

Most SD62 Students Are Doing Well

Are there opportunities for improvement?

- **26%** don't feel like a part of their community^{1,↑,H}
- **15%** don't feel like a part of their school^{1,↑,H}
- **17%** don't have an adult they can talk to about a serious problem^{1,nc,H}
- **64%** of LGBTQ2+ students feel unsafe at school^{7,nc}

- **80%** of 12-17 year olds¹ and **62%** of 8-12 year olds¹ do not get recommended physical activity every day
- **47%** get less than 8-10 hours of sleep^{1,↓,H}
- **53%** of students reported waking up today feeling rested, **47%** reported they did not feel rested^{1,nc,M}

In the last month:

- **26%** reported using vape with nicotine^{1,↑,H}
- **19%** reported binge drinking^{3,↓,H}
- **29%** reported having tried marijuana^{1,↑,H}

- **34%** are experiencing quite a bit or extreme stress^{1,↑,H}
- **18%** seriously considered suicide in the past year^{1,↑,H}
- **16%** felt they needed mental health services but did not access them^{1,↑,H}

- **27%** of Kindergarten students vulnerable on one or more development scales^{6,nc,L}
- Grade transitions 9-10: **97%**, 10-11: **93%**, 11-12: **86%**⁴
- **71%** graduation rate for all students⁴
- **70%** graduation rate for Aboriginal students⁴

- Ever had sex (not incl. oral sex/masturbation): **77%** no^{1,nc,M}, **23%** yes^{1,↑,M}
- Last time had sex: **56%** used condoms^{1,↓,M}; **49%** used withdrawal^{1,↑,M}; **53%** used birth control pills or other prescribed method^{1,nc,M}



Data Sources and Legend

1. McCreary SD62 Adolescent Health Survey 2018 (AHS SD62)
 2. ParticipACTION report card on Physical Activity 2018 <https://tinyurl.com/y7ksnxns>
 3. COMPASS UBC Survey of Gr 9-12 students (2017 and 2018)
 4. 2019 School District Report, SD62 Sooke <https://studentsuccess.gov.bc.ca/school-district/062>
 5. Local Health Area Profiles (LHA) Western Communities <https://tinyurl.com/yxj4zw5>
 6. Early Development Index (EDI) SD62 <https://tinyurl.com/yxzudxf>
 7. SOGI 123 <https://www.sogieducation.org>
 8. Sex Ed is Our Right <https://www.sexedisourright.ca/sogi>
- ↓ Down from previous measure, ↑ Up from previous measure, nc (no change/no comparator/ not accessed); L (low), M (medium), H (high)
Health Risk Factor Relevance



Physical Health



Social Emotional & Mental Health



Sexual Health



Intellectual Development & Academic Achievement



Substance Use



Relationships & Environment



MORE INFORMATION

PHYSICAL WELL BEING (HEALTHY EATING, PHYSICAL ACTIVITY, SCREEN TIME, SLEEP)

- **9%** of youth sometimes go to bed hungry due to insufficient \$ for food at home^{1,nc,M}
- **18%** of youth reported eating no fruit yesterday and **20%** of youth reported eating no vegetables yesterday^{1,nc,M}
- **44%** drank pop/soda &/or energy drinks the previous day; **81%** of youth reported eating sweets the previous day^{1,nc,M}
- **5.9 hours/day**: average recreational screen time (Gr 9-12)^{3,↑,L}
- **57-60%** of youth report surfing the net/texting/using social media after they are expected to go to sleep; activities: Chat/text^{↓,nc,M} **56%** / Game[↓] **27%** / Homework^{↑,nc,M} **41%** / Video, Social media^{nc,M} **71%** / Go offline **43%**^{1,nc,M}
- 5- to 11-year olds and 12- to 17- year olds in Canada spend **2.3** and **4.1 hours/day**, respectively, in recreational screen time pursuits^{2,nc}
- Average hours of sleep (Gr 9-12) **7 hours/night**^{3,nc,L}

SEXUAL HEALTH

- Ever had oral sex: **20%** yes (given)^{↓,M}, **22%** yes (received)^{↓,M}, **75%** no¹
- **14%** access pornography on their smartphones^{1,nc,L}
- **57%** said that school is an important place for youth to receive sex ed^{8,nc}

SOCIAL/EMOTIONAL/MENTAL HEALTH; RELATIONSHIPS AND ENVIRONMENT

- **33%** felt nervous, anxious, on edge on most days of the last 2 weeks^{3,↑,M} and **30%** often have difficulty making sense out of their feelings^{3,↑,L}
- **25%** felt depressed most days in the last week^{3,↑,M}
- **18%** bullied within past month^{3,↓,M}
- Of the **16%** that didn't access emotional or mental health services^{1,↑,H} **63%** didn't do so because they didn't want their parents to know^{1,↓}; **37%** didn't know where to go^{1,↓}
- **15%** of students feel that they manage stress poorly^{1,nc,H} and **18%** are experiencing quite a bit or extreme despair^{1,nc,H}
- **15%** walk/bike/skateboard to school^{1,↓}; **41%** use bus/public transit^{1,↓}, **43%** use car^{1,↓}
- **77%** of youth feel welcomed at school^{4,L}

SUBSTANCE USE

- **26%** used a vape pen or stick in last month vs 11% who used cigarettes^{1,nc,H}
- Number of days used cannabis in past month (among the 29% of students who had tried cannabis)^{1,nc,H}
 - ❖ 0 days: 39%; 1-2 days: 25%; 3-5 days: 10%; 6-9 days: 6%; 10-19 days: 6%; 20-29 days: 7%; All 30 days: 7%
- **41%** who used alcohol or drugs in past year was told they did something they couldn't remember^{1,nc}; **28%** passed out^{1,nc}; **14%** grades changed^{1,nc}

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