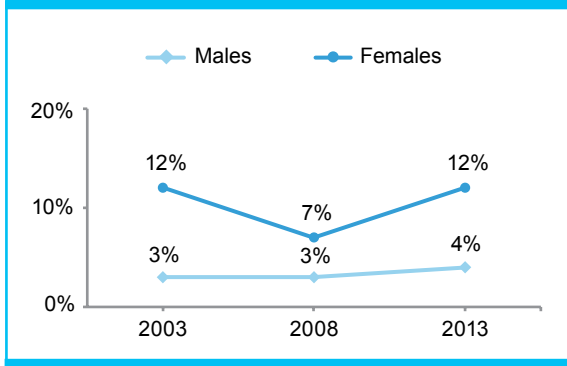
A known risk factor for attempting suicide is having a family member or close friend attempt or die by suicide. Fifteen percent of students reported that a family member had tried to kill themselves at some point (5% in the past year), and 30% reported that a close friend had attempted suicide (21% in the past year).

Students who indicated that both a friend and a family member had attempted suicide were more likely to have attempted suicide themselves in the past year compared to students who had either a friend or family member attempt suicide, and to students who had neither experience.

Suicide ideation and attempts in the past year

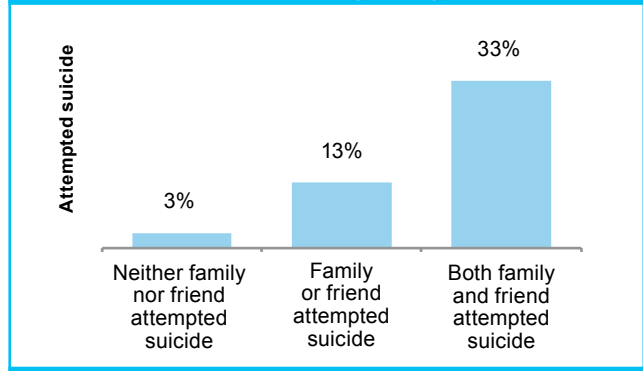


Students who attempted suicide in the past year



Note: The differences in percentages among males were not statistically significant.

Youth who attempted suicide in the past year in relation to suicide attempts by family or close friends



Hope for the future

Students were asked where they saw themselves in five years. Most envisioned positive circumstances, including having a job or career (63%), being in school (48%), having a home of their own (29%), having a family (14%), and/or being engaged in their community (11%). A small minority saw negative circumstances ahead including being in prison (1%), homeless (1%), or dead (3%), and 12% did not know what the future held for them.

Local students were more likely than those across the province to see themselves having a home of their own in five years (29% vs. 26% provincially).

Foregoing mental health services

In the past year, 12% of local students (5% of males vs. 19% of females) reported not accessing mental health services when they thought they needed to. These rates were similar to those in the province as a whole.

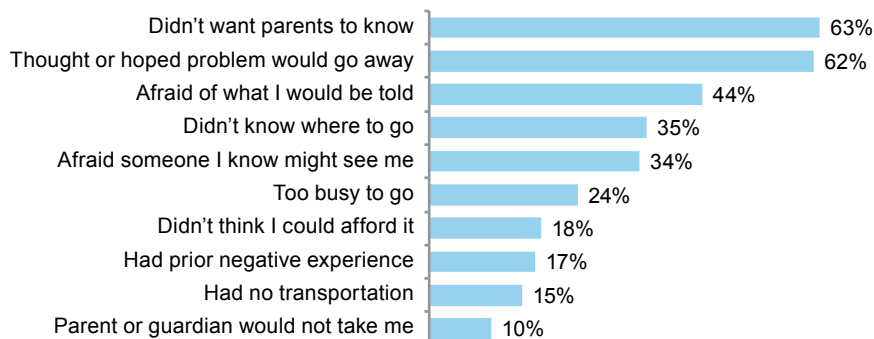
Local males were less likely in 2013 than five years earlier to miss out on needed services (5% vs. 9% in 2008), but there was no significant change over time for females.

As was the case provincially, the most common reasons for local students not accessing needed mental health services included not wanting their parents to know, and thinking or hoping the problem would go away.

Females were more likely than males to miss out on accessing needed services because they did not want their parents to know (67% vs. 50%*).

Reflecting the provincial picture, local students were more likely in 2013 than five years earlier to report certain reasons for not accessing mental health services they felt they needed. These included not wanting their parents to know (63% vs. 37% in 2008), thinking or hoping the problem would go away (62% vs. 51%), fearing that someone they know might see them (34% vs. 19%), and having no transportation to get there (15% vs. 7%).

**Most common reasons for not accessing mental health services in the past year
(among students who felt they needed services)**



Note: Youth could choose more than one response.

Injuries & injury prevention

Injuries

In the past year, 29% of students were injured seriously enough to require medical attention, which was a decrease from 33% in 2008 and 41% in 2003. While males were as likely as their peers across the province to have been injured, the injury rate for females was higher than seen provincially (28% vs. 24% across BC).

Most youth who were injured did so playing or training for sports or other recreational activities (52%). Also, 11% of injuries happened when youth were walking or running outside, 9% when snowboarding or skiing, 4% when riding a bicycle, and 4% when driving or riding in a car. Four percent of students who were injured were using a cellphone or portable electronic device at the time.

Concussions

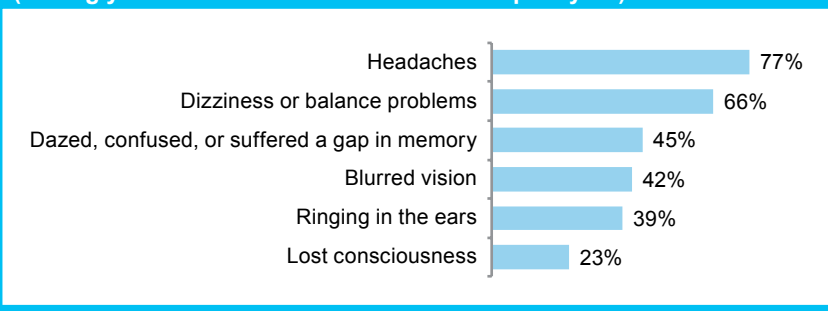
Twenty-three percent of males and 17% of females had a concussion in the past year. Fifteen percent had one concussion, 3% had two, 1% had three, and 1% had four or more. The most common symptoms experienced by youth were headaches and/or dizziness or balance problems.

Mirroring what was seen provincially, 19% of Okanagan youth who had experienced a concussion in the past year had not accessed needed medical help.

Def.

A **CONCUSSION** was defined in the survey as a head injury where youth lost consciousness, were dazed, confused, or suffered from a gap in their memory. →

Concussion symptoms experienced
(among youth who had a concussion in the past year)



Note: Youth could choose more than one response.

20% of students experienced a concussion in the past year, compared to 16% provincially.

15% of youth who had driven after using alcohol or marijuana in the past month did not have a driver's licence.

Injury prevention

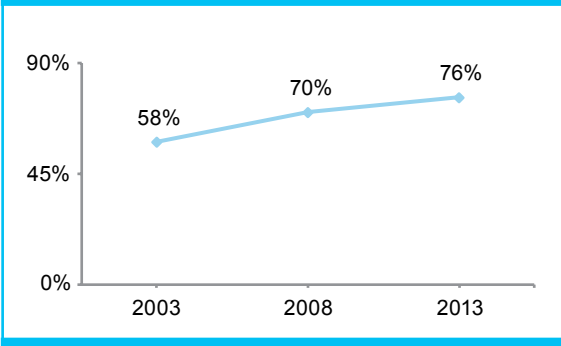
Similar to youth across the province, more than three quarters of local male and female students always wore their seat belt when riding in a motor vehicle. This rate steadily increased over the past decade.

Okanagan youth were more likely to take injury prevention seriously in some activities than others. For example, 81% always wore a helmet when snowboarding or skiing, while 39% always wore one when riding a bike, and 26% always did so when skateboarding or roller-skating.

Wearing a helmet was linked to a lower risk of having a concussion or other serious injuries. For example, 16% of youth who always wore a helmet when riding a bicycle had a concussion in the past year, compared to 25% of those who never wore a helmet when cycling. Also, 29% of local youth who always wore a helmet when using a skateboard or roller-skates had been seriously injured in the past year, compared to 41% who only sometimes wore a helmet.

Seven percent of youth who had tried alcohol reported ever driving a car after drinking. This was similar to the provincial rate, and a decline from 13% in 2008.

Always wore a seat belt



It was more common for local youth to have driven after using marijuana, which 21% of marijuana users had ever done (similar to the rate in 2008), and 12% had done in the past month. Unlike in the province overall where males were more likely than females to have driven after using marijuana, there was no gender difference among local youth.

Thirty-one percent of local students had been a passenger in a vehicle with a driver who had been either drinking or using marijuana (27% of males vs. 36% of females), and 15% had done so in the past month.



I have had 3 concussions in two years and I don't tell anyone because I don't want to stop playing rugby or football."

Nutrition

Canada's Food Guide recommends that males aged 14–18 should eat eight servings of fruit and vegetables daily and females should eat seven servings. Youth aged 13 and younger need six servings.

In total, 94% of youth ate fruit or vegetables at least once on the day before taking the survey. This was consistent with the provincial rate and reflected a local increase from 92% in 2008. However, 33% of students had fruit or vegetables only once or twice that day, which was similar to the provincial rate.

Males were more likely than females to have consumed fast food (41% vs. 31%), traditional foods from their background (28% vs. 18%), food grown or caught by them or their family (19% vs. 11%), pop or soda (43% vs. 25%), and energy drinks (8% vs. 4%).

Females were more likely to have drunk coffee or coffee-based beverages (35% vs. 29% of males).

When compared to their peers across the province, Okanagan students were more likely to have drunk coffee or coffee-based beverages the previous day (32% vs. 27% provincially), and less likely to have eaten fast food (36% vs. 41% provincially) and traditional foods from their background (23% vs. 38%).

Youth who reported eating fruit or vegetables three or more times on the day before taking the survey were more likely to report good or excellent mental health (86% vs. 71% who ate them less often).

What students ate and drank yesterday (one or more times)

	2008	2013	Change from 2008
Fruit	82%	88%	↑
Vegetables or green salad	78%	83%	↑
Sweets (cookies, candy, chocolate, etc.)	63%	76%	↑
Fast food (pizza, hot dogs, fries, etc.)	46%	36%	↓
Traditional foods from youth's background	NA	23%	
Food grown or caught by youth or family	NA	15%	
Water	95%	96%	↑
Pop or soda	40%	34%	↓
Energy drinks	13%	6%	↓
Coffee or coffee-based beverages	28%	32%	↑

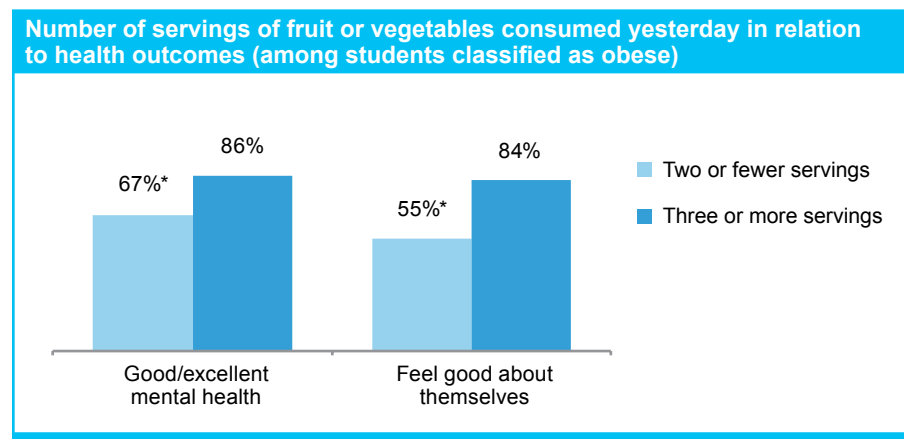
NA The question was not asked.



Students who are obese are at risk for low self-esteem and mental health conditions such as Depression. Eating a healthy diet may be a protective factor. For example, among youth who were obese, those who ate three or more servings of fruit or vegetables the previous day were more likely than those who did not eat this many servings to report good or excellent mental health, and to have only positive aspirations for the future. They were also less likely to have self-harmed, seriously considered suicide, or to have attempted suicide in the past year than those who had fewer servings.

Youth with a debilitating health condition who had three or more servings of fruit or vegetables were more likely than those who had fewer servings to report that their overall health was good or excellent (70% vs. 53%).

There was a link between diet and exercise, as youth who had eaten three or more servings of fruit or vegetables the day before taking the survey were more likely to be engaging in physical activity. For example, 71% played informal sports on a weekly basis compared to 54% who were not eating as healthy, 61% played organized sports weekly (vs. 46% who had fewer servings of fruit or vegetables), and 25% took part in weekly dance, yoga, or exercises classes with an instructor (vs. 14%).



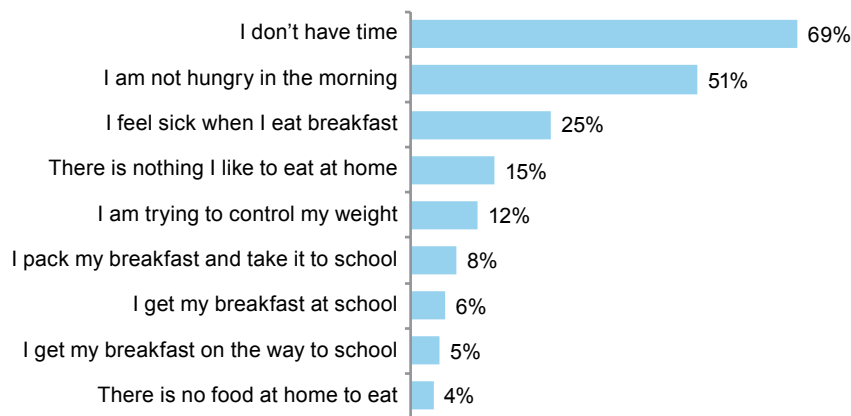
I like healthy food, especially vegetables, and think healthy eating should be encouraged more than it is.”

Breakfast

Similar to youth across the province, 55% of students (61% of males vs. 48% of females) reported always eating breakfast on school days. There was a local decrease in the percentage who never ate breakfast from 16% in 2003 to 13% in 2013.

Among youth who did not eat breakfast at home, females were more likely than males to report not doing so because they did not have time (73% vs. 63%), they felt sick when they ate breakfast (34% vs. 13%), or they were trying to control their weight (18% of females compared to very few males).

Reasons for not eating breakfast at home
(among youth who did not eat breakfast at home)



Note: Youth could choose more than one response.



Youth who always ate breakfast on school days were more likely than those who ate breakfast less often or not at all to report good or excellent mental health (89% vs. 70%), better nutrition (such as eating fruit or vegetables three or more times yesterday; 70% vs. 51%), and sleeping for eight or more hours the previous night (67% vs. 43%).

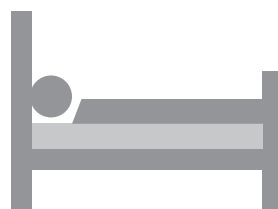
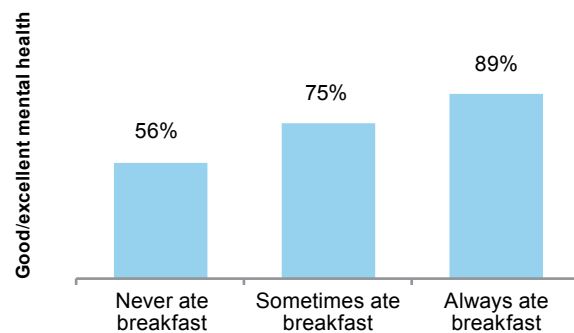
Going to bed hungry

Consistent with students across the province, 91% of youth never went to bed hungry because there was insufficient money for food at home, while 7% went to bed hungry sometimes, and 1% went to bed hungry often or always.

Compared to five years previously, there was a local increase in the percentage of students who never went to bed hungry (88% in 2008).

Youth who indicated going to bed hungry at least sometimes were more likely than those who never went to bed hungry to also report not having any food at home to eat for breakfast.

Good or excellent mental health in relation to how often youth ate breakfast on school days



Def.

Youth who **WENT TO BED HUNGRY** refers to youth who went to bed hungry because there was not enough money for food at home.

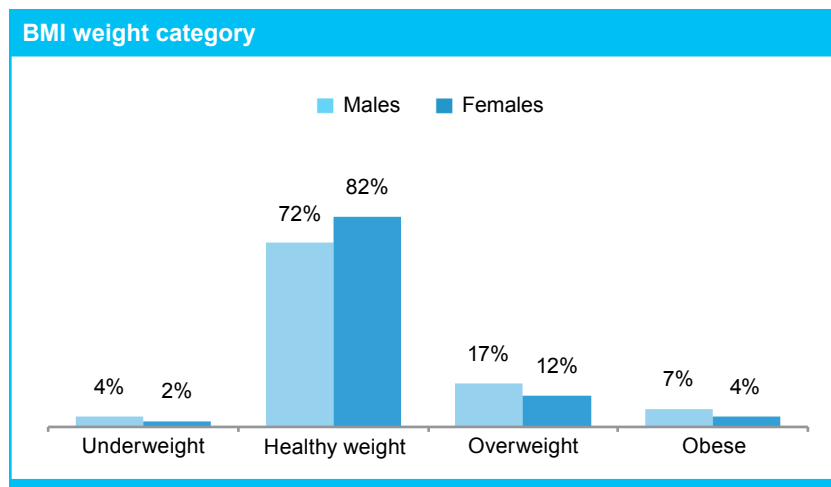
Body weight & body image

Body weight

Students' body mass index (BMI) was calculated from their self-reported height and weight measurements. According to their BMI, 77% of youth were a healthy weight for their age and gender, while 3% were underweight, 14% were overweight, and 6% were obese. This distribution was similar to that seen in BC as a whole.

Females were more likely than males to be a healthy weight, whereas males were more likely to be underweight, overweight, or obese.

While obesity levels remained comparable to previous years, the percentage of youth who were a healthy weight decreased from 81% in 2003 to 77% in 2013. Males were more likely to be underweight than in 2003 (4% in 2013 vs. 2% in 2003), and females were more likely to be overweight (12% in 2013 vs. 9% in 2003).



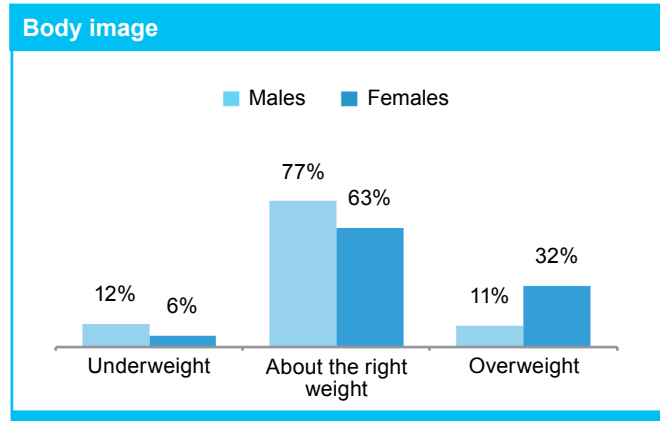
Parents make comments about my body type.”

24% of healthy weight females thought they were overweight, compared to 4% of healthy weight males.

Body image

Students were also asked how they saw themselves. Seventy percent of youth felt they were about the right weight, whereas 9% thought they were underweight, and 21% felt they were overweight. Males were more likely than females to see themselves as underweight, females were more likely to see themselves as overweight.

A third of healthy weight males were trying to gain weight (vs. 3% of healthy weight females), and over half (54%) of healthy weight females were trying to lose weight (vs. 12% of healthy weight males).



Eating behaviours

Twenty-eight percent of youth (18% of males vs. 38% of females) reported binge eating in the past year, and 6% of students (5% of males vs. 7% of females) had done so on at least a weekly basis. These rates were consistent with those across the province.

Also similar to the province, 8% of youth (4% of males vs. 12% of females) had vomited on purpose after eating (purged) in the past year. Two percent had done so weekly, with females more likely than males to have purged on a weekly basis.

Youth who reported poorer mental health were more likely to binge eat or purge in the past year. For example, 13% of youth who rated their mental health as poor or fair had binge eaten on a weekly basis in the past year, compared to 4% with good or excellent mental health.

Also, 16% of students who did not feel happy in the past month reported binge eating on a weekly basis compared to 4% of students who felt happy most or all of the time. Similar relationships were found between mental health and engaging in purging behaviour.



I feel fat around my friends 'cause they're all skinny."

Sexual behaviour

Students were asked if they had ever had oral sex or sex other than oral sex or masturbation. If they answered 'yes' to either of these questions, they answered some additional questions.

Oral sex

Thirty percent of students reported ever having oral sex, which was similar to the 2008 local rate and higher than the 2013 provincial rate (23%). Twenty-two percent of students had given oral sex (16% of males vs. 29% of females), while 26% of male and female students had received oral sex. The rate of ever having oral sex generally increased with age.

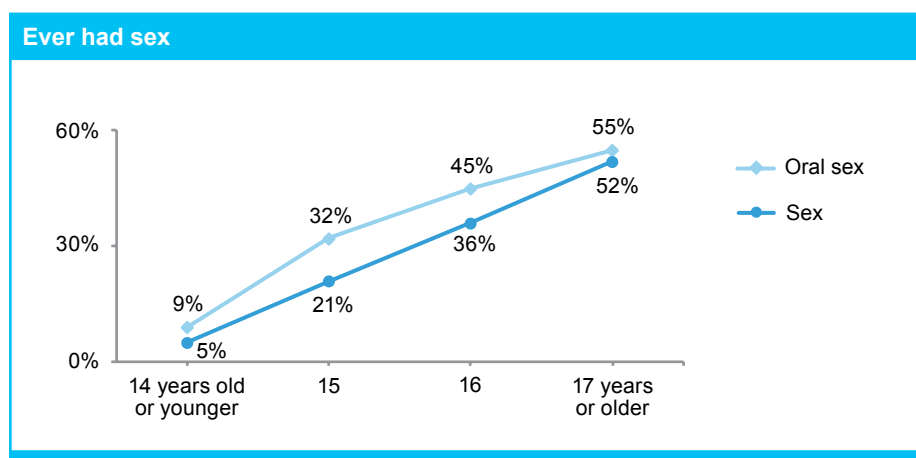
CONDOM USE

Reflecting the provincial picture, 16% of students who had oral sex reported that they or their partner had used a condom or other barrier the last time they had oral sex, with similar rates for males and females.

Sex (excluding oral sex)

One quarter (25%) of local male and female students indicated ever having had sex, other than oral sex or masturbation. This rate was similar to previous survey years and higher than that found provincially (19%).

Consistent with the pattern for oral sex, older students were more likely than younger ones to have had sex.



Note: Sex refers to sex other than oral sex or masturbation.

AGE YOUTH FIRST HAD SEX

Youth who ever had sex most commonly reported first doing so at age 15, which was similar to the local picture over the past decade and to the 2013 provincial picture.

PARTNERS

Among students who had ever had sex, 47% had one sexual partner in the past year, 22% had two partners, while 25% had three or more partners. Seven percent of students who ever had sex had not done so during the past year. These rates were comparable to those found provincially.

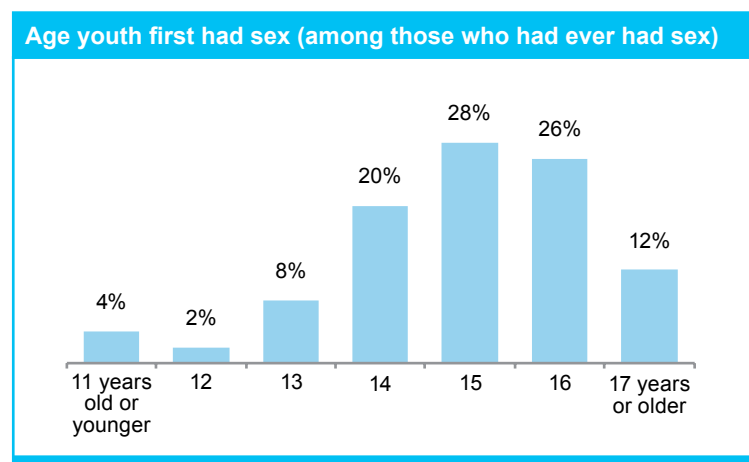
Eighty-seven percent of youth who had ever had sex reported having opposite gender partners exclusively in the past year.

SUBSTANCE USE

Comparable to the province, 23% of students who ever had sex reported using alcohol or other drugs before they had sex the last time. This represented a local decrease from 35% in 2003.

CONDOM USE

Similar to students across the province and to local results over the past decade, 66% of youth who ever had sex reported that they or their partner had used a condom or other latex barrier the last time they had sex. Males were more likely than females to have used a condom the last time they had sex (72% vs. 61%).



Note: Sex refers to sex other than oral sex or masturbation.

CONTRACEPTION

When students were asked about what efforts they or their partner made to prevent pregnancy the last time they had sex, they most commonly reported using condoms, birth control pills, and withdrawal (which is not a reliable method of birth control). Similar to the provincial picture, 3% of Okanagan students indicated they did not try to prevent pregnancy the last time they had sex. For 4% of students, the last time they had sex was with a same sex partner.

Local students were more likely than those across BC to have used Depo Provera to prevent pregnancy the last time they had sex (4% vs. 2%). The percentage of students who used Depo Provera was higher than in 2008 but comparable to the rate in 2003.

The percentage of Okanagan students who had used condoms to prevent pregnancy was lower than in 2008 (69%) but similar to the rate in 2003.

Pregnancy

Similar to youth across the province, 1% of all local youth reported ever being pregnant or causing a pregnancy. The rate was 5% among male and female students who had ever had sex, which was comparable to the rate in 2008 but represented a decrease from 2003 (8%).

Sexually transmitted infections

One percent of all students indicated that they had been told by a doctor or nurse at some point that they had a sexually transmitted infection (STI). The rate was 2% among youth who ever had sex (including oral sex), which was similar to that seen in the province as a whole. While rates for males were comparable over the past decade, those for females were lower in 2013 than in 2003.

Efforts made to prevent pregnancy during last time students had sex (among students who indicated ever having sex)

Condoms	60%
Birth control pills	53%
Withdrawal	32%
Emergency contraception	6%
Depo Provera	4%
Not sure	4%
Other method prescribed by doctor or nurse (e.g., IUD, patch, ring)	3%

Note: Youth could choose more than one response.

Note: Sex refers to sex other than oral sex or masturbation.

Tobacco use

Twenty-nine percent of Okanagan youth had ever tried smoking tobacco, which was above the provincial rate of 21%. The local percentage was similar to 2008, but reflected a decrease from 2003 (39%).

Males and females were equally likely to have ever smoked, unlike in 2003 when females were more likely than males to have smoked.

Youth started smoking at a similar age to youth in the province overall. Among those who had ever smoked, 21% first did so at 12 years or younger, while 43% waited until they were 15 or older. Locally, youth were more likely to wait until they were at least 15 years old before trying to smoke than in 2008 (33%) or 2003 (21%).

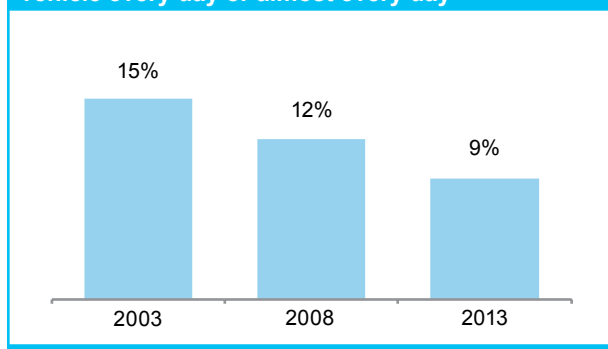
Youth used a variety of different tobacco products in the past month. Among those who had ever smoked, 47% had smoked cigarettes, 45% had smoked cigars or cigarillos (59% of males vs. 33% of females), 25% had used a hookah, 13% used chewing tobacco (23% of males vs. 4% of females), and 17% of males and females used electronic cigarettes with nicotine.

Half of youth who had tried smoking reported doing so in the past month. This rate was similar to the provincial rate, but above the local rate in 2003 (40%). Ten percent had smoked every day in the past month.

Among youth who had ever smoked, 22% had successfully quit in the past year, and 12% had tried to quit but started smoking again. These were both comparable to the provincial rates. In the past month, 7% of youth who had ever smoked had used a product to help them stop smoking.

Being exposed to smoking is considered to be a risk factor for starting to smoke. Twenty-five percent of Okanagan youth were exposed to tobacco smoke inside their home or family vehicle at least sometimes (compared to 21% provincially). Nine percent had this experience almost every day or every day, which reflected a decrease over the past decade.

Exposed to second-hand smoke in home or family vehicle every day or almost every day



Alcohol, marijuana, & other drug use

Alcohol

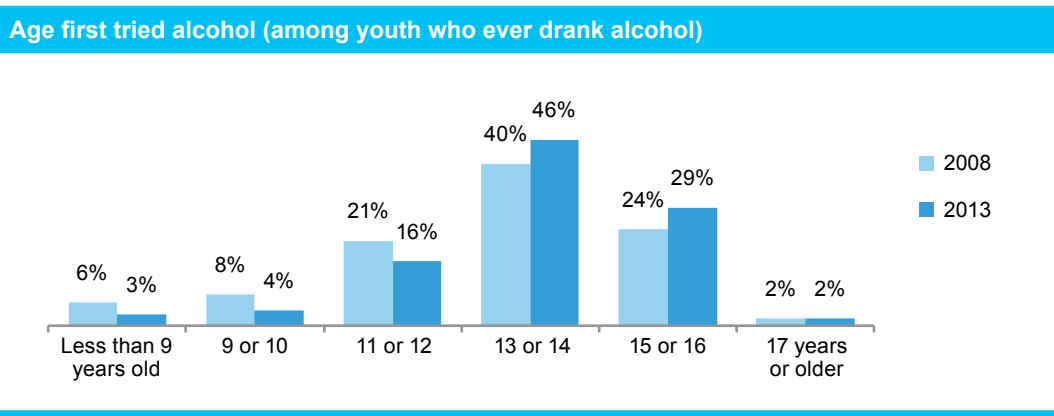
After staying consistent between 2003 and 2008, the percentage of youth in this region who had tried alcohol dropped from 62% to 52%. This rate remained higher than the provincial rate (45%). Local students who had tried alcohol reported having their first drink at a similar age to youth across the province.

Delaying the onset of using alcohol and marijuana has been shown to reduce the risk of future substance dependence and other associated challenges. As a result, in 2010 the BC Ministry of Health Services and Ministry of Children and Family Development aimed to see a 10% reduction in the percentage of BC students who first use alcohol or marijuana before the age of 15. Among local youth who had tried alcohol, 69% had their first drink before turning 15 years old, which was a decrease from 74% in 2008.

Reflecting the provincial picture, 41% of males and females who had tried alcohol reported having five or more drinks within a couple of hours on at least one occasion in the past month. This rate decreased in 2013 after staying consistent between 2003 and 2008 (47% in 2008).

Almost a quarter of youth (23%) drank on the Saturday before completing the survey. Specifically, 17% had liquor, 13% drank coolers (8% of males vs. 17% of females), 13% had beer (15% of males vs. 11% of females), and 4% had wine. Among youth who drank last Saturday, 68% had mixed different types of alcohol, with 27% having mixed three or four different types, and 14% mixing alcohol with energy drinks.

Among youth who drank last Saturday, 68% of females had four or more drinks and 71% of males had five or more drinks, which is defined as binge drinking.



Note: Percentages for 2008 do not equal 100% due to rounding.

12% of youth had used marijuana the previous Saturday.

Marijuana

The percentage of local male and female students who had tried marijuana (33%) was similar to 2008 after decreasing from 45% in 2003. Local females were more likely to have tried marijuana than was seen across BC, but there was no difference among males.

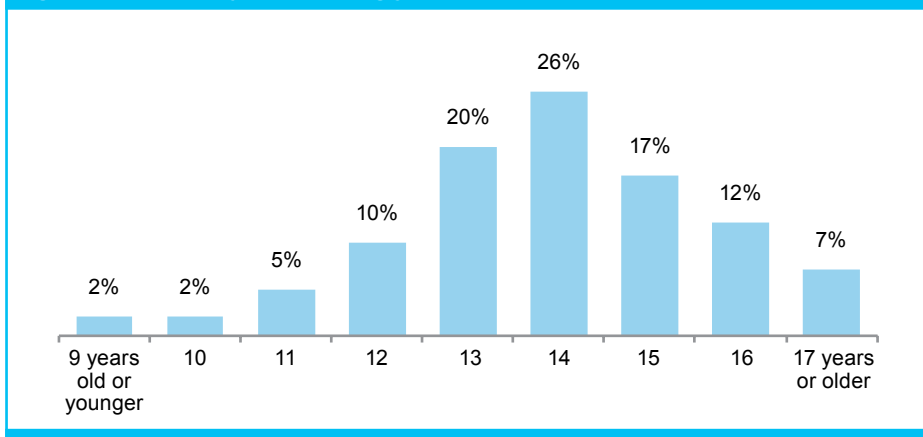
There was no difference between 2008 and 2013 in the age of first using marijuana, but youth were waiting longer to use marijuana than their peers in 2003. In 2013, 35% of those who used marijuana first used it when they were 15 or older, compared to 28% in 2003. The percentage who waited until they were 15 or older to try marijuana was similar to that seen across the province.

Sixty-four percent of youth who had tried marijuana reported using it in the past month, which was above the rate seen five years earlier. Over a quarter of students (28%) who had tried marijuana had used it on six or more days during the past month.

There was a decrease in the percentage of students who had used both alcohol and marijuana on the Saturday before taking the survey, from 11% in 2008 to 8% in 2013.

Reflecting the provincial pattern, local students who used marijuana most commonly got it from a youth outside their family (81%). Seventeen percent got their marijuana from an adult outside their family, 7% from an adult inside their family, and 5% from another youth in their family.

Age first tried marijuana (among youth who ever used)



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

Substances other than alcohol & marijuana

Okanagan youth had tried a variety of substances other than alcohol and marijuana. Males and females most commonly tried prescription pills without a doctor's consent (12%; 10% of males vs. 14% of females), although the use of these decreased from 2008 (16%). There was also a decrease in the use of hallucinogens (6% in 2013 vs. 8% in 2008), inhalants (3% vs. 5%), and crystal meth (1% in 2013).

There was no change locally between 2008 and 2013 in the use of cocaine (4%), ecstasy (6%), mushrooms (8%), amphetamines (2%), heroin (1%) or steroids without a doctor's prescription (1%). For the first time, the survey included questions about ketamine or GHB, which 2% of students had tried.

The percentages of local students who had tried most substances were similar to the province overall, but local youth were more likely to have tried hallucinogens (6% vs. 4%) and mushrooms (8% vs. 5%).

Consequences of substance use

Over half of youth (51% of males vs. 59% of females) who had used alcohol or other drugs reported negative consequences as a result of their substance use in the past year.

Females were more likely than males to have passed out (34% vs. 26%), been injured (20% vs. 12%), or to have done something they could not remember (45% vs. 30%). Females were also at least twice as likely to have had sex when they did not want to (10% vs. 5%), or to have lost friends or broken up with a boyfriend or girlfriend (11% vs. 4%).

In the past year, 5% of students were either told or felt that they needed help for their substance use. Specifically, 3% needed help for their alcohol use, 3% for their marijuana use, and 2% for their other drug use.

Consequences of substance use in the past year (among youth who had used alcohol or other substances during that time)

Was told I did something that I couldn't remember	38%
Passed out	30%
Got injured	16%
Argued with family members	13%
Lost friends or broke up with a girlfriend or boyfriend	8%
Damaged property	8%
Had sex when I didn't want to	8%
Schoolwork or grades changed	8%
Got into a physical fight	7%
Got in trouble with police	7%
Overdosed	3%
Needed treatment for alcohol or other drug abuse	1%

Note: Youth could choose more than one response.



**I never use
any drugs.”**

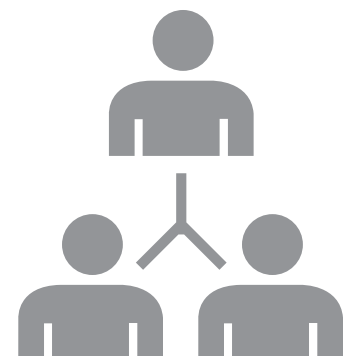
Reported reasons for using

For the first time, the survey asked students who had used alcohol or other drugs what their reasons for doing so were the last time they used. The most common reasons were wanting to have fun, because their friends were doing it, and wanting to experiment.

Females were more likely than males to have used substances because their friends were doing it (34% vs. 25%), to manage physical pain (9% vs. 5%), because of stress (28% vs. 13%), because they felt down or sad (21% vs. 9%), or because they wanted to have fun (70% vs. 59%).

Reasons for using substances the last time (among youth who used alcohol or other drugs)	
I wanted to have fun	65%
My friends were doing it	29%
I wanted to try it/experiment	25%
Because of stress	21%
I felt down or sad	15%
I felt like there was nothing else to do	8%
To manage physical pain	8%
I was pressured into doing it	3%
I thought it would help me focus	3%
Because of an addiction	2%
I didn't mean to do it	1%
To change the effects of some other drug(s)	1%
Other	19%

Note: Youth could choose more than one response.



School

School connectedness

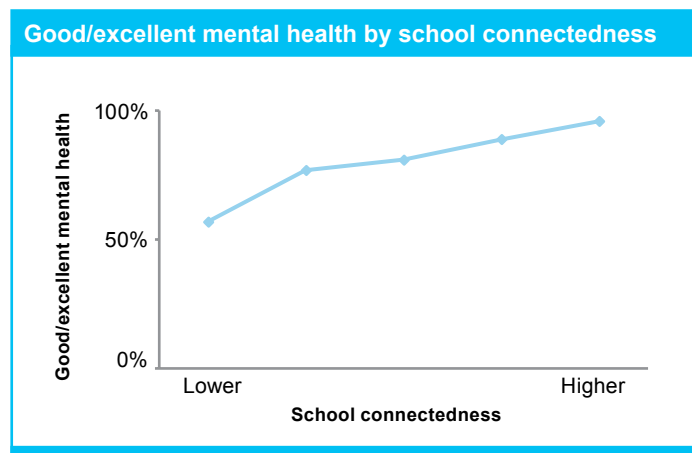
School connectedness was measured using a scale which included students' feelings about school and their school community. Students in the Okanagan reported similar levels of school connectedness to students across the province.

Most students felt that they were treated fairly by school staff (75%), they got along with their teachers (72%), and their teachers cared about them (64%). In addition, 49% felt that school staff other than teachers cared about them.

Fifty-seven percent of students felt like they were a part of their school, which was a decrease from 65% in 2008 and similar to the

2003 rate. The percentage of students who felt happy to be at school was the same as in 2008 (64%), after increasing from 60% in 2003. The percentage of students who felt safe at school increased from 74% in 2003 to 77% in 2013.

School connectedness was a protective factor for all youth. For example, youth who had been teased, excluded, and/or assaulted in the past year were more likely to have only positive aspirations for the future if they felt more connected to their school. In addition, youth with a mental or emotional health condition were more likely to feel good about themselves if they felt connected to their school.



The more connected students felt to their school, the better their mental health ratings.

School safety

The percentage of students in the Okanagan who felt safe in each area of their school was higher in 2013 than in 2008 and 2003.

Males and females felt equally safe in each area of their school, except males felt safer in the hallways and stairwells (91% vs. 88% of females), cafeteria (91% vs. 88%), and outside on school property (89% vs. 86%).

In terms of overall feelings of safety at school, 77% agreed or strongly agreed that they felt safe at school. These youth were less likely to have missed school in the past month (57% vs. 71% of those who did not feel safe at school), and were more likely to have post-secondary plans (86% vs. 63%).

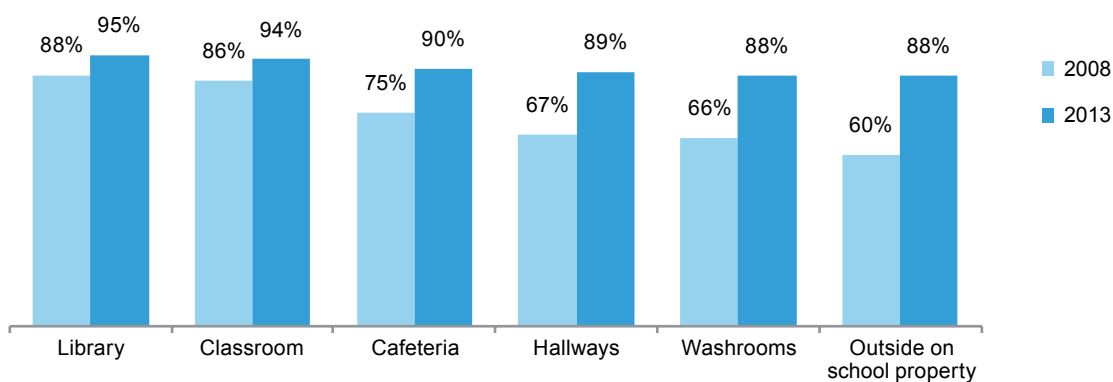
Youth who felt safe at school also reported better overall health (91% vs. 64%), and were more likely to rate their mental health as good or excellent (87% vs. 44%).

Weapon carrying

Six percent of students (9% of males vs. 3% of females) carried a weapon, such as a knife or bat, to school in the past month. This was similar to the provincial picture.

Two percent of students reported that they always carried a weapon at school, with males more likely than females to have done so.

Locations where students always or usually felt safe at school



School absences

Mirroring the provincial pattern, 60% of students had missed classes on at least one day in the past month. Illness was the most common reason (41% of males vs. 48% of females).

Local females were also more likely than males to have missed school for other reasons including skipping (23% vs. 18%), family responsibilities (17% vs. 13%), and because they had been bullied (6% vs. 2%). Males were more likely to have missed school because of work (4% vs. 3% of females). These rates were similar to those found throughout the province, although local students were more likely than those across BC to have missed school due to family responsibilities (15% vs. 13%).

Older students were more likely than younger ones to have skipped school, and were less likely to have missed school due to bullying.

Educational aspirations

One percent of students did not plan to finish high school, which was consistent over the past decade.

The percentage of local students who anticipated continuing their education beyond high school such as through university, college, or trade school was lower than seen provincially (83% vs. 86%) but higher than the local percentage in 2008 (76%).

School plans varied among Okanagan youth. For example, students who had been physically assaulted by another youth in the past year were more likely than those who had not been assaulted to have no education plans beyond high school (12% vs. 4%). Students who were doing weekly volunteer work in their community were more likely to anticipate continuing their education beyond high school (90% vs. 78% of students who did not volunteer).



Bullying & discrimination

In-person bullying

Students were asked about a range of bullying experiences they may have had in the past year, either as the perpetrator or victim. Youth were asked specifically about their bullying experiences with other youth at school or on the way to or from school. (Cyberbullying is discussed on page 48 in the section about technology use.)

TEASING

There was an increase over time in the percentage of students who had experienced teasing to the point where they felt bad or extremely uncomfortable. For example, in 2008 33% of local youth had been teased (27% of males vs. 39% of females), compared to 40% in 2013 (34% of males vs. 45% of females).

Thirteen percent of students (11% of males vs. 16% of females) experienced teasing on three or more occasions in the past year. These rates were consistent with the province.

Among females, rates of being teased were highest at age 14. Among males, rates were comparable across all ages.

SOCIAL EXCLUSION

In the past year, 36% of local students (26% of males vs. 46% of females) reported being socially excluded at least once, and 12% (8% of males vs. 16% of females) were excluded on three or more occasions. These rates were consistent with those throughout BC.

Although there was no change over the past decade for males, there was an increase in being socially excluded among females, from 40% in 2008.

ASSAULT

In the past year, 8% of students (10% of males vs. 6% of females) reported being physically attacked or assaulted, and 1% (more males than females) were attacked or assaulted three or more times. These rates were unchanged from previous years.



The more types of bullying youth experienced, the more likely they were to also bully others.

Impacts of bullying

Female students who were teased, excluded, or assaulted in the past year were more likely to report skipping class in the past month (28% vs. 18% of females who had not experienced any of these types of bullying). In addition, they were more likely to skip class on three or more days in the past month (9% vs. 5%). These results were not found for local male students.

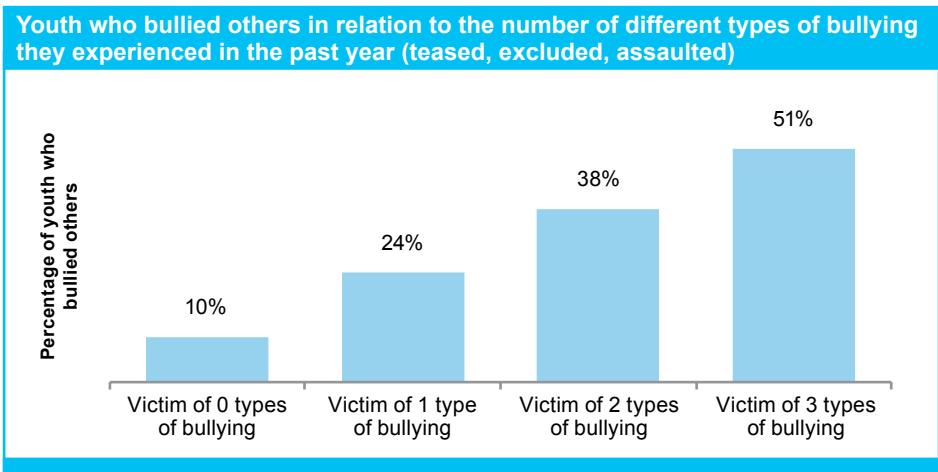
Overall, 7% of youth (4% of males vs. 9% of females) reported that they had not participated in extracurricular activities (e.g., sports, dance, art, or clubs) because they were worried about being bullied.

Youth who had been a victim of cyberbullying or in-person bullying were more likely than those who had not been bullied to report missing out on extracurricular activities for fear of being bullied further. For example, 21% of youth who had been assaulted reported not participating in activities because of fear of being bullied, compared to 6% who had not been assaulted.

Perpetrators

In the past year, 12% of local students had teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 14% had socially excluded another youth, and 4% of students had physically attacked or assaulted another youth.

Similar to the provincial pattern, local males were more likely than females to have teased others (14% vs. 9%) or assaulted others (6% vs. 2%). There was no gender difference in excluding someone, unlike in the province as a whole where females were more likely than males to have socially excluded others.



Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 21% of students who had been teased in the past year teased others during this same time frame, compared to 5% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (23% vs. 9% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (29% vs. 2% of those who had not been assaulted).

Perceived reasons for being discriminated against in the past year	
Physical appearance	21%
Being seen as different	15%
Age	10%
Race, ethnicity, or skin colour	8%
Gender/sex	6%
Income or family income	6%
Sexual orientation (being or thought to be gay or lesbian)	5%
A disability	4%

Note: Youth could choose more than one response.

Discrimination

Youth identified a number of different discrimination experiences. These were consistent with the provincial rates except that local students were less likely to report experiencing racial discrimination (8% vs. 11% of youth across BC).

Females were more likely than males to report being discriminated against because of their physical appearance (26% vs. 15%), being seen as different (17% vs. 12%), their age (13% vs. 6%), their sex or gender (9% vs. 2%), and their or their family's income (7% vs. 5%).

Female students were more likely in 2013 than five years earlier to have felt discriminated against due to their physical appearance (23% in 2008), while there was no change over time for males.



I'd like more survey questions on racism because it happens quite a bit in our school and me being of a different race, I get targeted!"

Physical abuse, sexual abuse, & sexual harassment

Physical abuse

Consistent with the province, 14% of Okanagan students (10% of males vs. 18% of females) had been physically abused at some point in their life. This reflected a local decrease from 17% in 2003 and 2008.

Sexual abuse

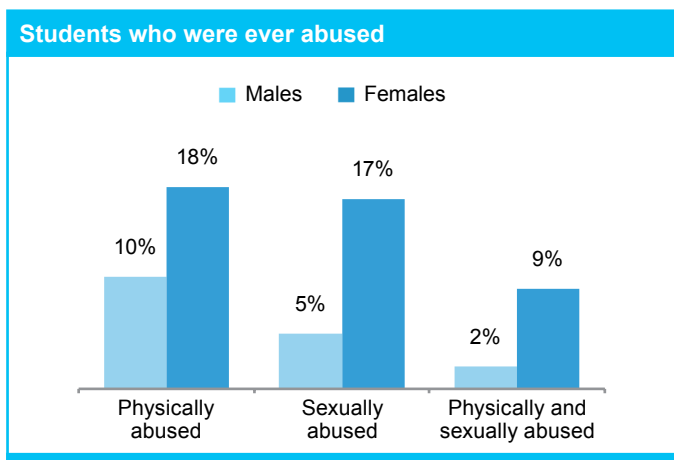
When youth were asked specifically if they had ever been sexually abused, 7% of students (2% of males vs. 12% of females) recognized they had experienced this type of abuse. Youth were also asked about other forms of sexual abuse they might not have recognized as abuse. For example, 6% (2% of males vs. 11% of females) were forced into sexual activity against their will by another youth, and 2% by an adult (more females than males). Also, 2% were the younger of an illegal age pairing the first time they had sex.

When all these forms of sexual abuse were considered, a total of 11% of students (5% of males vs. 17% of females) were sexually abused. Local females were more likely to report being sexually abused than their peers across BC (17% vs. 13% provincially) whereas there was no difference among males. Females were as likely to report being sexually abused in 2013 as 2008 but less likely than in 2003 (20%), while the rate for males remained unchanged.

Sexual harassment

Similar to the provincial picture, 35% of males experienced verbal sexual harassment in the past year, and 11% were physically sexually harassed. Verbal harassment rates decreased from 41% in 2008 and returned to the 2003 rate, while physical harassment rates decreased from 16% in 2003.

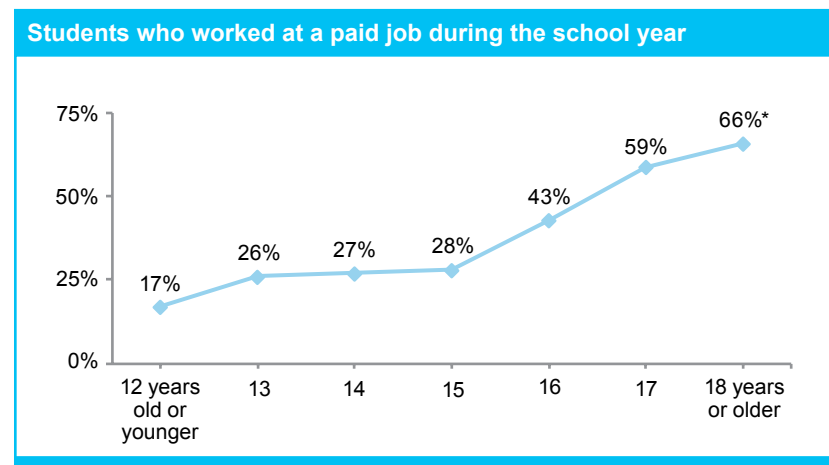
In the past year, 49% of female students had experienced verbal sexual harassment. This was a local decrease from 58% in 2003 and 2008. Thirty percent of female students experienced physical sexual harassment, which was above the provincial rate of 26%, but reflected a local decrease from 42% in 2003.



Note: Sexual abuse included being forced into sexual activity by another youth or adult, or being the younger of an illegal age pairing the first time they had sex.

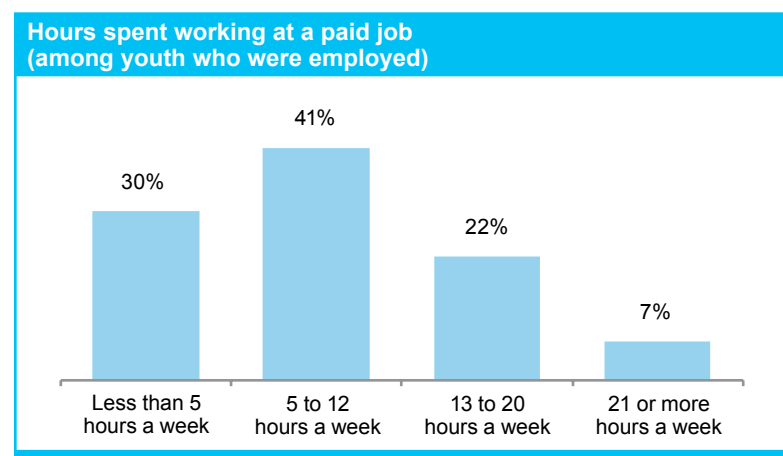
Employment

Overall, 37% of students in the Okanagan worked at a paid job during the school year, which was higher than the provincial rate of 29%, but reflected a decrease from 43% in 2003 and 48% in 2008.



Note: Not all age differences were statistically significant.

* The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.



7% of employed students worked 21 or more hours each week.

Physical activity, sports, & leisure

Physical activity

The Canadian Physical Activity Guidelines recommend that youth aged 12 to 17 do an hour of moderate to vigorous physical activity every day. Locally, 17% of students in this age range met these guidelines (23% of males vs. 11% of females). Females were more likely than males to have not exercised at all during the past week (10% vs. 7%). These findings mirrored the provincial picture.

Younger students were more likely than older ones to have met the physical activity guidelines. For example, 22% of students aged 12 or younger had exercised for an hour every day in the past week, compared to 13% of students aged 17.

Canadian Guidelines recommend that individuals aged 18 and older take part in 150 minutes of moderate to vigorous physical activity each week. Locally, 73% of students aged 18 and older met these

recommendations by participating in 60 minutes of exercise on at least three days in the past week. This percentage was higher than the provincial rate of 61%.

Physical activity was associated with better health. For example, those who exercised daily during the past week were more likely than those who exercised on fewer days to have slept for eight or more hours on the previous night (67% vs. 55%) and to feel connected to their community (43% vs. 34%).

Physical activity was also beneficial for those with challenges in their lives. For example, local youth who had been teased, excluded, and/or assaulted who exercised on at least three days in the past week were more likely to feel good about themselves (72% vs. 60% of youth who had been bullied and exercised on fewer days) and about their skills and abilities (82% vs. 69%).

“ I go to the gym daily.”



Sports

During the past year, students in the Okanagan were more likely than those throughout the province to have taken part in informal sports (such as road hockey, hiking, and skateboarding; 64% vs. 58%) or yoga, dance, or exercise classes (21% vs. 18%) on a weekly basis. Fifty-six percent of local students played weekly organized sports, which was similar to the provincial rate.

Weekly participation in organized sports increased from 2003 to 2008 (60% in 2008), but returned to 2003 levels in 2013. The 2013 rate for weekly participation in informal sports also decreased from five years previous (76% in 2008). Weekly participation in yoga, dance, or exercise classes did not change over the past decade.

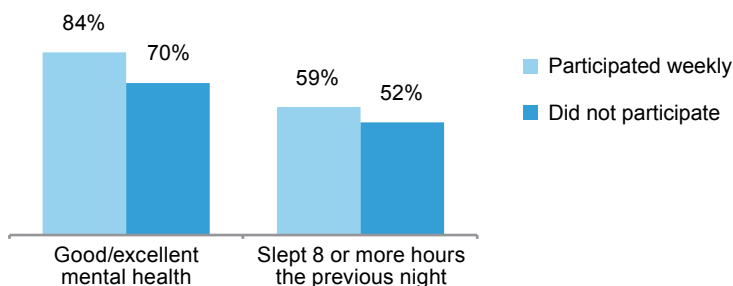
Males were more likely than females to be involved on a weekly basis in informal sports (71% vs. 58%) and organized sports (59% vs. 52%), while females were more likely than males to be taking weekly dance, yoga, or exercise classes (33% vs. 8%).

Provincially, older students were less likely than younger ones to play weekly organized sports. Locally, this pattern was seen for females but not for males where there was no age difference in participation rates.

There were health benefits to being involved in sports and exercise classes. For example, youth who took part in informal or organized sports on a weekly basis were more likely than those who did not take part to rate their mental health as good or excellent.

Among youth who had been physically and/or sexually abused, those who took part in organized sports on a weekly basis were more likely to rate their overall health as good or excellent (82% vs. 65% of those who did not play organized sports). Similarly, 82% of youth who had been abused who played informal sports rated their health as good or excellent, compared to 61%* who did not do informal sports.

Weekly participation in informal sports and health benefits



Barriers to participation

Students were asked about the reasons they might not have participated in sports and other activities in the past year. The most common reason male and female students gave was being too busy, although not being able to afford to participate was a reality for more than 1 in 10 males and 2 out of 10 females.

Students in the Okanagan were more likely than those across BC to have missed out on participating in sports and other activities because they could not afford to (17% vs. 15%).

Barriers to participation in activities		
	Males	Females
Too busy	38%	50%
Couldn't get there or home	14%	21%
Activity wasn't available in community	12%	14%
Couldn't afford to	12%	22%
Worried about being bullied	4%	9%

Note: The difference between males and females who missed out on participating because the activity wasn't available in their community was not statistically significant.

2010 Winter Olympics

Three years after the 2010 Winter Olympic and Paralympic Games, 11% of students (13% of males vs. 9% of females) reported that they were more physically active as a result of the Games, and 6% of males vs. 4% of females felt they had more sports opportunities. The percentage who were more physically active as a result of the Games was similar to the province but the percentage who felt there were more sports opportunities was lower (5% vs. 6% provincially).

Gambling

While the legal gambling age in BC is 19, 10% of Okanagan students (16% of males vs. 5% of females) had gambled in the past 12 months, and almost all of these students were aged 18 and younger.

The percentage of local students who gambled was lower than in previous survey years (50% in 2003 and 41% in 2008), and consistent with the 2013 provincial picture.

Three percent of students had gambled more than once a month in the past year, which was similar to the rate in 2008. Reflecting findings across BC, males were more likely than females to have gambled this often (5% vs. 1%).



Technology use

Ninety percent of students (87% of males vs. 92% of females) in the Okanagan owned a cellphone or other portable electronic communication device. The majority of these students (98%) had used their device on the previous school day.

Youth who had a phone most commonly used it for communicating with friends, playing games/entertainment/music, communicating with parent(s), chatting online or social networking, and for finding information.

Females were more likely than males to use their cellphone to communicate with friends or with their parents, and to chat online or social network, whereas males were nearly twice as likely to use their phone to engage in sexting (18% vs. 10% females).

Seventy-eight percent of students were online or on their phone after they were supposed to be asleep. The most common activities included using a phone to talk or text (61%), surfing the Internet (57%), and chatting online or social networking (55%).

Used cellphone to...	Did this on last school day	When activity took place		
		Before school	During school	After school
Communicate with friends	89%	51%	64%	72%
Play games/entertainment/music	82%	36%	43%	68%
Communicate with parent(s)	81%	21%	45%	61%
Chat online or social networking	75%	34%	41%	64%
Find information	69%	19%	48%	47%
Sexting	13%	3%	4%	12%
Communicate with teachers	9%	2%	4%	5%
Bully others	2%	1%	1%	1%

Note: Sexting is the sending of explicit photographs or messages via cellphone or other similar device.

Note: Youth could choose more than one response.



Def.

CELLPHONE refers to a cellphone, smart phone, or similar portable electronic communication device.

7% of students reported that they had cyberbullied someone in the past year.

Ten percent of students reported that they did not have a cellphone or other such device. There were some differences between these students and those who had a phone. For example, students without a phone were more likely than their peers with a phone to have slept for eight or more hours the previous night (67% vs. 55%). They were also less likely than those with a phone to report binge drinking in the past month (25%* vs. 42%; among students who ever tried alcohol).

Students with a cellphone were more likely to feel safe in their neighbourhood at night (72% vs. 60%), to have an adult outside their family they could talk to (33% vs. 26%), and to have three or more close friends (81% vs. 74%).

Online safety

Seventeen percent of students (10% of males vs. 23% of females) reported that they had been cyberbullied in the past year. This was a decrease from five years previous for males (15% in 2008) but unchanged for females.

Students who had been cyberbullied were over five times as likely as those who had not been cyberbullied to report not taking part in extracurricular activities because they were worried about being bullied (21% vs. 4%).

Additionally, 23% of females and 8% of males reported meeting someone through the Internet who made them feel unsafe.

Technology use after students were expected to go to sleep

	Males	Females
Surfing the Internet	57%	57%
Using a phone to chat or text	53%	68%
Chatting online or social networking	48%	61%
Online gaming	37%	18%



Youth engagement

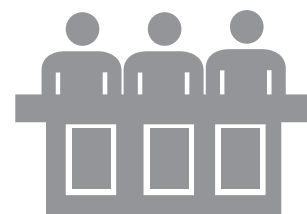
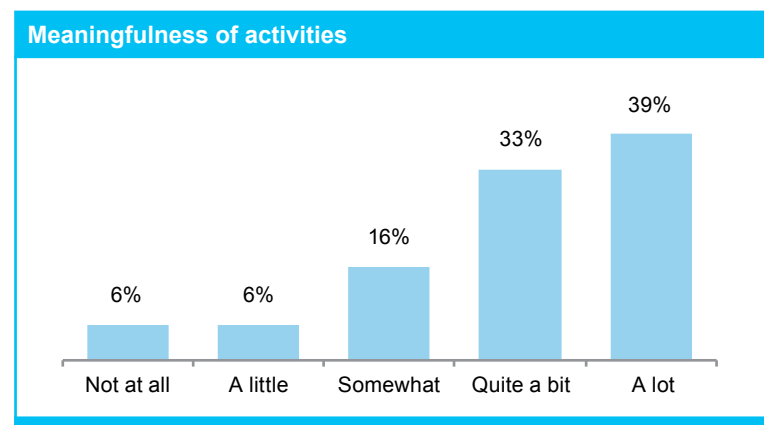
Students were asked about their level of engagement in the activities they took part in. Specifically, they were asked how meaningful they felt their activities were and how much they felt their ideas were listened to and valued within these activities.

Seventy-two percent of Okanagan students reported that the activities they were involved in were at least quite a bit meaningful to them. This was similar to the 2008 local rate and the 2013 provincial percentage.

When asked if they felt that their ideas were listened to and acted upon in these activities, 45% of students (49% of males vs. 42% of females) felt that they were to a significant extent. This was also similar to the provincial picture but lower than the 2008 local rate (52%).

There were positive associations for youth who felt valued within their activities and who felt that those activities were meaningful. For example, students who felt their ideas were listened to at least quite a bit were more likely to rate their overall health as good or excellent (93% vs. 73% of students who felt their ideas were not listened to as much).

Among youth who had been teased, excluded, or assaulted in the past year, those who felt their activities were more than somewhat meaningful were more likely to feel good about themselves than those who did not feel their activities were meaningful (75% vs. 46%). Similarly, youth who had been bullied were more likely to rate their mental health as good or excellent if they felt they were engaged in meaningful activities (78% vs. 42%).



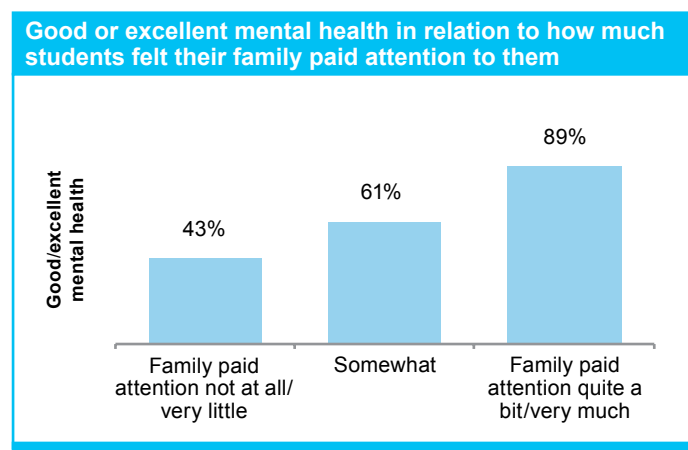
Family relationships

The BC AHS asked youth about their sense of connectedness to their family. Similar to the provincial results, most students reported that their family paid attention to them (74%), they had fun together (70%), and their family understood them (58%). Females were less likely than males to feel that their family understood them (53% vs. 63%), or that their family paid attention to them (69% vs. 78%).

Also reflecting the provincial picture, 9% of students (6% of males vs. 11% of females) felt their family did not pay attention to them, while 12% felt their family did not have fun together, and 18% (14% of males vs. 22% of females) felt that their family did not understand them.

Youth who felt that their family paid attention to them were more likely to have made safer decisions than their peers who felt that their family did not pay as much attention to them. For example, they were more likely to report always wearing a seat belt when riding in a motor vehicle (79% vs. 63%), and were less likely to have ever been a passenger in a vehicle with a driver who had been drinking alcohol (18% vs. 40%) or using marijuana (17% vs. 36%).

Additionally, among students who had tried alcohol, those who felt their family paid attention to them were less likely to have had their first drink before the age of 15 (64% vs. 88%) and were less likely to have had alcohol the previous Saturday (42% vs. 58%).



Def.

FAMILY CONNECTEDNESS included students feeling that members of their family paid attention to them, had fun together, and understood them. ➔

Students who felt that their family understood them were more likely to plan to continue their education after high school (88% vs. 69% who did not feel their family understood them). They were also more likely to report good or excellent overall health (94% vs. 63%), and to have slept for eight or more hours on the night before taking the survey (66% vs. 33%).

Among youth with a mental or emotional health condition, those with higher levels of family connectedness all reported planning to continue their education beyond high school. This was not the case among those with lower levels of family connectedness. They were also more likely than those with lower levels of connectedness to report feeling good about themselves.

Students were asked if there was an adult in their family they could turn to if faced with a serious problem. Consistent with the province, 74% of local youth (77% of males vs. 70% of females) indicated that there was.

Students who had such an adult in their lives were less likely to miss out on needed mental health services (6% vs. 29% of students who did not feel they could turn to an adult relative).

Among youth who had moved house three or more times in the past year, those who had an adult in their family to talk to were more likely to report good or excellent mental health as well as overall health. They were also more likely to feel good about themselves (81% vs. 58%*) and to have slept for eight or more hours the previous night (60%* vs. 34%*).

Parental monitoring

Consistent with students across BC, 78% of local male and female youth reported that their parents always or mostly knew what they were doing in their free time. One in 10 reported that their parents never or rarely knew what they were doing.

Students whose parents were aware of what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep (56% vs. 81% of students whose parents were not monitoring their spare time). They were also more likely to have slept for eight or more hours on the night before taking the survey (62% vs. 31%).

Mirroring the provincial picture, 73% of youth in the Okanagan (77% of males vs. 70% of females) ate an evening meal with their parents most or all of the time in the past month. These youth were more likely to report eating fruit or vegetables three or more times the previous day (68% vs. 38% of those who never or rarely ate with their parents). They were also more likely to feel good about themselves (85% vs. 53%) and their abilities (90% vs. 68%), and were less likely to have missed out on needed mental health care (8% vs. 32%) or medical care (5% vs. 27%) in the past year.

Among youth who were bullied, those who ate evening meals with their parents most or all of the time in the past month were more likely to rate their health as good or excellent (89% vs. 59% of those who never or rarely ate with their parents). They were also more likely to plan to pursue post-secondary education (86% vs. 69%) and to have only positive aspirations for the future (89% vs. 72%).



I have a good life! I love my family and friends and they love me back!”

Supportive & caring adults outside the family

Adult to turn to for support

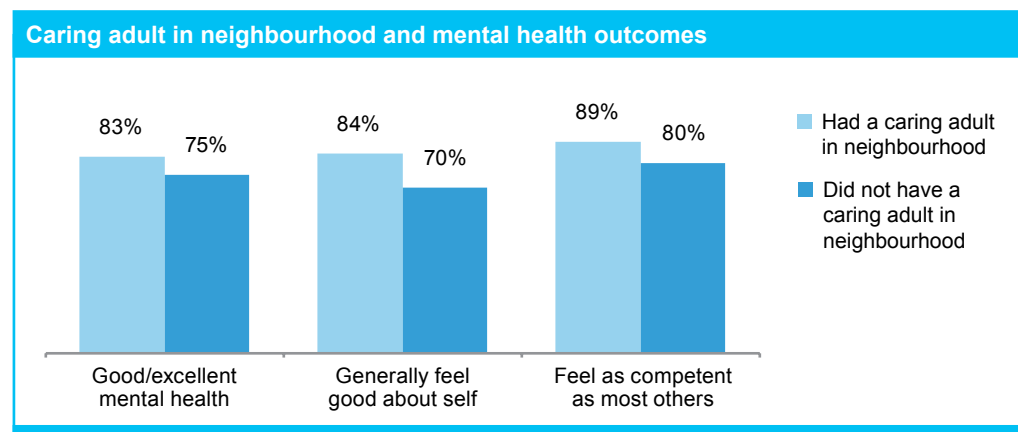
Consistent with the provincial picture, 32% of youth (29% of males vs. 36% of females) felt they had an adult outside their family to turn to if faced with a problem. Students who could identify a supportive adult outside of their family were more likely to feel like a part of their community (41% vs. 33% without this support).

Among students who identified as gay, lesbian, or bisexual, those who had an adult outside their family to talk to were more likely than those without this support to rate their mental health as good or excellent (63%* vs. 31%*) and to have only positive aspirations for the future.

Local adult who cares

Similar to the provincial picture, 63% of youth reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. Feeling cared about by an adult outside the family was associated with positive mental health, including higher self-confidence and sense of competence.

Students with an adult in their community who cared about them were more likely to feel that the activities they engaged in were meaningful (79% vs. 61% who could not identify a local adult who cared about them) and to feel that their ideas were listened to and acted upon (52% vs. 34%).



Help seeking

When students needed help, they most commonly approached friends (64% of males vs. 82% of females) and family members (65% of males vs. 73% of females). Students also sought support from a variety of different professionals, most commonly teachers, sports coaches, and doctors.

Females were more likely than males to have sought help from a school counsellor (26% vs. 18%), mental health counsellor (9% vs. 4%), or doctor (28% vs. 23%).

Students in this region were less likely than those in the province as a whole to seek the help of a school counsellor (22% vs. 27%), and more likely to seek help from a friend's parent (21% vs. 18%).

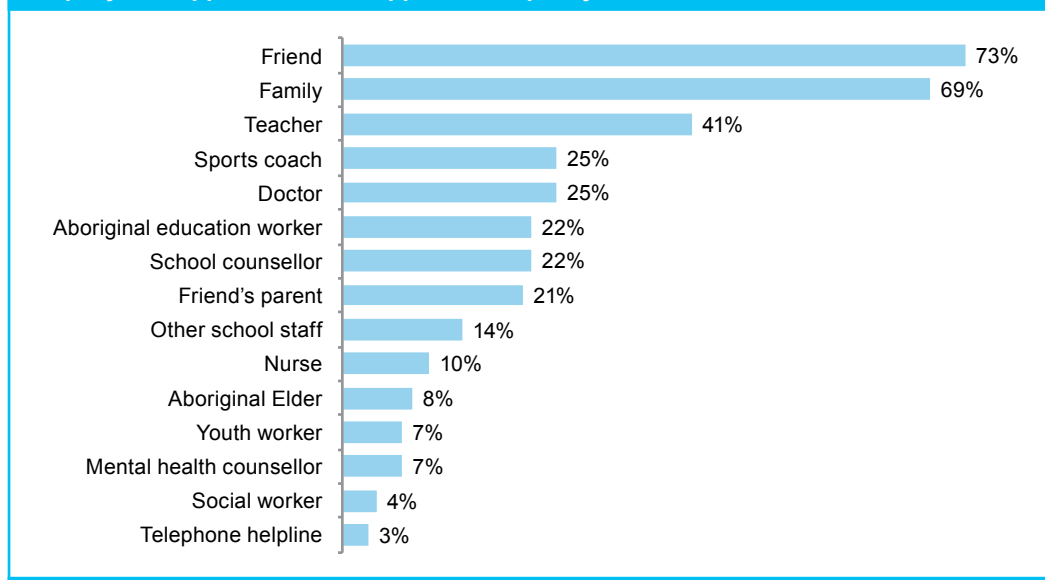
The majority of male and female students found the people they approached for help to be helpful, although some vulnerable groups were less likely to feel this way. For example, youth who had been teased,

socially excluded, and/or assaulted who asked a school counsellor for help were less likely than their peers without these experiences to have found the school counsellor helpful (77% vs. 87%).

When youth found the adults in their lives to be helpful, there were health benefits. Among youth who had been bullied, for example, those who had asked their school counsellor for help and found this experience helpful were less likely than those who did not find it helpful to have seriously considered suicide in the past year (25% vs. 53%*), and were more likely to rate their mental health as good or excellent (68% vs. 38%*).

In addition, youth who had been physically and/or sexually abused and found their teacher to be helpful were less likely than those who did not find their teacher helpful to have seriously considered suicide or to have attempted suicide in the past year.

People youth approached for support in the past year



Note: The rates for accessing an Aboriginal education worker and an Elder are among Aboriginal youth.

Peer relationships

In this section, findings were similar to the provincial results unless noted.

Forty-six percent of students had been in a romantic relationship in the past year, which was higher than the provincial rate of 39% but lower than the local rate ten years ago (64% in 2003). Among Okanagan students in a romantic relationship, 6% had been the victim of dating violence, which was similar to the rate in previous survey years.

When asked about friendships, 97% of students reported having at least one close friend. Males were more likely than females to report having three or more close friends (84% vs. 77%) and to report having ten or more close friends (31% vs. 19% of females).

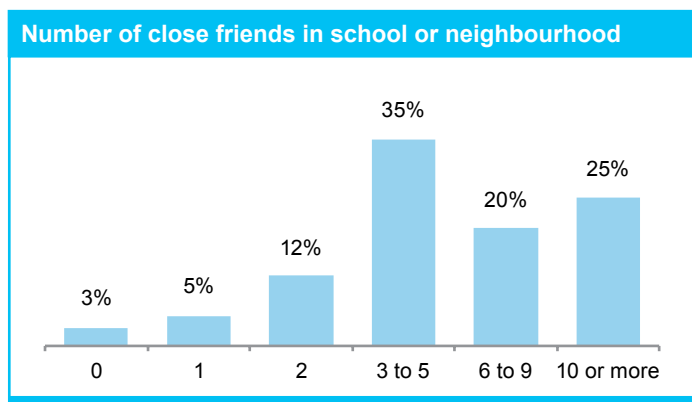
There were positive associations with having more than just one or two close friends. For example, students who had three or more close friends in their school or neighbourhood were more likely than those with fewer friends to rate their overall health as good or excellent (89% vs. 78%).

Friends with pro-social attitudes

Students were asked if their friends would be upset with them if they were involved in certain risk behaviours, such as getting arrested, dropping out of school, or using marijuana. They generally had friends who would be upset with them for engaging in most of the behaviours. However, students in the Okanagan were less likely than those throughout BC to have friends who would be upset with them if they got drunk (39% vs. 44%) or used marijuana (53% vs. 58%).

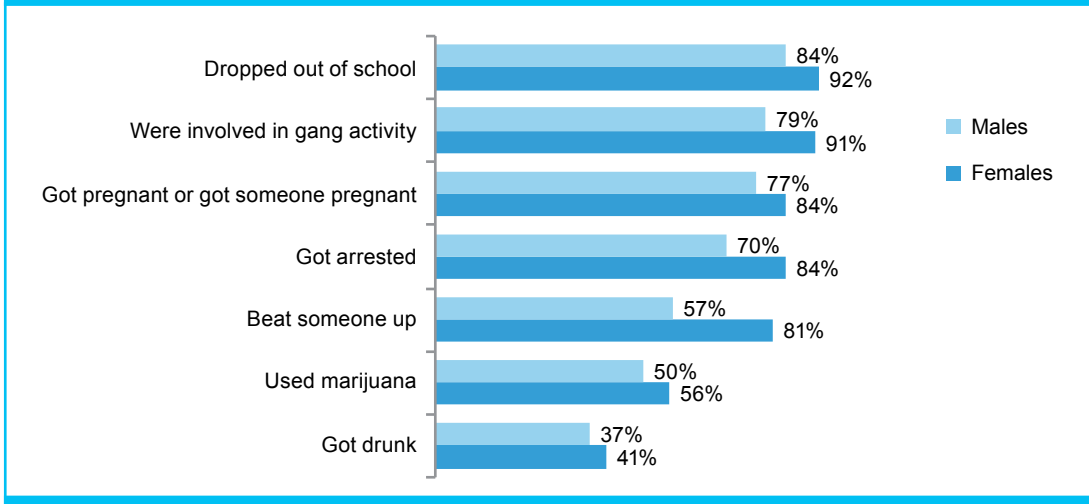
Having pro-social peers was a protective factor for Okanagan youth. For example, students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone than those whose friends would not be upset with them for this reason (2% vs. 8%). In addition, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (85% vs. 67% of those whose friends would not be upset with them for this reason).

Similarly, students who drank in the past month were less likely to have been binge drinking if they had friends who would be upset with them for getting drunk (25%* vs. 64% of those whose friends would not be upset with them for getting drunk).



80% of local students had three or more close friends.

Students whose friends would be upset with them if they...



Note: The difference between males and females whose friends would be upset with them if they got drunk was not statistically significant.

Students whose friends would be upset with them if they...

	2008	2013	Change from 2008
Dropped out of school	--	88%	
Were involved in gang activity	NA	86%	
Got pregnant or got someone pregnant	76%	80%	↑
Got arrested	67%	77%	↑
Beat someone up	53%	69%	↑
Used marijuana	--	53%	
Got drunk	30%	39%	↑

Note: NA means that the question was not asked.

Note: -- means that the percentages in 2008 and 2013 were comparable.



I have the best friends and boyfriend in this entire world.”

Neighbourhood safety

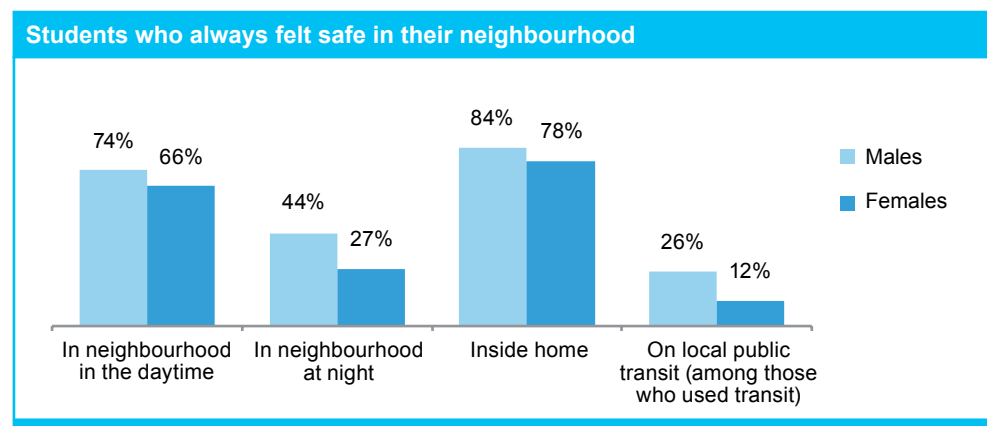
Similar to the provincial picture, 81% of Okanagan youth always felt safe inside their home. Local youth were more likely than their peers across the province to always feel safe in their neighbourhood during the day (70% vs. 64%) and at night (35% vs. 28%). Among youth who used transit, 19% always felt safe while 6% never did, which was consistent with rates across BC.

Males were more likely than females to always feel safe in their neighbourhood, inside their home, and on transit.

When compared to youth who never felt safe in their neighbourhood during the day, those who always felt safe were more likely to rate their mental health as good or excellent (87% vs. 59%*), report good or excellent

general health (91% vs. 75%*), plan to continue their education after high school (86% vs. 55%*), and have only positive future aspirations (90% vs. 71%*).

Students who had been physically abused were less likely than their peers who had not been abused to always feel safe in their neighbourhood during the day (51% vs. 73%) or night (25% vs. 37%). However, if these students always felt safe in their neighbourhood during the day, they were more likely than those who rarely or never felt safe to have gone out and played informal sports on a weekly basis and to report good or excellent mental health. They were also less likely to have missed out on accessing needed mental health services or to have attempted suicide in the past year.



Community connectedness & cultural engagement

Community connectedness

Students were asked how much they felt like a part of their community. Locally, 36% of youth reported feeling quite a bit or very much connected to their community, which was lower than the 39% seen across BC.

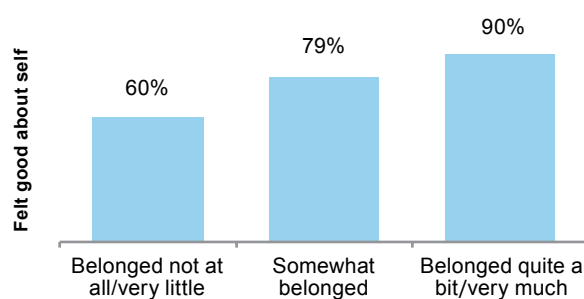
There were many benefits associated with students feeling like a part of their community. For example, these youth were more likely to report good or excellent mental health and overall health, and were more likely to feel good about themselves and their abilities.

Youth who had been victimized also specifically benefitted from feeling like a part of their community. For example, youth who had been teased in the past year were more likely to rate their mental health as good or excellent if they felt connected to their community (83%) than if they only somewhat felt that way (73%) or did not feel connected (45%). Similarly, the more connected that youth who had been socially excluded felt to their community, the more likely they were to feel good about themselves (83% vs. 40% of those who were very little or not at all connected) and to have only positive future aspirations (91% vs. 68%).

Cultural engagement

In addition to feelings about their community, students were asked about their engagement in their culture. Similar to the rate across the province, 5% of Okanagan youth participated in cultural or traditional activities at least weekly. Youth who were involved in traditional activities on a weekly basis were more likely than those who never took part to indicate planning to continue on to post-secondary education (88% vs. 82%), and to feel that they could do things as well as most people (93% vs. 84%). They were also almost four times as likely to have volunteered weekly (47% vs. 12%).

Youth who felt good about themselves in relation to sense of belonging in their community



Summary list of protective factors

Throughout this report a number of protective factors in the lives of Okanagan students have been identified. This chapter provides a list of some of the protective factors along with an example for each.

PROTECTIVE FACTOR	EXAMPLE
Stable home	Youth who had stayed in the same home in the past year were more likely than those who had moved to be taking part in community life, such as participating in weekly organized sports, and to feel that there was an adult in their neighborhood or community who cared about them.
Eight or more hours of sleep	The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent.
Good nutrition	Youth who were obese who ate three or more servings of fruit or vegetables the previous day were more likely to report positive mental health than those who had fewer servings.
Sports and exercise	Youth who exercised daily in the past week were more likely than those who did not take part to have slept for eight or more hours on the night before taking the survey.
Feeling safe at home, in school, and the community or neighbourhood	Youth who felt safe at school were less likely than those who did not feel safe to have missed school in the past month, and were more likely to have post-secondary plans.
Feeling connected to school	Youth with a mental health condition were twice as likely to feel good about themselves if they felt connected to their school.
Feeling engaged in activities	Students who felt their ideas were listened to at least quite a bit were more likely to rate their overall health as good or excellent (93% vs. 73% of students who felt their ideas were not listened to as much).
Feeling connected to family	Youth who felt their family paid attention to them were less likely than those who did not feel this way to have ever been a passenger in a vehicle driven by someone who had been drinking alcohol or using marijuana.

PROTECTIVE FACTOR**EXAMPLE****Parental monitoring**

Compared to students whose parents were not monitoring their spare time, youth whose parents were aware of what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep, and were more likely to have slept for eight or more hours the previous night.

Adult in the family students could talk to

Students who had an adult in their family to talk to were less likely than those without such an adult in their lives to have missed out on needed mental health services.

A supportive adult outside family

Among students who identified as gay, lesbian, or bisexual, those who had an adult outside their family to talk to were more likely to have only positive aspirations for the future.

Adult outside their family who cares about them

Students with an adult in their community who cared about them were more likely to feel that the activities they engaged in were meaningful and to feel that their ideas were listened to and acted upon, compared to youth who could not identify a local adult who cared about them.

Helpful sources of support

Among youth who had been physically and/or sexually abused and asked a teacher for help, those who found the teacher helpful were less likely than those who did not find the support helpful to have seriously considered suicide or to have attempted suicide in the past year.

Having close friends (excluding online friends)

Students who had three or more close friends in their school or neighbourhood were more likely than those with fewer friends to rate their overall health as good or excellent (89% vs. 78%).

Having friends with pro-social attitudes

Among students who drank in the past month, those whose friends would be upset with them for getting drunk were less likely to have been binge drinking than those whose friends would not be upset with them for this reason.

Community connectedness

The more connected that youth who had been socially excluded felt to their community, the more likely they were to feel good about themselves and to have only positive future aspirations.

Cultural engagement

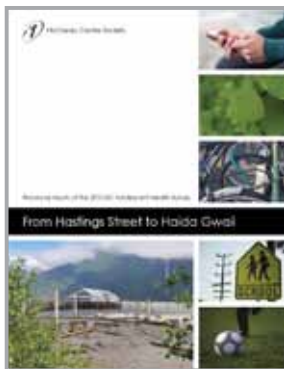
Youth who were involved in traditional activities on a weekly basis were more likely than those who never took part to indicate planning to continue their education past high school.

How to use these results

McCreary will continue to produce reports and other resources using the results of the 2013 BC Adolescent Health Survey. All of the resources can be accessed at www.mcs.bc.ca. Upcoming reports include a sexual health report and 15 other regional reports at the Health Service Delivery Area level.

If you would like to join our community mailing list to receive updates about when new reports are released, when webinar presentations are scheduled, and other news related to the BC Adolescent Health Survey, please contact community@mcs.bc.ca.

A selection of BC AHS resources



From Hastings Street to Haida Gwaii

This report offers a comprehensive picture of the health and health behaviours of BC youth.



This film shares responses from key BC figures to results of the BC Adolescent Health Survey.



This PowerPoint provides an overview of the provincial BC Adolescent Health Survey results. It is aimed at adult audiences. McCreary staff are also available to present local and provincial results.

YOUTH RESOURCES



This and other posters were designed by McCreary's Youth Advisory and Action Council (YAC) for a youth audience.

Other resources for youth include interactive workshops and the Next Steps program which uses the results of the survey to engage youth in local community projects.



McCreary's YAC has a granting program open to students in school districts which participated in the survey. Grants of up to \$500 are awarded to youth who wish to conduct a project that aims to address a local youth health issue.

