

GROWING UP IN B.C.

A SNAPSHOT OF CHILDREN AND YOUTH

MONEY

1 in 11

FAMILIES WITH CHILDREN COULD NOT AFFORD TO HAVE ENOUGH HEALTHY FOOD.

IN 2011, ABOUT **93,000 CHILDREN UNDER 18** LIVED IN LOW-INCOME HOUSEHOLDS IN BC.



"THE COST OF HEALTHIER FOOD SHOULD BE LOWER INSTEAD OF HAVING JUNK FOOD AS THE EASY CONVENIENT WAY TO GO."



1 in 3

YOUTH REPORTED **EXTREME STRESS OR QUITE A BIT OF STRESS** IN THE LAST 30 DAYS.

1 in 8

YOUTH **CONSIDERED SUICIDE** IN THE PAST YEAR.

YOUTH EXPERIENCED THE FOLLOWING **TYPES OF BULLYING AT LEAST THREE OR MORE TIMES IN THE PAST YEAR:**

1 in 10 WERE EXCLUDED

1 in 100 WERE PHYSICALLY ASSAULTED

1 in 8 WERE TEASED

82% OF YOUTH HAVE AN ADULT IN OR OUTSIDE OF THEIR FAMILY WHO THEY CAN **TALK TO ABOUT A SERIOUS PROBLEM.**



CONNECTIONS

"[WE NEED] GROUPS THAT ADDRESS BULLYING AND HOW TO NOT ONLY STAND UP TO BULLIES BUT... TO TEACH PEOPLE HOW TO HANDLE BULLYING SITUATIONS."

YOUTH WANT **HEALTHY FOOD OPTIONS AND MORE OPPORTUNITIES FOR PHYSICAL ACTIVITY THAT ARE FREE.**



"BE PERSISTENT IN REACHING OUT TO YOUTH. CHILDREN ARE BETTER AT HIDING THEIR ISSUES THAN YOU THINK."

HEALTH

TO MAKE THINGS BETTER – YOUTH WANT:

MORE SUPPORT FROM THE ADULTS IN THEIR LIVES

EASIER AND CHEAPER ACCESS TO THINGS THAT KEEP THEM HEALTHY

TO BE ASKED WHAT THEY THINK

PRACTICAL INFORMATION TO MAKE REAL-LIFE DECISIONS

AMONG YOUTH WHO HAVE HAD SEX, **69% USED A CONDOM OR OTHER BARRIER** THE LAST TIME THEY HAD SEX.

YOUTH WHO TRIED SUBSTANCES

21% TRIED SMOKING
45% TRIED ALCOHOL
26% USED MARIJUANA

YOUTH WANT TO LEARN MORE ABOUT SAFE SUBSTANCE USE AND HOW TO TALK TO THEIR PARTNER ABOUT HAVING A SAFE SEXUAL RELATIONSHIP.

"THEY TELL YOU TO DRINK RESPONSIBLY, BUT THEY DON'T TELL YOU HOW TO DRINK RESPONSIBLY."

BEHAVIOUR

IN 2012/13, ACCIDENTS WERE THE MOST COMMON INJURY WHERE CHILDREN AND YOUTH NEEDED TO BE HOSPITALIZED.



1 in 7

YOUTH HAVE MET SOMEONE THROUGH THE INTERNET WHO MADE THEM FEEL UNSAFE.

YOUTH WANT SCHOOLS AND COMMUNITY ORGANIZATIONS TO TEACH THEM HOW TO **RECOGNIZE, AVOID AND RESPOND TO UNSAFE SITUATIONS.**

SAFETY

WHICH OF THESE BEST DESCRIBES YOUR SCHOOL PLANS?

- 1% WILL NOT FINISH HIGH SCHOOL
- 3% WON'T CONTINUE EDUCATION AFTER HIGH SCHOOL
- 4% DON'T KNOW
- 6% HAVEN'T THOUGHT ABOUT IT
- 86% WILL CONTINUE EDUCATION AFTER HIGH SCHOOL

1 in 6 OF ALL YOUTH AND **2 in 5** ABORIGINAL YOUTH DID NOT GRADUATE FROM HIGH SCHOOL ON TIME*

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EDUCATION

"TEACHERS SHOULD SPEAK TO EACH OTHER ABOUT STUDENTS WHO ARE STRUGGLING AND THEN MAKE SURE THEY TELL THAT STUDENT, 'YOU'RE NOT AS DUMB AS YOU THINK YOU ARE.'"



REPRESENTATIVE FOR CHILDREN AND YOUTH



Office of the Provincial Health Officer