

Most but not all SD62 Students Are Doing Well

Are there opportunities for improvement?

Relationships & Environment

- **9%** of youth sometimes go to bed hungry due to insufficient funds for food at home^{1,-M}
- **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,-H}
- **64%** of LGBTQ2+ students feel unsafe at school^{7,-}

Physical Health

- **18%** of youth reported eating no fruit yesterday and **20%** of youth reported eating no vegetables yesterday^{1,-M}
- **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}
- **47%** of students reported they did not feel rested^{1,-M}

Substance Use

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}



Social Emotional & Mental Health

- **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}

Intellectual Development & Academic Achievement

- **27%** of Kindergarten students vulnerable on one or more development scales^{6,-L}
- **55%** of students reported learning about how to stay healthy “many times” or “all of the time” at school^{4,-}
- Grade transitions 9-10: **97%**, 10-11: **93%**, 11-12: **86%**⁴
- **71%** graduation rate for all students⁴
- **70%** graduation rate for Aboriginal students⁴

Sexual Health

- Ever had sex (not incl. oral sex/masturbation): **77%** no^{1,-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,-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/y7ksxnns>
 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/yxbj4zw5>
 6. Early Development Index (EDI) SD62 <https://tinyurl.com/yxzuddxf>
 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, – (no change, no comparator or not accessed); L (low), M (medium), H (high) Health Risk Factor Relevance

MORE INFORMATION

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

- **44%** drank pop/soda &/or energy drinks the previous day; **81%** of youth reported eating sweets the previous day^{1,-,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^{↓,-,M} **56%** / Game[↓] **27%** / Homework^{↑,-,M} **41%** / Video, Social media^{-,M} **71%** / Go offline **43%**^{1,-,M}
- **2.3 hours/day** is spent by 5-11 year olds in recreational screen time pursuits^{2,-}; **5.9 hours/day** for youth in Gr 9-12
- **53%** of students reported waking up today feeling rested^{1,-,M}
- **7 hours/night** is the average hours of sleep for youth in Gr 9-12^{3,-,L}
- **44%** of students are eating breakfast daily³

SEXUAL HEALTH

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

SOCIAL/EMOTIONAL/MENTAL HEALTH; RELATIONSHIPS AND ENVIROMENT

- **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,-,H} and **18%** are experiencing quite a bit or extreme despair^{1,-,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,-,H}
- Number of days used cannabis in past month (among the 29% of students who had tried cannabis)^{1,-,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,-}; **28%** passed out^{1,-}; **14%** grades changed^{1,-}

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