



YOUTH IN THE SEA TO SKY CORRIDOR 2013-2021

**Report prepared for: Communities that Care Whistler in
conjunction with Sea to Sky Community Services Society**

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The authors would like to thank all the young people in the Sea to Sky Corridor who willingly and generously shared their attitudes, beliefs, and behaviours by participating in the Bach Harrison/CTC survey series in 2013, 2017 and 2021. Without your help, we would know much less about the issues affecting your lives and this report would not have been possible.



Contents

| | |
|--|-----------|
| Executive Summary | 3 |
| Working with the Bach Harrison data sets | 5 |
| The Global Norm | 6 |
| Trends over Time | 6 |
| The CTC Whistler Supplementary Questions in 2021 | 6 |
| Statistical Significance | 7 |
| In summary | 7 |
| Key Findings | 8 |
| 1/ Substance use among youth in the Corridor | 8 |
| 2/ Reporting on antisocial behaviours | 9 |
| 3/ Pandemic behaviours/responses | 9 |
| 4/ Risk Context (2021-Pandemic response?) | 10 |
| 5/ Protection Factors (community, school, family, and peers/individuals) 2021 | 10 |
| Youth in the Sea to Sky Corridor | 12 |
| Introduction | 12 |
| Working with the Bach Harrison Data | 12 |
| Survey Methodology | 12 |
| The Bach Harrison data – informing the results | 13 |
| Bach Harrison’s Global Norm | 13 |
| Time Series | 14 |
| Supplementary Questionnaire 2021 | 14 |
| Statistical Significance | 14 |
| PART ONE: Reported Youth Behaviours Over Time | 15 |
| Substance Use | 15 |
| Ages reporting substance use | 17 |
| Antisocial Behaviour | 20 |
| Ages reporting drinking and driving behaviours | 21 |
| Gambling | 22 |
| Ages reporting gambling behaviour | 23 |
| Risk Factors | 23 |
| Ages reporting a low commitment to school | 25 |
| Ages reporting poor family management as an issue | 26 |
| Protection Factors | 27 |
| Section Summary | 33 |
| PART TWO: Youth reported experiences in Pemberton, Whistler, and Squamish | 34 |
| Substance Use (2021) | 35 |
| Antisocial Behaviour | 36 |
| Gambling | 37 |
| Risk Context | 38 |
| Protection Factors | 40 |
| Section Summary | 42 |
| PART THREE: Supplementary Questions | 46 |
| Section Summary | 50 |
| Concluding Observations and Recommendations | 51 |



Executive Summary

Whistler Communities that Care (CTC) and Sea to Sky Community Services (SSCS) combined resources to commission this 2022 regional report on the status of youth in the Sea to Sky Corridor. The report is based on surveys conducted in 2013, 2017 and 2021¹ through regional public schools. This information will ground a region-wide planning initiative aimed at designing effective and coordinated service delivery to support youth at this critical time.

For each year that the survey was conducted, data was analyzed to create *Community Needs Assessment Reports [Whistler, Pemberton, Squamish]*, that profiled key youth issues and prevention opportunities/priorities for each community. These reports are available on the CTC Whistler website. (<https://ctcwhistler.ca/>)

This final report is the 4th in that series. Using the same data sets from Bach Harrison, the analysis offered here provides a perspective on key youth issues for the Corridor as a whole – offering insights into the overall challenges and opportunities facing this region with respect to its young people between the ages of 11 and 19.

The authors have focused on:

- A time series assessment to uncover changes over time in youth experiences and attitudes (2013-2021), including an assessment of the ages at which behaviours seem to manifest (based on reporting),
- A presentation of responses to a specific set of questions that were added by CTC to the Bach Harrison survey in 2021,
- A snapshot of the seeming impact of Covid-19 and the subsequent lock-down response on youth behaviours in the Corridor, and
- A comparison of youth experience within the three major communities (for 2021 only).

¹ The surveys, structured by Bach Harrison L.L.C. were designed to measure the need for prevention services among youth in the areas of substance abuse, delinquency, antisocial behaviour, and violence. The 130-question survey asked youth to identify factors that place them at risk for these behaviours and factors that offer them protection. For the 2021 survey, CTC Whistler added some specific Corridor-related questions as a supplementary survey. The surveys were administered by teachers in the region's public school system. In 2017, only Whistler students were surveyed. In 2021, the students at Xetolacw Community school in Pemberton were included for the first time.



Working with the Bach Harrison data sets

The Bach Harrison (BH) survey is comprised of 130 standard questions.² Each question asks about a specific behaviour (e.g., 'have you sent out hurtful messages by text, or 'have you considered running away from home'). Answers are subsequently grouped, by Bach Harrison (BH), into four categories:

- Alcohol, Tobacco, and Other Drug Use (ATOD),
- Antisocial Behaviours,
- Risk Context, and
- Protective Context.

Although BH provides a data dictionary (Appendix 5) intended to show how questions are 'rolled up' into these reporting categories, there are nuances in this process that may impact subsequent efforts to accurately analyze and report. For instance, how questions relate to reporting categories is not clear, and how youth have interpreted the questions is unknown.

In addition, because of the way the survey tool is organized to ask youth about their behaviours, we note that the methodology has failed to uncover information about some worrying trends being observed by professionals working in the Corridor including bullying, body dysmorphia and sexual health to name a few. It also does not reflect gender diversity or exploration, nor does it offer insights into any relationship between behaviours and gender.

The BH survey asks questions about youth behaviour, aiming to uncover information about key issues, risk factors, and protection factors. The survey methodology has failed to uncover information about some worrying trends that are being observed by professionals working in the Corridor including bullying, body dysmorphia, and sexual health. It also does not reflect gender diversity or exploration, nor does it offer insights into any relationship between behaviours and gender.

Supplementary questions prepared by CTC Whistler for the 2021 survey were intended to fill some of these information gaps, but response rates were lower to this part of the survey³ and time-series comparisons are not possible for these responses until/unless they are repeated in subsequent surveys.

² The original BH survey was comprised of 130 questions: 1672 students responded to Q130, representing a 6% attrition rate from the number of students answering the first question.

³ The CTC Whistler questions, on a separate answer sheet, had a high of 1407 responses, with the final question receiving 1124 responses. This represents an attrition rate of 37%. The dramatic decline between Q130 and Q201 suggests that some classes may not have been given the opportunity to complete the supplementary questionnaire.



The Global Norm

An interesting and important aspect of the Bach Harrison methodology is the calculation, for each survey category, of a 'normative' measure, called the Global Norm (BHGN). The BHGN is based on 970,000 survey responses from youth across North America. While this information allows communities to 'benchmark' their results, the authors of this report suggest that it is important to treat any exercise of 'comparing to normal' with great caution. For instance, there are cultural differences in the USA and Canada (e.g., the question on carrying handguns); and varying approaches/practices (e.g., school suspension conditions, and grade/age representations). There are also different laws (e.g., legalized marijuana in Canada and some US States) Any or all these differences can skew 'normative' results. It is also important to note that the BHGN data being used to benchmark the 2021 Sea to Sky results, reflects 2019 BH data – pre pandemic – which likely accounts for the dramatic differences we will demonstrate in this report for these data sets.

Trends over Time

The authors also suggest that caution is required in using historical data to create a 'trends over time' analysis using these data sets. There is inconsistency in the number of students who completed the survey in 2013, 2017 and 2021. There are also some sides of the region's youth profile that are not represented because they were not included in the survey process. This includes private and home-schooled students, students attending Catholic schools, and youth who were not in or attending school. The 2013 survey was administered to Sea to Sky School District public school students in Squamish, Whistler, and Pemberton. The 2017 survey was administered only in Whistler. The 2021 survey was administered in all three communities, and for the first time, at Lil'wat Nation's *Xetolacw* Community School. The regional data highlighted in Section 2 of this report must be viewed with this understanding.

The CTC Whistler Supplementary Questions in 2021

In 2021, seeking additional information to clarify the impact of the pandemic and support an application for Foundry funding, CTC Whistler added a series of questions to the BH survey.⁴ While answers to this new set of questions cannot be directly compared to either the

⁴ Appendix 4 includes a list of these supplementary questions

DATA RESILIENCE

The BH survey data that forms the basis of this report has some challenges and the analysis based on this data should therefore be read with interest, concern and caution.

None the less, the authors of this report encourage its readers to take the information seriously. The data is sound enough to confirm that there is much work to be done.



BH global norm or earlier survey results, they do offer important insights into pandemic impacts.

Statistical Significance

The data presented in this report is indicative of trends within the Sea to Sky Corridor, which may or may not be statistically significant. This becomes particularly important when comparing results between communities, but also in comparing results to the BH global norm.

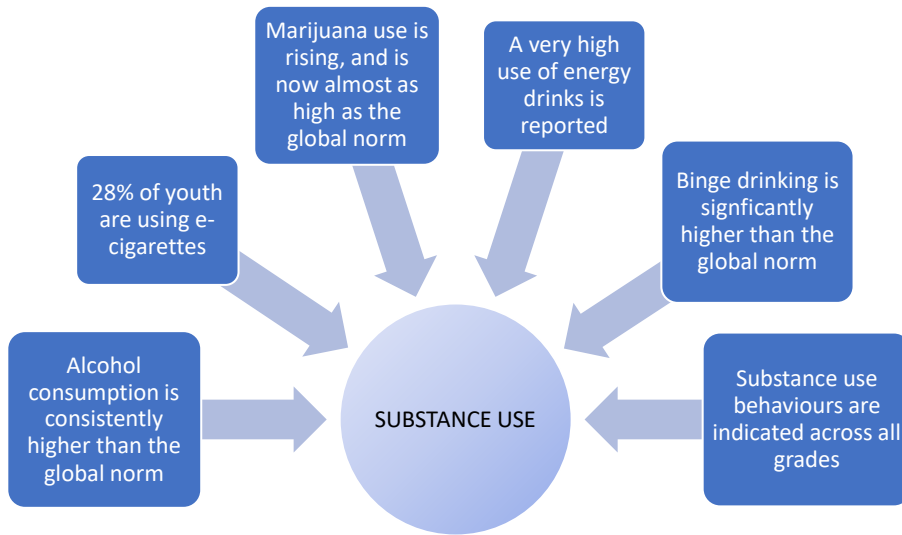
In summary, the BH survey data that forms the basis of this report has some challenges and therefore, the analysis based on this data should be read with interest, concern, and caution. The survey results did not involve every youth in every school. For several reasons, there are some young people whose voices are completely silent in the results. More students answered the starting questions than the final ones. We cannot presume how interpretation, culture, or language played into the way questions were perceived and addressed. None the less, the authors of this report encourage its readers to take the information seriously. The data is sound enough to confirm that there is much work to be done.



Key Findings

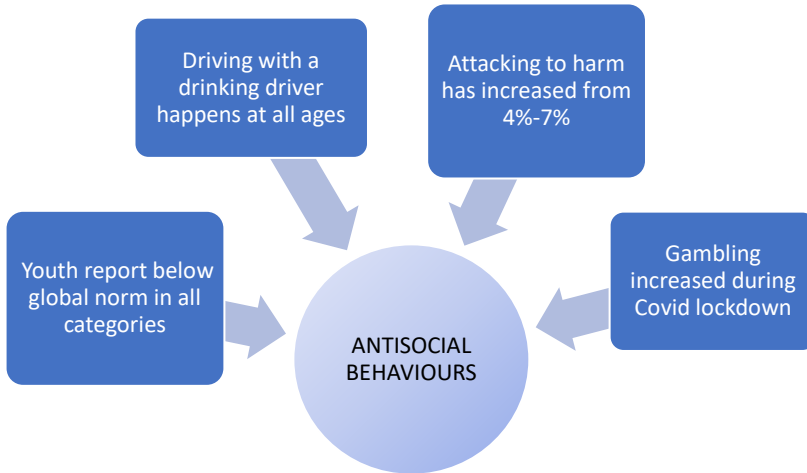
The full report goes into greater detail on each of the issues identified here, and discusses the data related to risk factors and protection factors. This summary is intended only to interest readers in taking a closer look at what we learned.

1/ Substance use among youth in the Corridor

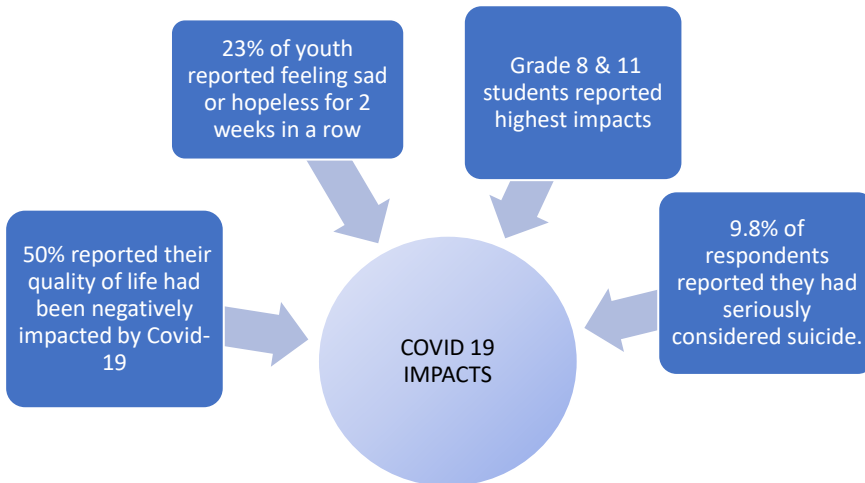




2/ Reporting on antisocial behaviours

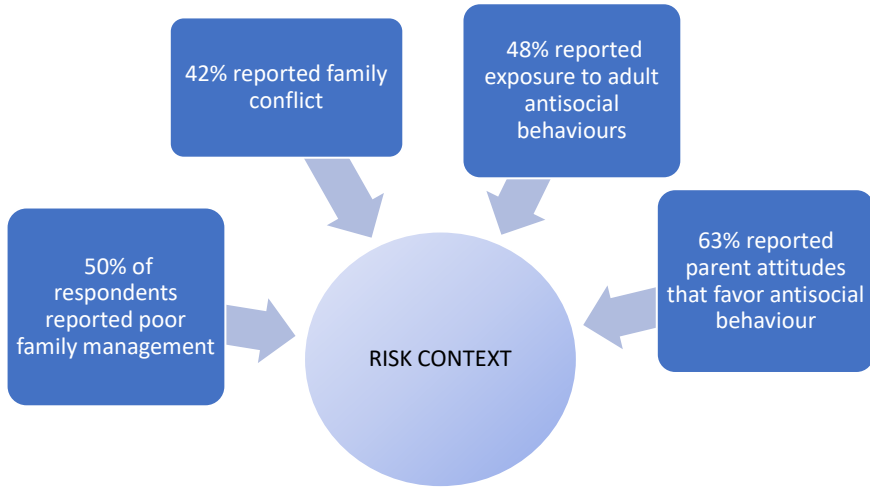


3/ Pandemic behaviours/responses

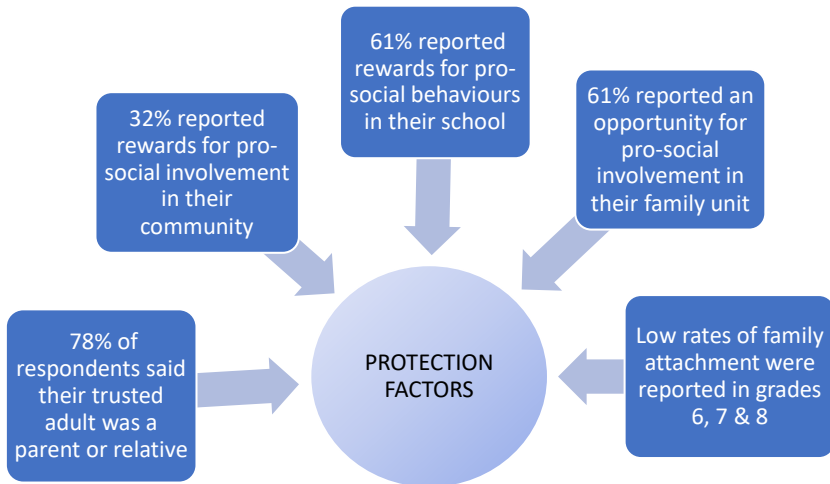




4/ Risk Context (2021-Pandemic response?)



5/ Protection Factors (community, school, family, and peers/individuals) 2021





Summary

The survey results for 2013, 2017 and 2021 indicate only modest changes or improvements in most categories of youth behaviour over the past 8 years, and surely the pandemic caused some serious setbacks in terms of youth health and mental health.

The data reveals different issues/concerns in Pemberton, Squamish, and Whistler, so the youth profile cannot be considered homogeneous across the Corridor. As noted earlier, the data fails to support or deny some of the trends being reported by those working with and for youth between the ages of 11 and 19, such as the increase in eating disorders and the antisocial behaviours associated with an increased use of social media.

The survey results also suggest some risk factors that have or are, in addition to teenager-hood, contributing to substance use and antisocial behaviours. Data also suggests, from a young person's perspective, where protections may lie.

Believing that early intervention can make a considerable difference to positive outcomes and understanding that, in the current climate, priorities for action will have to be set, the authors encourage readers to pay attention to the age at which youth are reporting some of these behaviours, and the protective factors that they have identified as helpful.

We also encourage readers to discuss the findings presented here with young people in your own circles of influence. For all the reasons noted, the data cannot be considered fool-proof, and we believe it is critical that these findings are seen as the appetizer course for a meal that will become much more satisfying through discussion, debate, and discovery. Youth in the Sea to Sky Corridor have taken the risk and opened a window into their world. It is now up to those who wish to support them to respond to their call.



Youth in the Sea to Sky Corridor

A snapshot of critical issues for youth in the context of a pandemic

Introduction

This report reflects data collected about youth in the Sea to Sky Corridor between 2013 and 2021. Most of the data is the result of surveys commissioned over several years by Communities that Care Whistler (CTC) from Bach Harrison (BH), LLC, Survey Research and Evaluation Services, based in Salt Lake City, Utah.

The report presents the available data in 3 different ways:

- Part One: Examines the reported changes over time in youth experiences and attitudes and includes an assessment of the grade/age level at which some of these behaviours are first reported. This section uses data from 2013, 2017 and 2021 BH survey.
- Part Two: Offers a comparison of youth reported experiences in Pemberton, Whistler, and Squamish as the 3 principal communities along the Sea to Sky Corridor (based on the 2021 data)
- Part Three: Reviews how youth responded to questions added, by CTC, to the base survey in 2021 to better understand pandemic impacts and to support Foundry⁵ planning for the region.

Working with the Bach Harrison Data

Survey Methodology

The Bach Harrison survey tool is comprised of 130 standard questions. Each question asks the respondent about a behaviour. Answers are subsequently grouped, by BH, into four predictive categories:

1. Alcohol, Tobacco, and Other Drug Use (ATOD),
2. Antisocial Behaviours,
3. Risk Context, and
4. Protective Context.

Although there is a data dictionary (Appendix 5) intended to show how questions have been ‘rolled up’ into the various reporting categories, this methodology has a “black box” element. For instance, the number of questions associated with each category is not clear, and there is room for multiple interpretations of some questions.

In addition, because the data from the BH surveys is primarily behaviour-based, it does not provide any direct information about several worrying trends being observed in the Corridor – bullying, body dysmorphia and sexual health, to name a few. It also does not reflect gender diversity, nor does it

⁵ Foundry offers young people ages 12-24 health and wellness resources, services and supports through integrated service centers in communities across BC. (www.foundrybc.ca)



correlate reported behaviours with gender, which leaves some important information gaps from a planning perspective.

In the latest survey (2021) CTC Whistler included a supplementary section that asked 10 additional questions intended to address some of these gaps, but even with that supplementary data, there are outstanding questions, particularly about various aspects of mental health amongst youth.

Surveys were distributed, by CTC Whistler to public schools in the region. Private, Catholic, and homeschooled youth were not surveyed, nor were youth who were not in school. Classroom teachers provided front line instruction about the survey. It is unclear whether there was consistency in this stage of the process.

The Bach Harrison data – informing the results

The 2013, 2017 and 2021 surveys did not have the same number of respondents, nor did they survey identical populations. In 2017, only Whistler students participated. In 2021, the Lil'wat Xetolacw Community School participated for the first time. In 2021, the only year for which the authors had access to respondent numbers, 1,778 youth, (approximately 35% of youth between the ages of 11 and 19 in the region)⁶, started the survey. One thousand six hundred seventy-two (1672) students answered the final survey question, #130, representing a 6% attrition rate. Not all youth answered all questions. The ten supplementary questions received a high of 1407 responses, with the final question receiving only 1124 responses. This represents an attrition rate of 37%. It is impossible to know the extent to which issues such as time availability, question complexity, subject interest, confidentiality, or instruction affected survey attrition rate, but it is important to acknowledge that more than a third of the region's young people contributed their information and insights to this work.

It is important to note that the BH global norm being used to benchmark the 2021 Sea to Sky results reflects 2019 (pre-pandemic) data, which likely accounts for the dramatic differences in these data sets.

Bach Harrison's Global Norm

⁶ Squamish High School participation in 2021 was lower than expected.

DATA HIGHLIGHTS

- *Surveys were distributed through regional public schools. Not all schools participated.*
- *130 behaviour questions are asked and then translated into 4 'predictive' categories.*
- *Regional results are benchmarked against a 'global norm', based on 970,000 North American survey respondents.*
- *In 2017, only Whistler youth participated in the survey. In 2021, Xetolacw students participated for the first time. Squamish High School participation was low.*
- *1776 youth, approx. 35% of young people aged 11-19, completed the survey in 2021.*
- *37% of students failed to complete the supplementary CTC Whistler survey questions.*



Because their basic survey tool is used in multiple communities throughout North America, BH offers a 'global norm', based on approximately 970,000 responses, against which communities can benchmark their results. Benchmarking is generally understood to mean establishing a standard against which other data can be assessed or judged. However, there were areas of the data where the global norm data may not be helpful, such as school suspension rates, for example. According to that benchmark, the Sea to Sky Corridor is far below the global norm. It is not clear whether this is because youth in this region are adhering to the schools' expectations of behaviour, or the result of a higher threshold for unwanted behaviour within the schools., or the result of differing approaches to setting consequences.

For a variety of reasons including culture/language differences, policies and practices, laws, and regulations, and especially the differing US/Canada institutional frameworks, it is important to view and use the global norm data with some caution. It is better to inform regional results with the global norm using a 'suggestive' not 'prescriptive' lens.

Time Series

Because CTC Whistler has commissioned BH to conduct similar surveys over several years starting in 2003, it allows us to identify trends in certain behaviours over time. For this report, the 2013, 2017 and 2021 survey results were analyzed.

Some caution is required in using the historical data due to inconsistencies in the administration of the survey, resulting in different populations of Sea to Sky youth who responded in each period, and making an apples-to-apples comparison of results impossible. The 2013 survey was administered to District public school students in Squamish, Whistler, and Pemberton. The 2017 survey was administered only in Whistler. The 2021 survey was administered in all three communities, and for the first time, at the *Xetolacw* Community School administered by the Lil'wat Nation. The regional data highlighted in Part 2 of this report must be viewed with this understanding.

Supplementary Questionnaire 2021

In 2021, CTC Whistler added a series of questions to the basic BH survey seeking additional information that might clarify the impact of the pandemic, and for supporting an application to bring a Foundry program to the region. Appendix 4 provides a full list of these supplementary questions. While answers to this new set of questions cannot be directly compared to either the BH global norm or earlier survey results, they do offer important insights into pandemic impacts.

Statistical Significance

Survey data and results may not be statistically significant. To support effective planning, they require ground-truthing, particularly with young people and service providers in the Corridor.



PART ONE

Reported Youth Behaviours Over Time

Using the 2013, 2017 and 2021 survey data, the analysis in this section focused on three things:

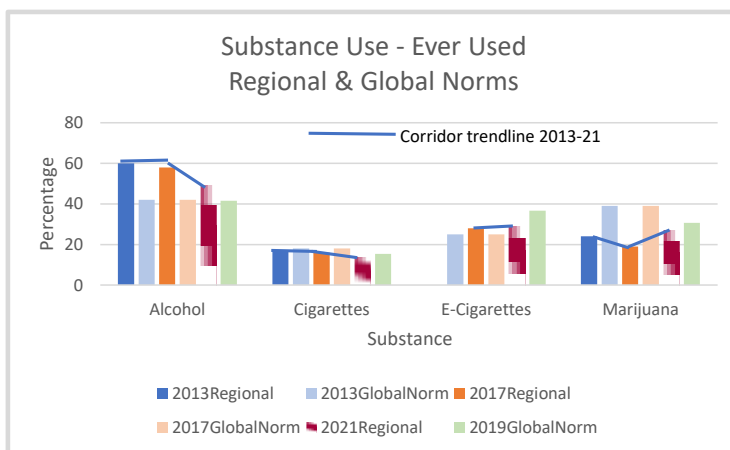
- the ways in which youth behaviours and attitudes have changed in the Sea to Sky Corridor over the past 8+ years.
- the age (or grade) at which young people report the onset of these behaviours and attitudes; and
- the extent to which risk and protective factors have contributed to what youth report.

The Bach Harrison global norm for each time period is offered as a soft comparative for this analysis.

Substance Use

Of all substances identified in the BH surveys, the authors have focused on alcohol, cigarettes, E-cigarettes, and marijuana because these 4 substances represent the highest percentage of use for young people in the Corridor.

This first graph (below) demonstrates reporting with respect to these 4 substances in response to the question “have you ever used...”

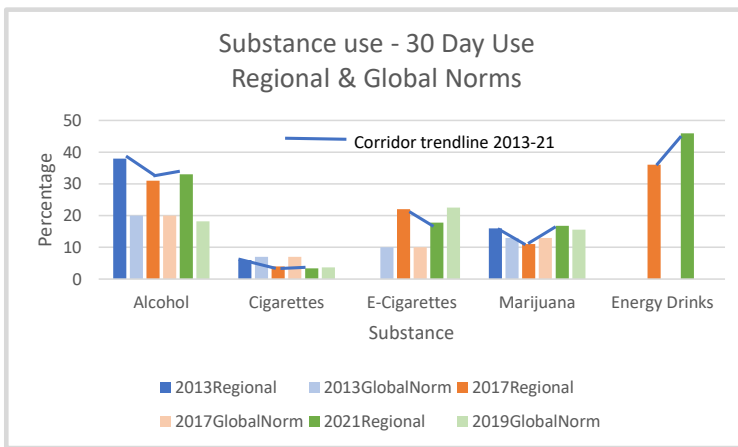


- Alcohol consumption in the Corridor has been and is consistently higher than the BH global norm, but consumption appears to be declining. In 2013, 60% of survey respondents reported the use of alcohol, but in 2021, under 50% reported its use.
- Cigarettes are roughly consistent with the BH global norm. However, it appears that the overall trend is downward in the Corridor. In 2013, 17% of survey respondents reported the use of cigarettes. In 2021, 13.5% reported the use of cigarettes.
- No data is available in 2013 for E-cigarette use in the Corridor. From 2017 to 2021, E-cigarette use is consistent at 28%.



- Marijuana use in 2013 and 2017 was well below the BH global norm. However, by 2021, the reported use in the Sea to Sky Corridor was almost as high as the BH global norm.

The second graph (below) demonstrates responses to the slightly modified question “have you used substances in the past 30 days”. In this graph, energy drinks have been added as an additional substance of concern.

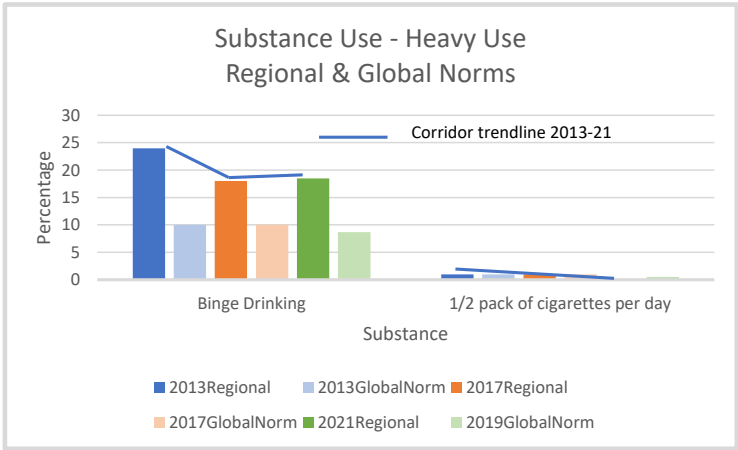


- The “30 Day Use” pattern is very similar to the “Ever Used” pattern, although percentages are down for every category. For example, in 2013 the data indicates 60% of respondents had ‘ever used’ alcohol. Less than 40% of respondents report using alcohol in the ‘past 30 days’.
- As in the “ever used” alcohol reporting, the use of alcohol ‘within the past 30 days’ is consistently higher in the Corridor than the BH global norm.
- Tracking of energy drinks was introduced for the Corridor in 2017 but BH global norm data is not available. High use of these substances is reported, although it is not clear how much higher than (for example) coffee use would have been before the popularity of energy drinks. The primary addictive factor in energy drinks is caffeine⁷, although there is lots of sugar as well.⁸

The next graph (over) offers a view of the reporting on the heavy use of substances. How the BH methodology has defined ‘heavy use’ in their data sets is an example of where their methodology is not easily understood.

⁷ Monster Energy drink contains 36 mg of caffeine in 100 grams of beverage. In comparison, a cup of coffee contains 40 mg of caffeine in the same amount of beverage.

⁸ A single class 8.4 ounce (248 ml) can of Red Bull contains 27 grams of sugar, equating to nearly 7 teaspoons of sugar per can. Monster Energy comes in larger cans, doubling the amount of sugar per can. (<https://www.healthline.com/nutrition/red-bull-vs-monster>)

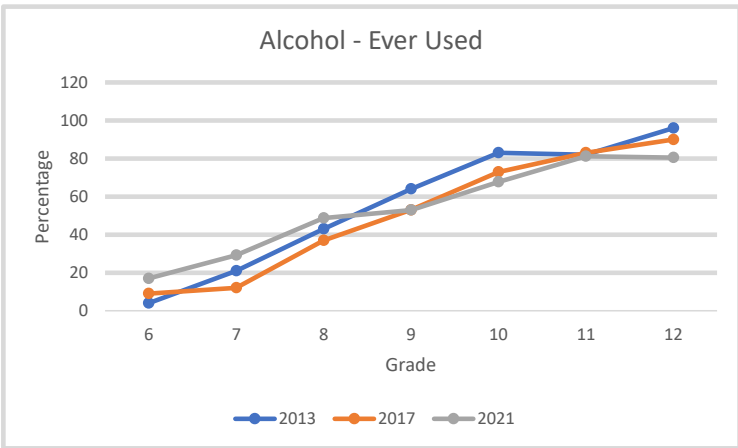


- As a behavioural category, ‘binge drinking’ does not appear to be defined by BH.
- Binge drinking amongst youth in the Corridor is, on a consistent basis, significantly higher than the global norm. From a high of 24% reporting binge drinking behaviour in 2013, young people are now reporting it in the range of 18% (consistent between 2017 and 2021).
- The heavy use of cigarettes appears to be declining.

Ages reporting substance use

The BH data tracks responses by grade, which is roughly equivalent to age, and gives us an idea about when youth begin to report the use of specific substances.

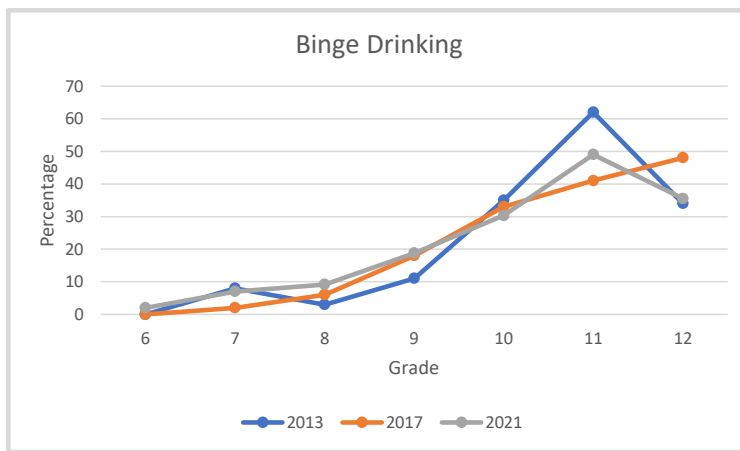
The graph below demonstrates responses to the question ‘have you ever used alcohol’.





- In 2013, almost no youth in Grade 6 reported the use of alcohol. By 2021 this number had risen to 20%.
- In Grade 12, most of the youth reported using alcohol at some time. In 2013, this was almost 100% of respondents. In 2021, it dropped to 80%.

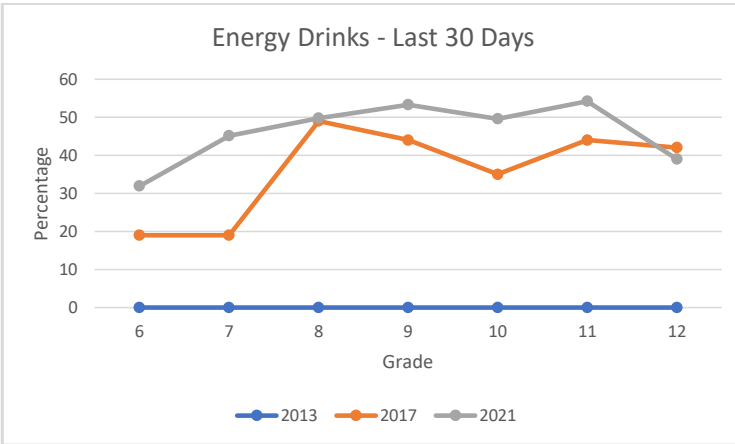
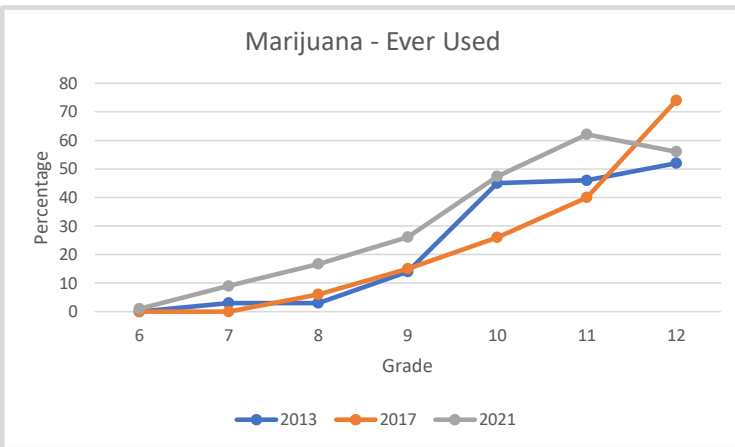
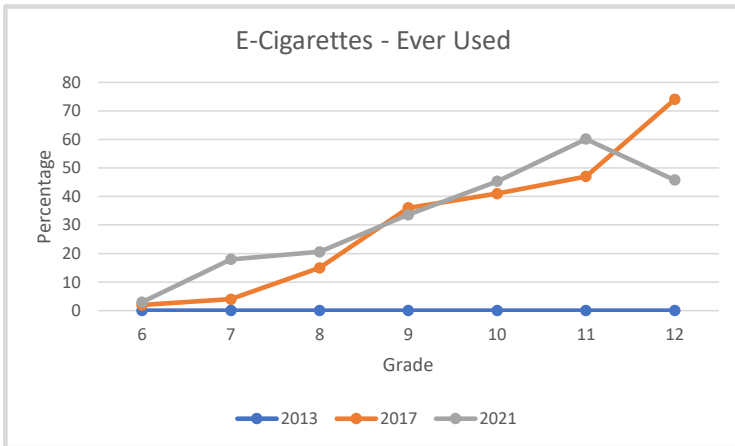
The next graph analyzes youth responses related to binge drinking. Again, no definition of binge drinking is provided by BH, but we can assume from conversations with youth that they understand this to mean 'drinking until blacking out', or 'drinking as a core activity for multiple days in a row'. The supplementary questions about the risk to youth of this type of activity is not addressed in the surveys but should be a significant consideration for readers.



- In 2013 and 2021, 'binge drinking' appears to peak in Grade 11 and decline for Grade 12.
- More than 60% of youth in Grade 11 report participating in 'binge drinking' (as they understand it)
- Youth as young as Grade 7/8 report participation in this activity.

The next three graphs (over) explore the ages at which Sea to Sky youth report the exploration of E-cigarettes, marijuana, and energy drinks. These are responses to the question 'have you ever used...'.

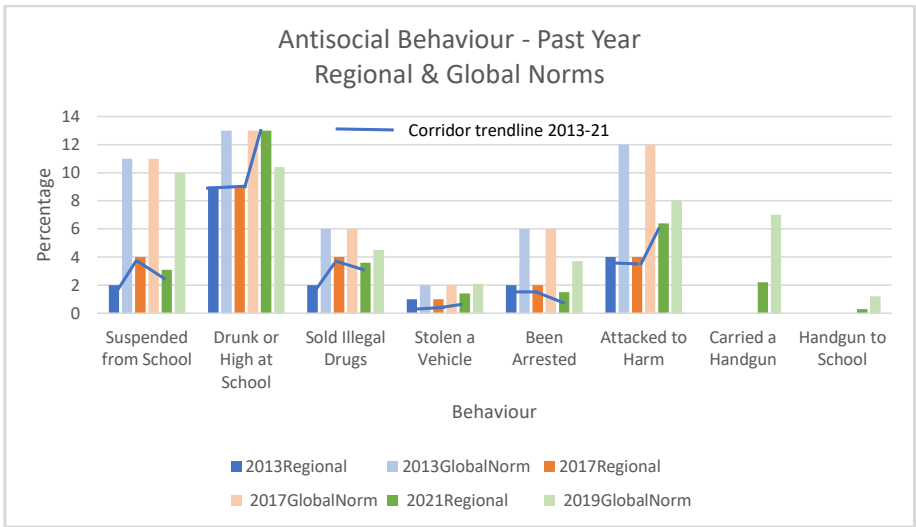
- For E-cigarettes, and marijuana, the trend line for Grade 12's is down for reported use in 2021, but it is concerning that youth in grades 7 through 11 appear to be using at a higher rate in 2021 than in previous survey periods.
- Energy drinks were not as readily available in 2013, and the use of energy drinks was not surveyed that year. The pattern for 2017 and 2021 is that 50%+ of youth use them on a regular basis from Grade 8 onwards.



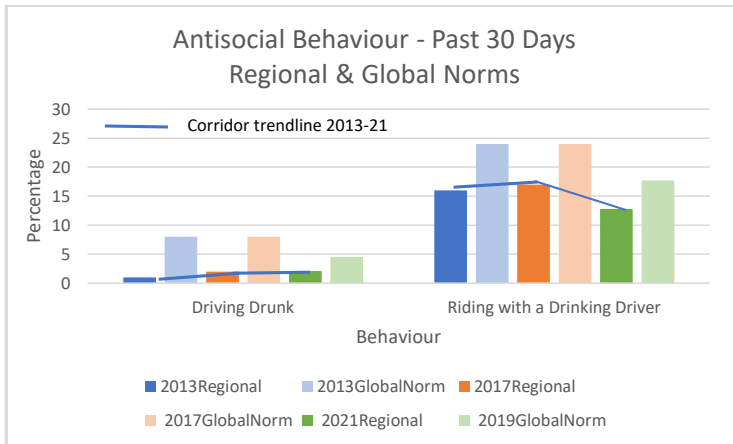


Antisocial Behaviour

Antisocial behaviour is the second category explored by the BH data. It is a category of behaviours considered to be detrimental to society. The BH surveys focused is on behaviours that result in school suspension, being drunk or high at school, selling illegal drugs, stealing a car, getting arrested, attacking someone with the intent to harm them, and carrying guns.



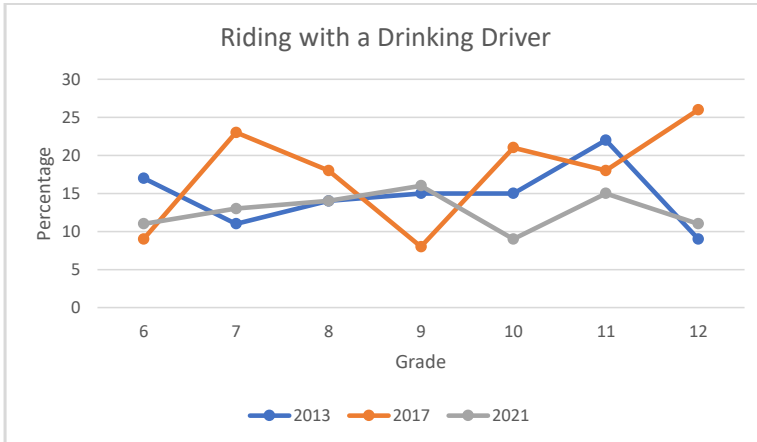
- In all categories of antisocial behaviour, Sea to Sky respondents report participation in such behaviours (in general) at a significantly lower rate than the BH global norm.
- The most dramatic difference from the BH global norm is in the rates of school suspension, which are reported to be significantly lower in the Corridor that suggested by the BH global norm. This difference may indicate a policy/procedure difference, or a cultural difference in the way consequences are meted out in Canada and the USA.
- A concerning trendline is the increased number of young people who reported attacking people with intent to harm. The 2013 and 2017 regional result of 4% increased to 6.4% in 2021.



- Driving while under the influence is reported at a significantly lower rate within the Corridor than the BH global norm, but the trend is gradually increasing.
- Riding with a drinking driver is a more widespread behaviour but is also lower than the BH global norm. There was a pronounced decrease in this behaviour in 2021, potentially the result of fewer trips or less socializing during the pandemic.
- A more concerning aspect of this graph is that it indicates how respondents have answered questions regarding 'behaviour within the past 30 days'. This would seem to indicate driving drunk and/or riding with a drinking driver is a more routine behaviour, rather than an experimental or occasional behaviour.

Ages reporting drinking and driving behaviours

- The authors have assumed that driving drunk is an activity that affects ages 16+, so the more interesting question is the age at which youth report riding with a drinking driver. The chart below shows that it is a behaviour that exists in all grade levels. For the younger youth, this may reflect on the behaviour of parents and other responsible adults more than on peers.



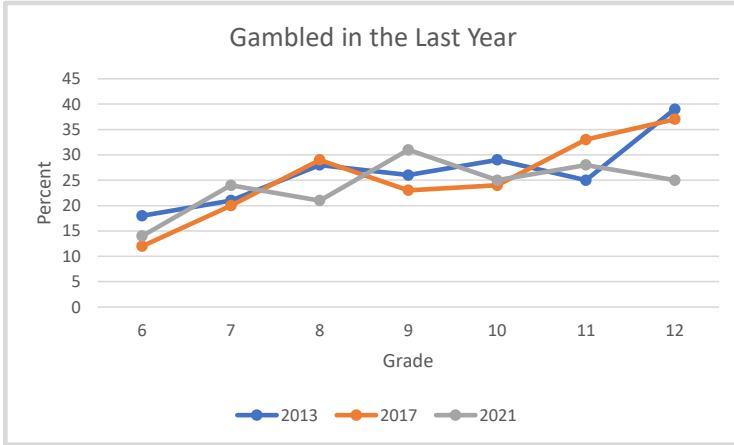
Gambling



- Reported gambling is significantly lower than the BH global norm. In the Sea to Sky Corridor, it appears to have dropped significantly in 2017, and then risen again in 2021.



Ages reporting gambling behaviour

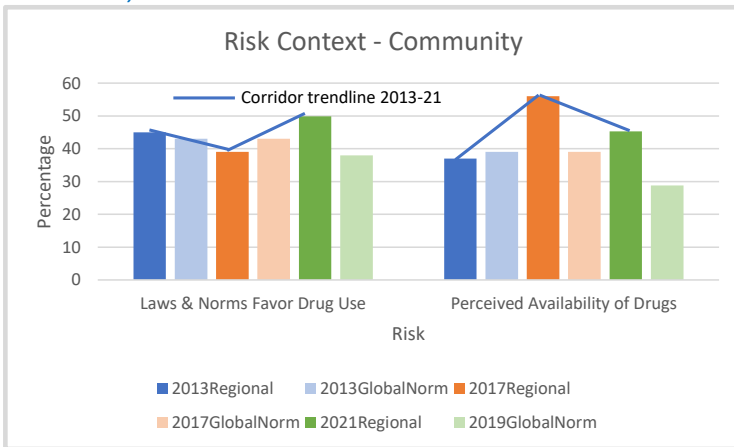


- Gambling appears to be a behaviour that increases with age.
- It is difficult to know from the survey if the gambling questions refer to buying raffle tickets, accompanying grandma to bingo, or other relatively benign activity, or whether it indicates something more concerning. Each of the specific areas of gambling identified in the data was reported on by a very small percentage of respondents.

Risk Factors

Risk factors fall into four categories: community, school, family, and peers/individuals.

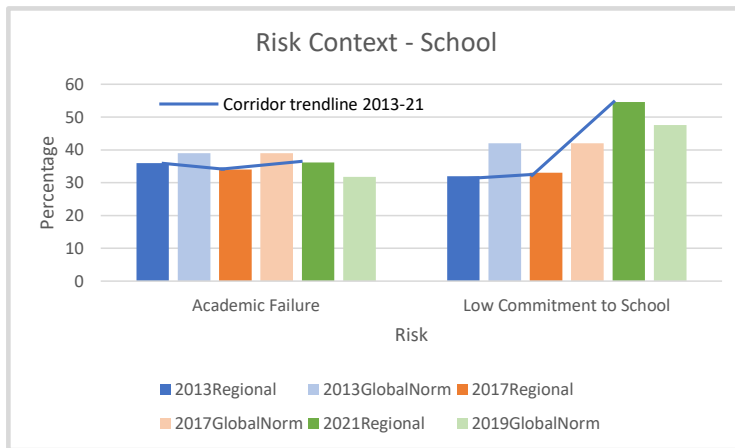
Community





- Many Canadians are ambivalent about the criminalization of drug use. Decriminalization has occurred for certain drugs (cannabis products) and may be underway for others. Cannabis for recreational use was legalized in Canada in October 2018, but in 2017, there may not have been a good understanding that it was going to continue to be a controlled substance. Therefore the 2017 survey result about the perceived availability of drugs may be a reflection about the anticipated availability of drugs.
- The two risk categories represented by “community” here are beyond the control of the Corridor, given that drug policy is set by the federal government, and to a lesser extent, by the provincial government.

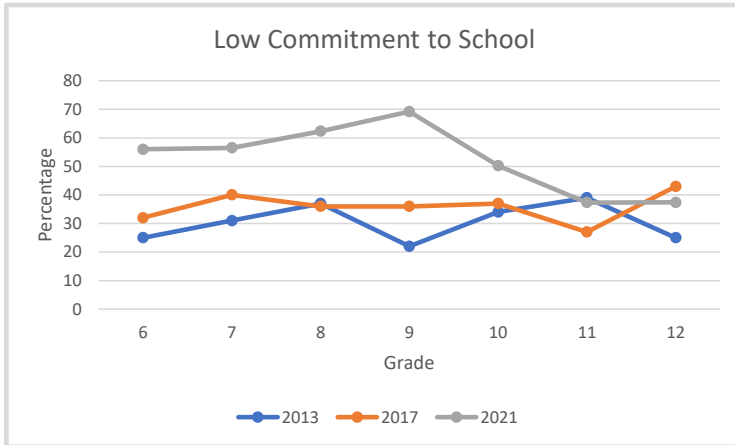
School



- The reporting for academic failure, as a category, is slightly lower than the BH global norms over the 3 study periods where it consistently hovers around 35%.
- In 2013 and 2017, the region reported lower rates of “low commitment to school” (32%) than the BH global norm. That changed in 2021, when the rate increased to almost 55%. This is clearly a pandemic response, given the disruption to the lives of youth during 2020, 2021, and continuing into 2022.



Ages reporting a low commitment to school

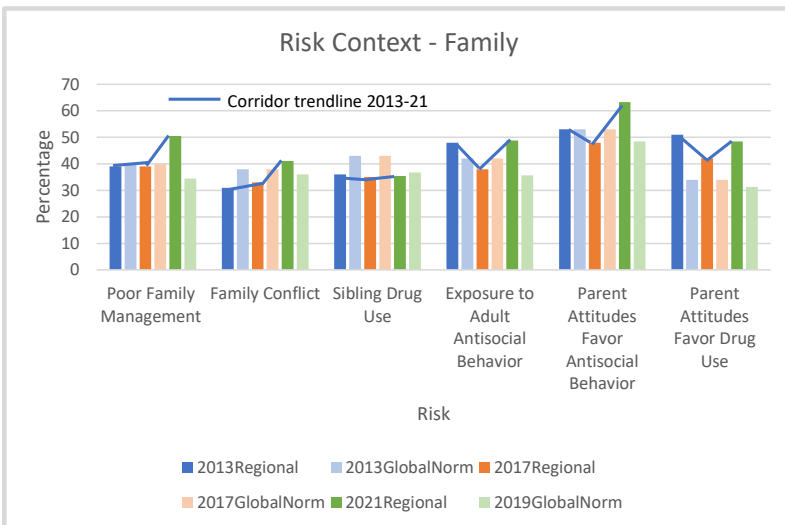


- In 2013 and 2017, low commitment to school hovered between 20% and 40%, with grade 9 reporting the lowest at 20%. In 2021, the trend line for Grades 6 through 10 is much higher at 55%-70% - again with Grade 9 reporting the lowest commitment to school. By Grade 11 and 12, youth in this year appeared to be back to more “normal” attitudes about school with 38% reporting a low commitment.

Family

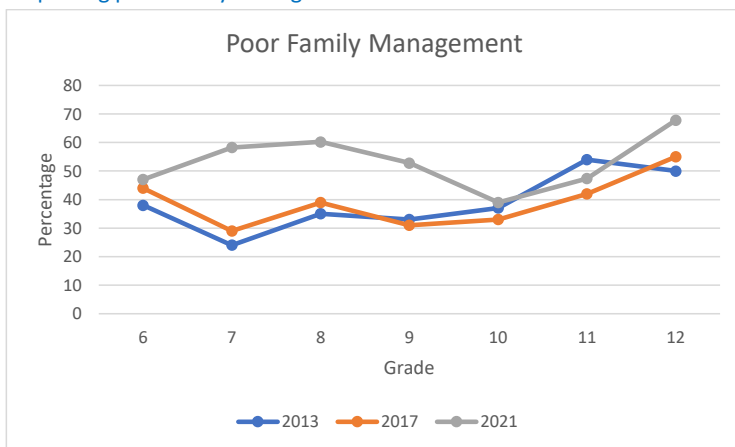
- The graph (over) tells an important story of how the pandemic affected youth and their relationship to family, and possibly it tells a story of family stress associated with the pandemic. In almost every category, the 2021 reporting for certain types of experiences exceeds the BH global norm.

[Important reminder] The BH global norm being used to assess the 2021 Sea to Sky results reflects 2019 (pre-pandemic) data, which likely accounts for the dramatic differences.



- Youth reported poor family management at the same level as the BH global norm until 2021, at which time the reporting of this risk context jumped from 38% to 51%, far exceeding the BH global norm (Author's Note: please recall that these 2021 corridor survey results have been benchmarked against the 2019 global norm results)
- Similarly, family conflict was reported at a higher rate (42%) in 2021 than in prior year surveys
- Exposure to adult antisocial behaviours was higher than the BH global norm in all survey years. It dropped in 2017 and then spiked again in 2021.

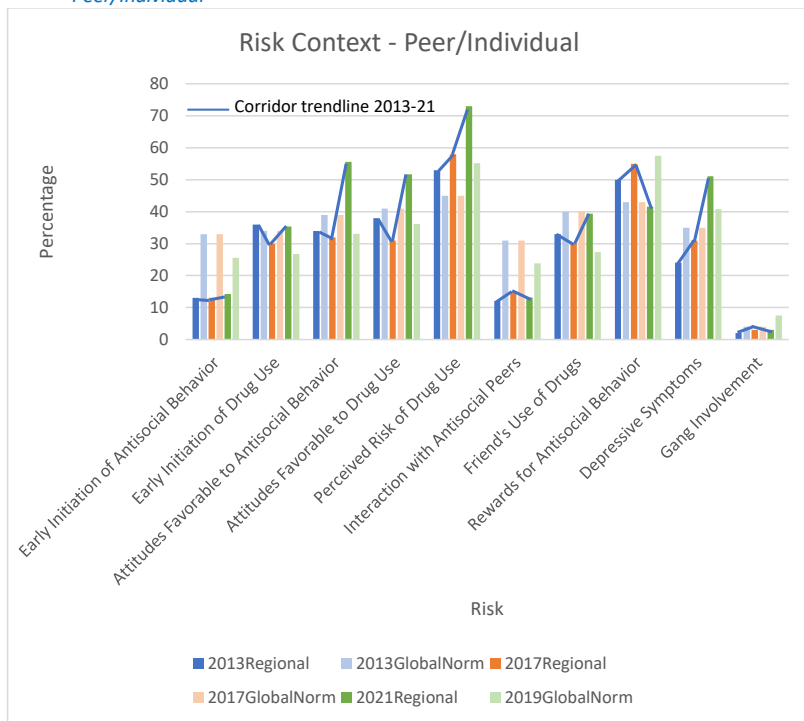
Ages reporting poor family management as an issue



- The 2021 responses for Grades 7, 8, 9 & 12 (graph above) on the issue of poor family management (not defined by BH) were much higher, than for previous survey years.



Peer/Individual



- Overall, youth in the Sea to Sky Corridor reported less risk associated with the antisocial behaviour of peers than the BH global norm, except for the categories related to substance use.
- In almost all categories, the reporting for 2021 showed a considerable spike over prior year reporting.

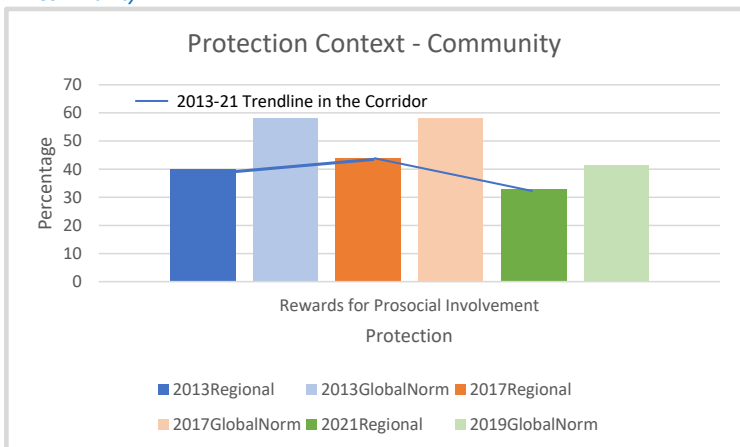
Protection Factors

Protection factors fall into four categories: community, school, family, and peers/individuals. In 2021, protection factors were down in all spheres, most dramatically with peers.

Prosocial is a category that means behaviours that are beneficial to society – behaviours such as doing a good job, getting good grades, opportunities to engage with teachers, getting involved with class discussions, sports or other activities, volunteering, and so on. Rewards for prosocial involvement means getting praise or recognition for a job well done.



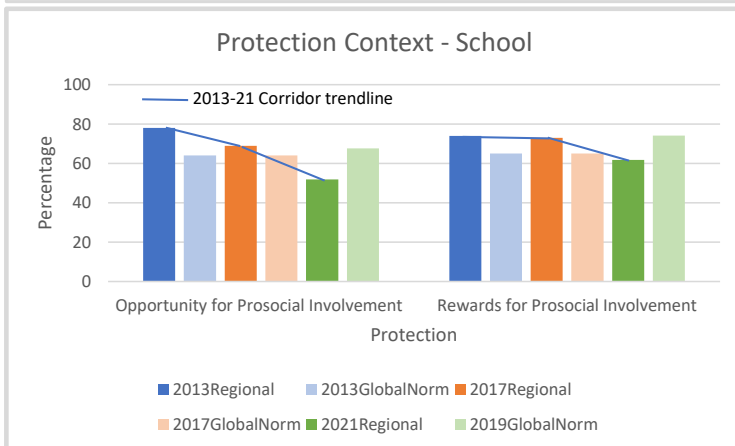
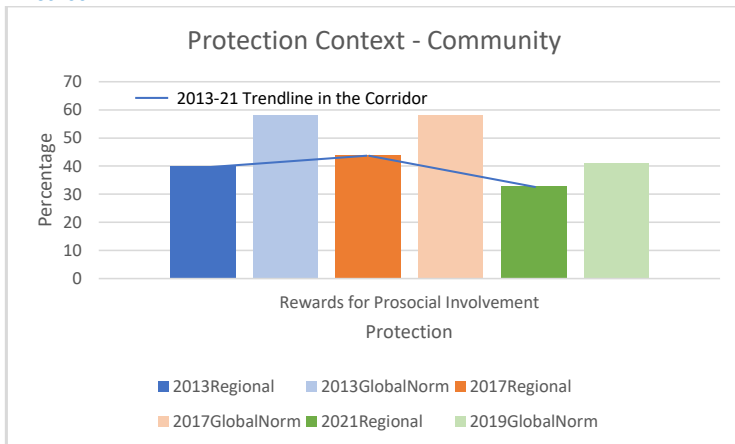
Community



- Rewards for prosocial involvement in the Sea to Sky corridor are consistently lower than the BH global norm, at approximately 40% vs 58%. It is not clear whether this is the result of fewer opportunities to engage with positive community activities, or whether there is a different way of rewarding/acknowledging youth participation in the US/Canada contexts.



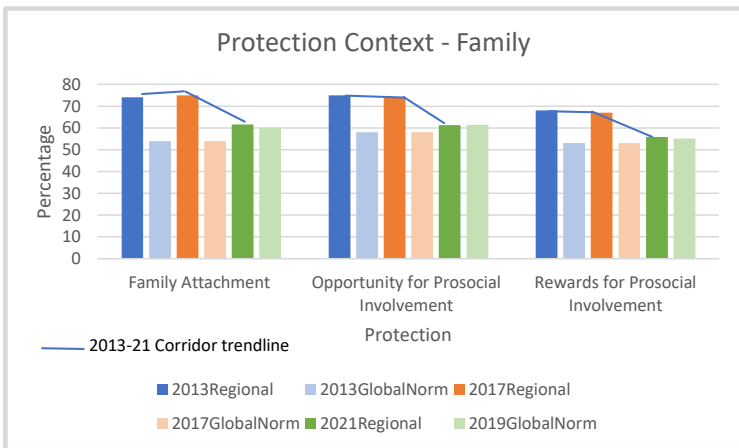
School



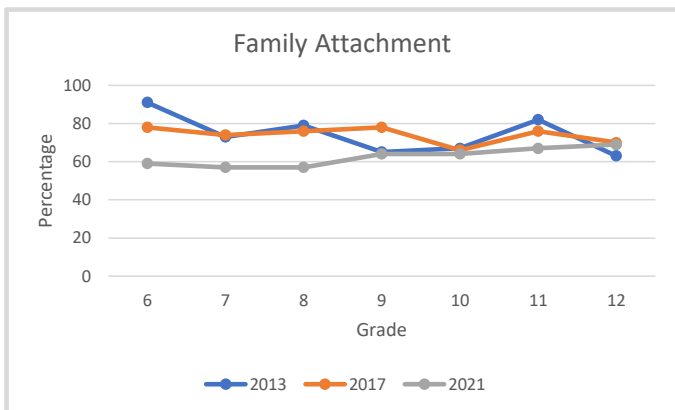
- In the Sea to Sky Corridor, both the opportunities and the rewards for prosocial involvement through schools seems to have been steadily declining since 2013, although the pandemic is the probable explanation for the dramatic decline in opportunity between 2017 and 2021. In this scenario, unlike the one above for community, the BH global norm indicates fewer opportunities for prosocial involvement through schools than the Corridor, except for in the 2019 global reporting when (in 2021) Canadian schools were shuttered.

Family

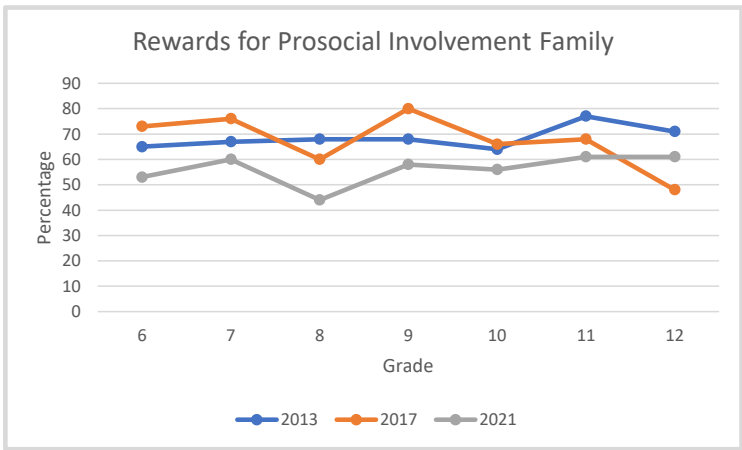
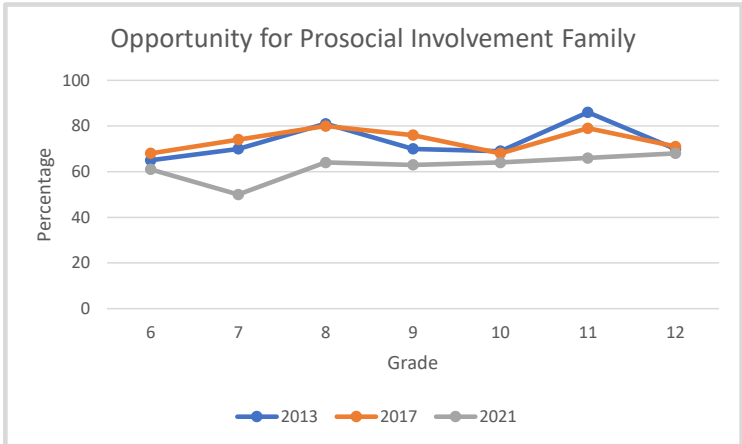
Family attachment means feeling close to mother and/or father and sharing thoughts and feelings with them.



- Historically, family attachment in the Corridor was reported as much higher than the BH global norms. However, in 2021, this sense of attachment appears to have decreased, from 73% and 75% to 61%. This is perhaps an indicator of increased family stresses due to COVID.



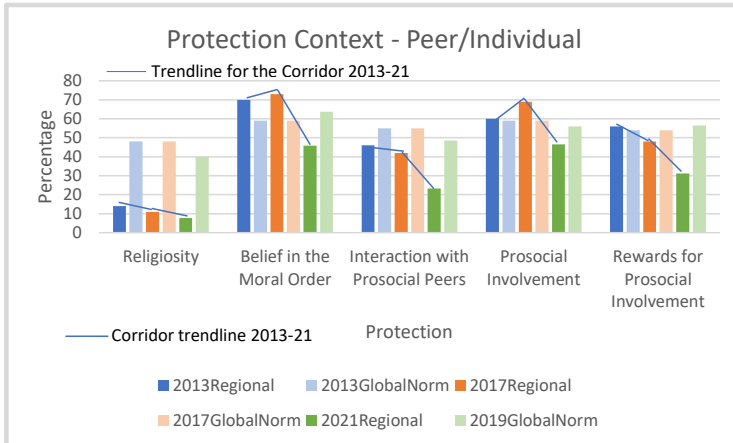
- Surprisingly low rates of family attachment were reported for Grades 6, 7 and 8 in 2021 which may raise some important questions such as ‘have kids stopped trusting parents?’



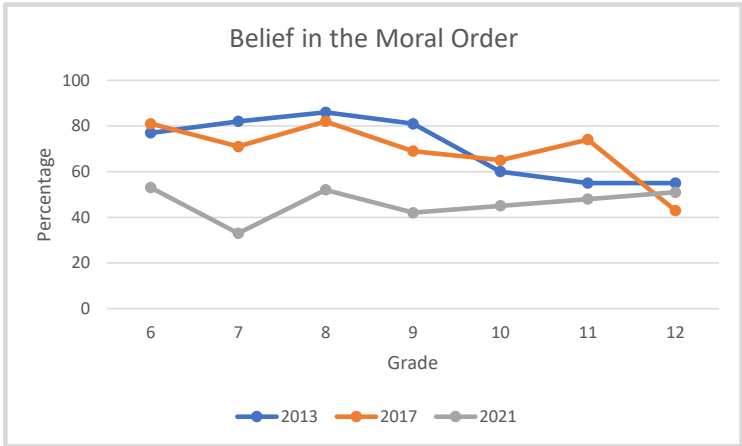
- Both opportunities and rewards for prosocial involvement with family were lower for Grades 6 through 11 in 2021.



Peer/Individual



- In 2013 and 2017, “belief in the moral order” appears to have been higher with youth in the Sea to Sky Corridor, as compared with BH global norms. This statistic seems severely compromised by 2021. The questions/statement which go into creating the indicator for this category include:
 - I think it is okay to take something without asking if you can get away with it,
 - I think sometimes it’s okay to cheat at school,
 - It is all right to beat up people if they start the fight, and
 - It is important to be honest with your parents, even if they become upset or you get punished.
- “Interaction with Prosocial Peers”, while never as high as the BH global norm, also shows sharp decline by 2021. The question/statement used to create the indicator for this category is stated as follows: ‘In the past year (12 months), how many of your best friends have:
 - Participated in clubs, organizations and activities at school?
 - Made the commitment to stay drug-free?
 - Tried to do well in school?
 - Liked school?
 - Regularly attended religious services?’
- Given the pandemic impacts on school attendance and the low levels of “religiosity” amongst youth in the Sea to Sky Corridor, it may not be surprising that the norms are lower than the BH global norms, particularly in 2021.



- While the number of young people reporting it is acceptable to steal, cheat, be dishonest or violent was between 30% and 51% across all grade levels in 2021 (which seems concerning), this number has dropped from 2013 when it ranged from 68% to 58%.

Section Summary

Substance use (alcohol & marijuana in particular) remains higher with youth in the Sea to Sky corridor than is reported in the BH global norm. The activity of ‘binge drinking’ seems to be a major concern. Associated with drinking is the decreased reporting of drunk driving and driving with a drunk driver, both well below the BH global norm. This may be indicative of a decade or more of public education on this issue.

Antisocial behaviours reported in the Corridor are well below the BH global norm, although there are notable spikes in both ‘intent to harm’ indicators and ‘drinking in school’ for 2021 that must be acknowledged. These behaviours may be associated with the added stressors associated with the pandemic.

The data shows that the risk factors associated with substance use and antisocial behaviours increased dramatically for most categories during Covid. It will be important to monitor these values in the next survey series to ensure they are returning to a more consistent level.

Although in most instances they still exceed the BH global norms, all indicators for protective factors associated with family, peers, school, and community have declined since 2013 and are particularly pronounced in 2021. This may be an area where further research is required to understand what has changed over time and how this is impacting the region’s young people.



PART TWO:

Youth reported experiences in Pemberton, Whistler, and Squamish as the 3 principal communities along the Sea to Sky Corridor (based on the 2021 data)

The three Sea to Sky communities captured by the BH survey results are Squamish, Whistler and Pemberton – and not all equally for all survey years. For this reason, the authors have used only the 2021 data here. In addition, grade-related data organized by community is not readily available, so it was not possible to answer the question of when certain behaviours may begin in certain communities, to determine if there are differences. The “regional” indicator in the graphs in this section represent the average of all youth responses in the Corridor, without distinguishing by community.

Of the three communities:

- Squamish is the largest, with a total population of 23,819 and a youth population between the ages of 10-19 of over 2,500 (~11%),
- Whistler is the next largest, with a total population of 13,982, and a youth population of 1,220 (~9%), and
- Pemberton is the smallest community, with a total population of 3,407, and a youth population of 340 (~10%).

READING THIS SECTION OF THE REPORT

- The 2021 survey data grouping for Pemberton included responses from the *Xetolacw* Community School. Therefore, the Pemberton data includes data from two different student populations grouped together.
- Data is to be treated with caution. It is indicative of trends within the region, which may or may not be statistically significant. This becomes particularly important when comparing results between communities.
- Sample sizes are small, particularly in Pemberton. Because of this, the addition of the *Xetolacw* Community School to the survey for the first time in 2021 may distort the interpretation of the data.

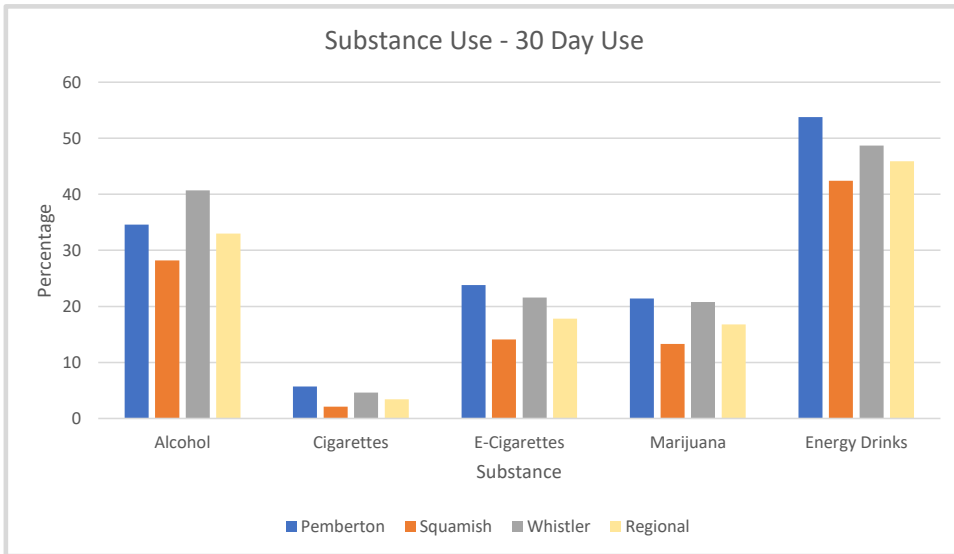
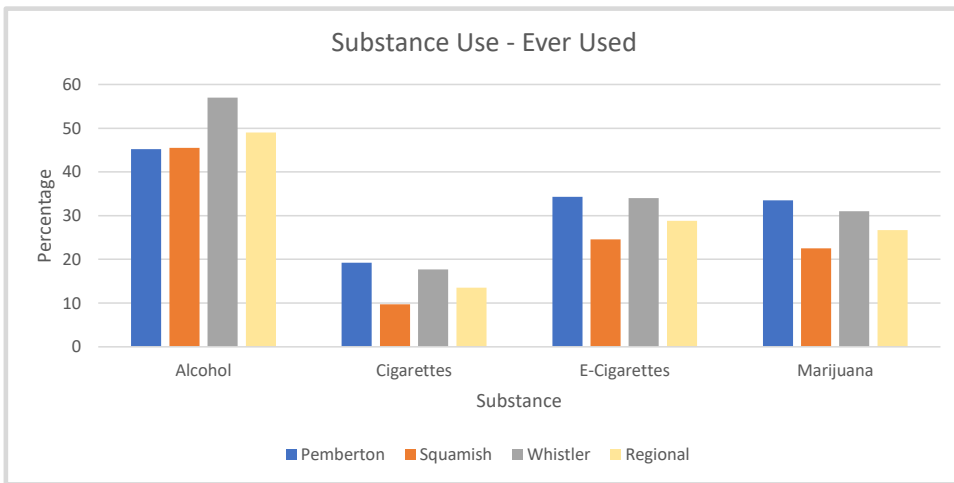
It is very easy to draw inappropriate inferences from the comparison of the communities to each other, for all the reasons listed above. Therefore, the authors simply present the data without judgement.

A question for the planning process for corridor-wide youth services delivery, is whether the differences the data suggests for the three communities is significant. If so, do the differences reflect different conditions, cultures or opportunities within communities based on wealth, demographics, geography, history or other factors that need to inform planning.



Substance Use (2021)

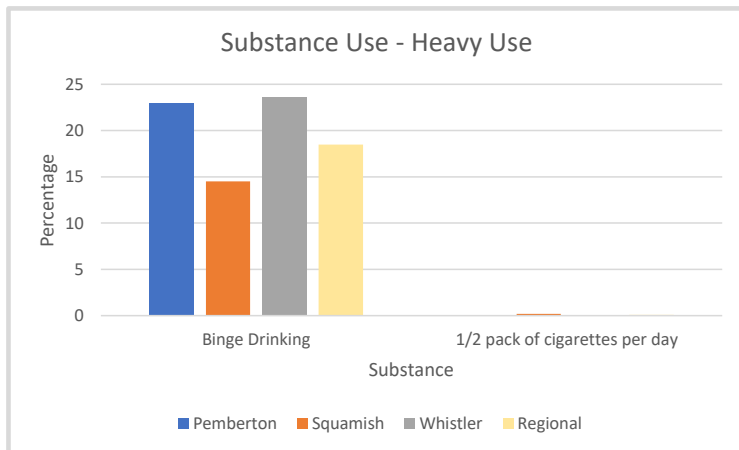
Of all possible substances identified in the survey, the focus of this report is on Alcohol, Cigarettes, E-Cigarettes, and Marijuana because these substances represent the highest percentage of use.



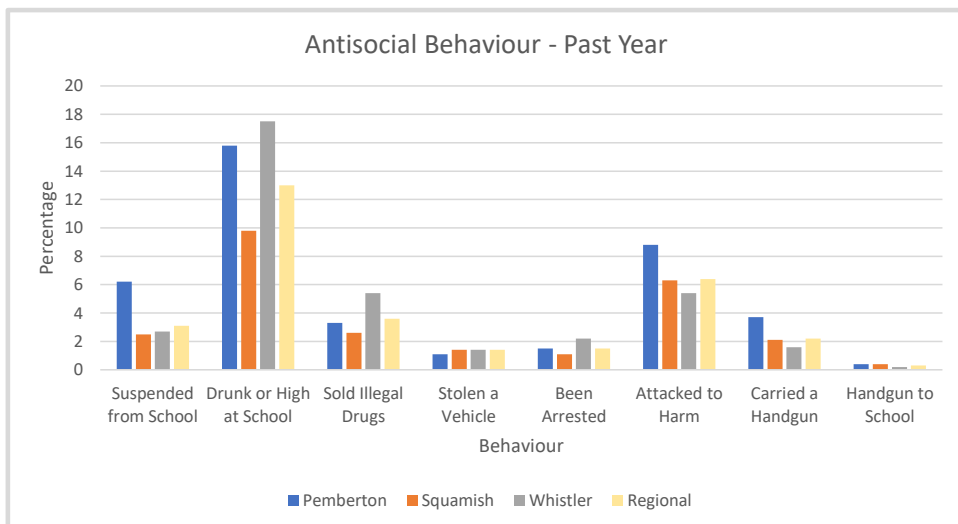
- The “30 Day Use” pattern was very similar to the “Ever Used” pattern, although percentages for “30 Day Use” were lower in every category.
- Energy drinks consumption was high everywhere in the Corridor.



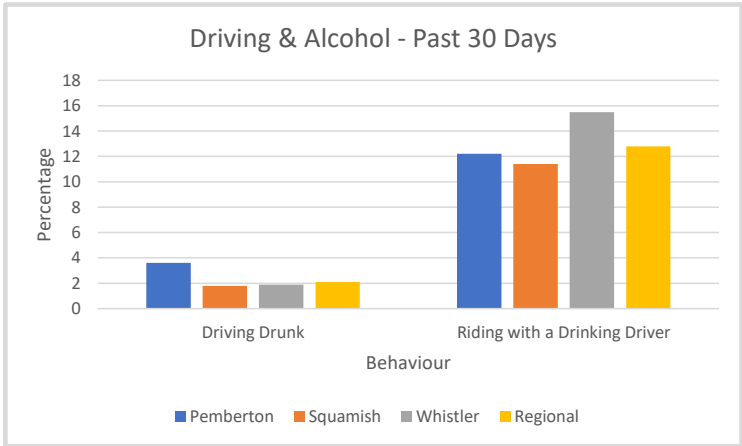
- There was more smoking-related substance use reported in Pemberton.
- There was more alcohol-related substance use in Whistler, although Pemberton and Whistler were roughly equivalent for reported 'binge drinking'.



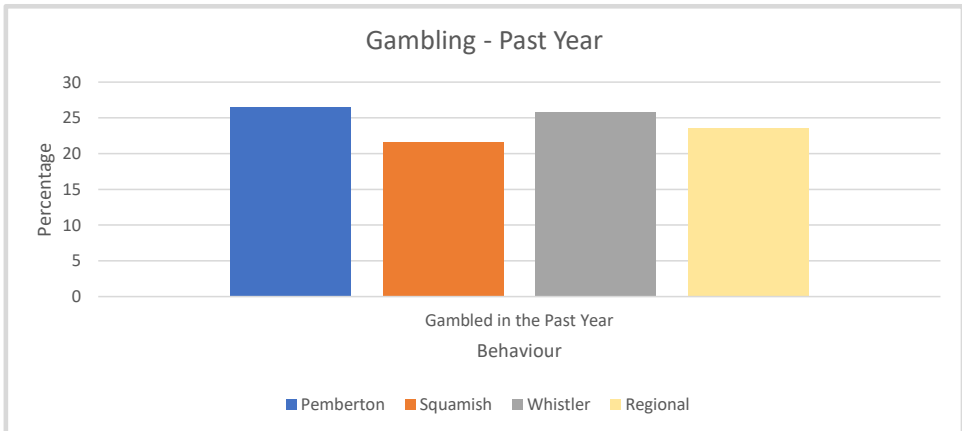
Antisocial Behaviour



- Selling drugs, drinking at school and attacking to harm were areas of reported concern for Pemberton and Whistler youth, and slightly less so for Squamish youth.
- All categories of antisocial behaviour had some level of reporting amongst Corridor youth.



Gambling

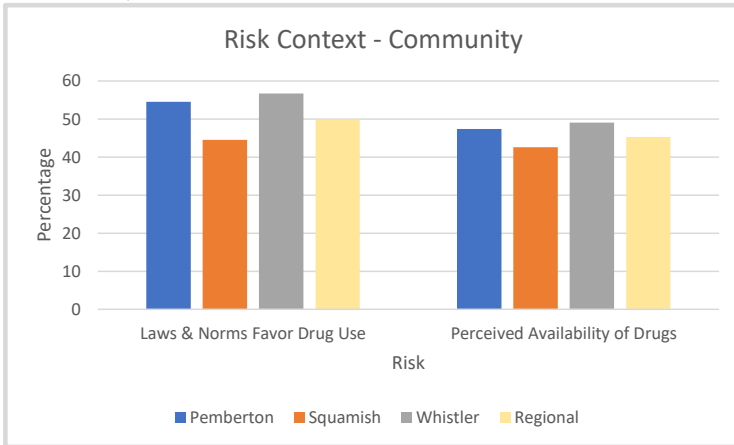


(Reminder: Percentages here were low compared with the BH global norm.)



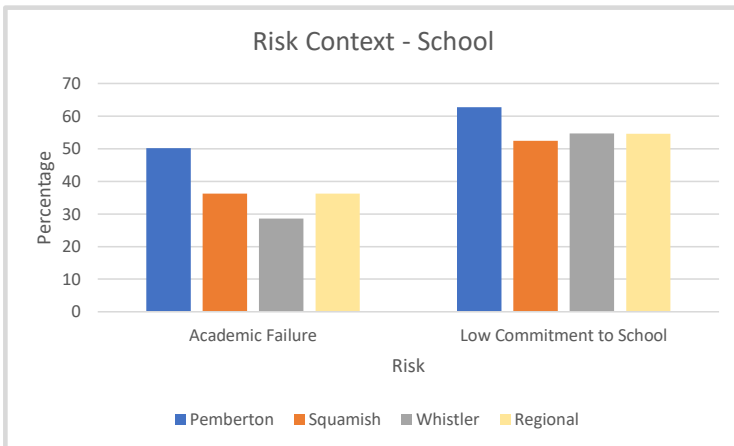
Risk Context

Community



- For substances (alcohol, marijuana, e-cigarettes and energy drinks), the 3 communities in the Corridor were roughly equivalent in terms of community risks (laws & norms, perceived availability of drugs)

School

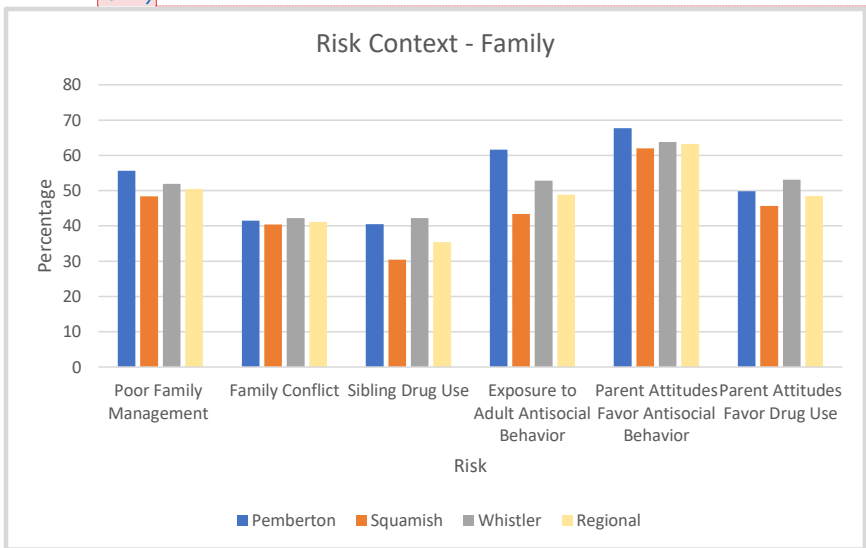


- Pemberton was higher than the other 2 corridor communities for the two risk factors related to schools, as well as rates of school suspension.



Family

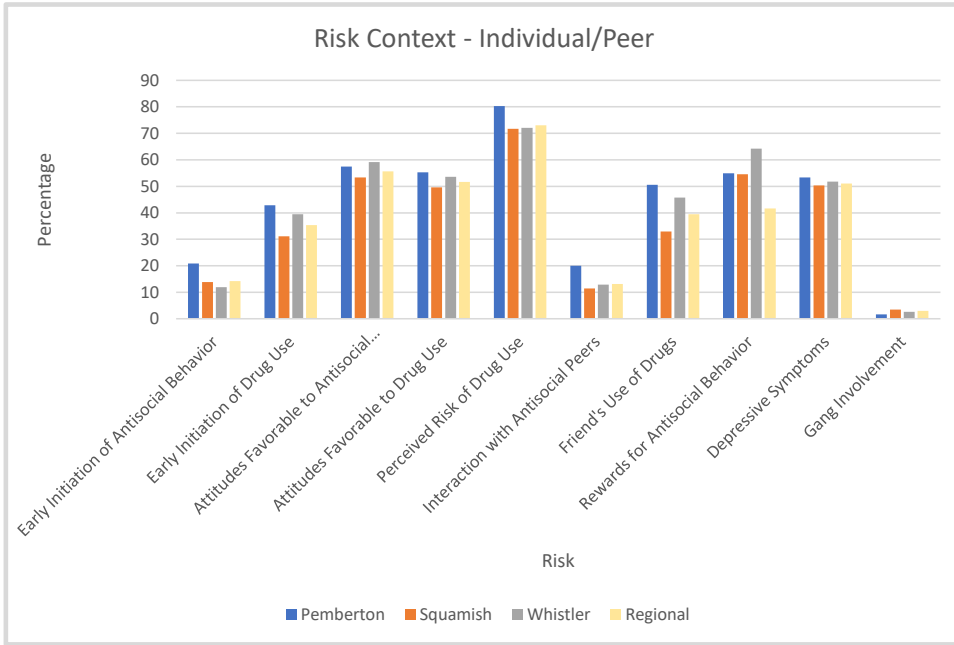
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- More than 40% of youth in all three communities reported risk factors related to their family context. Poor family management, exposure to adult antisocial behaviour, and parental attitudes towards antisocial behaviour and drug use factored significantly in all cases.

Peer/Individual

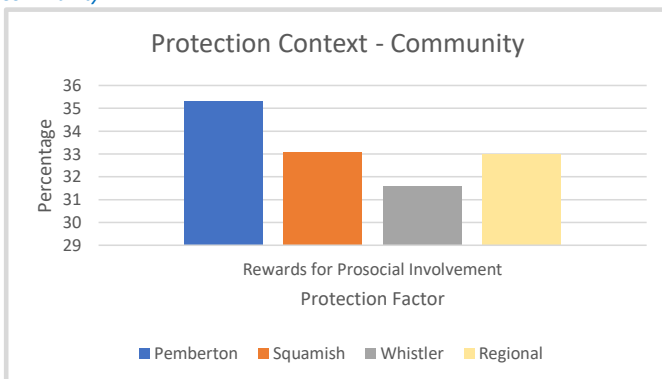
- In the chart (over) peer attitudes that favor and encourage antisocial behaviour and substance use were reportedly high in all 3 corridor communities.
- The perceived risk of drug use ranked highest of all categories (meaning that many youth did not perceive a risk associated with this activity)
- The introduction of depressive symptoms associated with poor life choices among young people was alarming.



Protection Factors

Prosocial is a category that means behaviours considered beneficial to society. Things such as doing a good job, getting good grades, opportunities to engage with teachers, get involved with class discussions, sports or other activities, volunteering, and so on. Rewards for prosocial involvement means getting praise or recognition for a job well done.

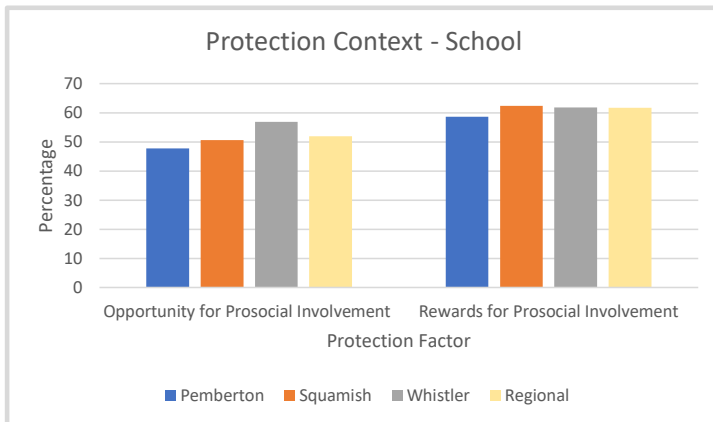
Community





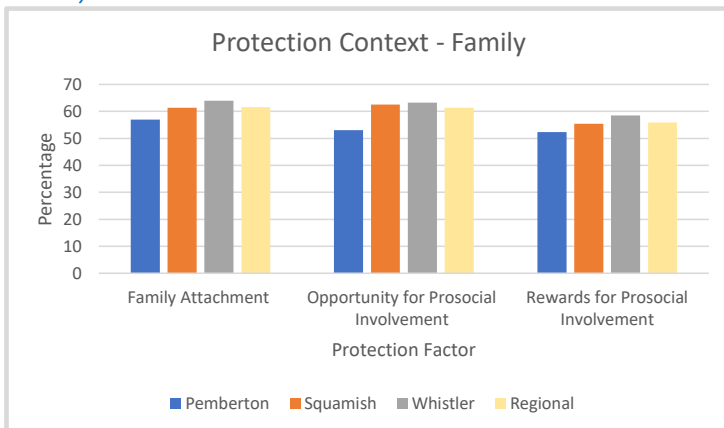
- Pemberton youth reported the strongest rewards for prosocial involvement from their community, followed by Squamish and Whistler.

School



- Whistler schools reported having the strongest set of opportunities for prosocial involvement, followed by Squamish and Pemberton.
- The schools within the three communities appeared roughly equivalent in terms of the rewards for prosocial involvement.

Family

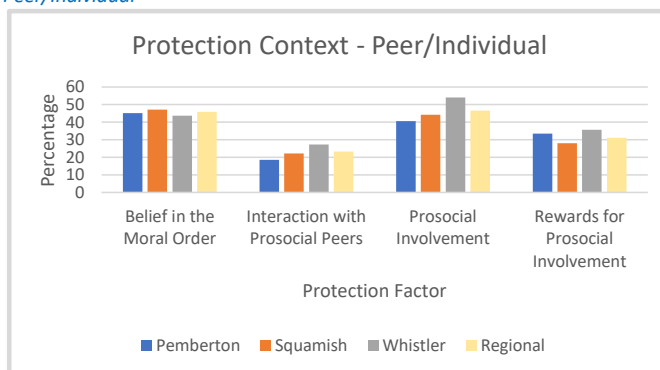


- The questions/statement which go into creating the indicator for “Opportunities for prosocial involvement” within families include:
 - My parents ask me what I think before most family decisions affecting me are made,
 - If I had a personal problem, I could ask my mom or dad for help, and
 - My parents give me lots of chances to do fun things with them.



- The questions/statement which go into creating the indicator for “Rewards for prosocial involvement” within families include:
 - Do you enjoy spending time with your mother? Your father?,
 - My parents notice when I am doing a good job, and let me know about it, and
 - How often do your parents tell you they’re proud of you for something you’ve done?
- The 3 corridor communities were relatively similar in their reporting on the family protection factor, although Pemberton is a bit behind in all categories.

Peer/Individual



- The 3 corridor communities were roughly equivalent in terms of “belief in the moral order,” although it is disconcerting that less than 50% of respondents appear to agree on basic values or rules of conduct which are essential for a safe and democratic society.

Section Summary

Data for 2021 informs our understanding of the impact of Covid-19 on young people in the Corridor. It also informs our ability to recognize the challenges endemic in youth culture – where youth do not attribute much risk to substance use, where the adults in their lives reward or at least condone antisocial behaviour, and where opportunities and rewards for prosocial involvement barely reach 50% in most cases. The issue of alcohol use among youth in Pemberton and Whistler (including binge drinking) shows up often in the data. The introduction of depression as a reported behaviour in 2021 is a signal that monitoring will be important, knowing that mental health is frequently a causal link to other antisocial behaviours.



PART THREE

Supplementary questions asked by Communities that Care in the 2021 survey

Communities that Care Whistler added 10 questions to the 2021 Bach Harrison survey. Their intention was to deepen the knowledge gained from the survey, help ensure that the questionnaire was relevant to local youth, understand Covid-19 impacts, and prepare for the development of a regional service delivery program for youth health and mental health.

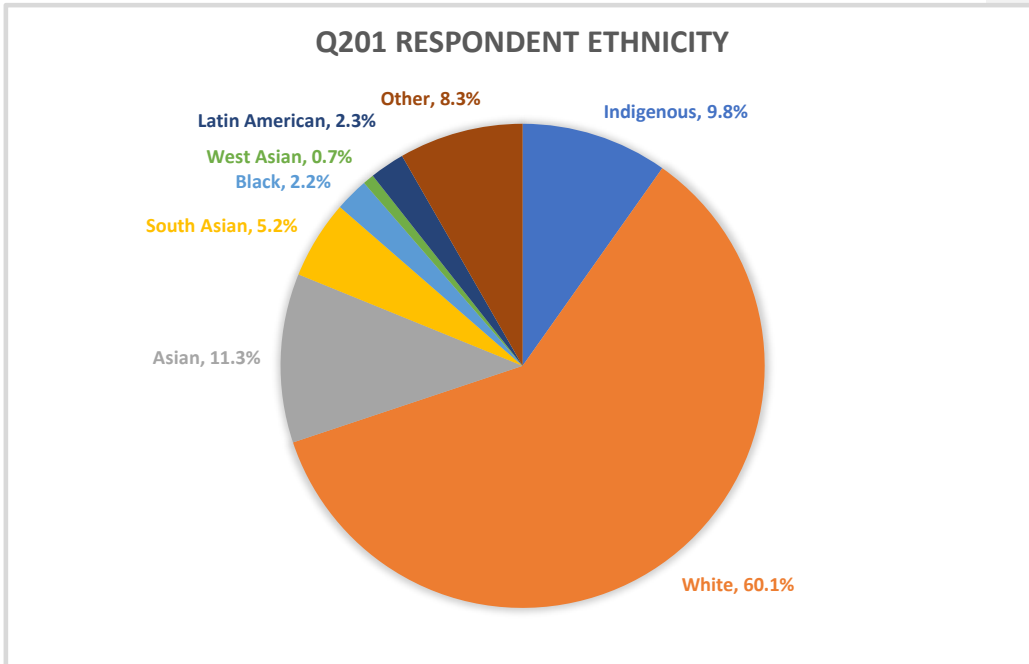
This final section of the report reviews the data revealed by these additional questions.

Q 201. Ethnicity

The BH survey includes demographic information. However, the categories related to ethnicity are not clearly relevant to the Canadian context. For this reason, Question 201 asked how Sea to Sky youth self-identified their ethnicity.

The totals in this chart add up to 120%, indicating that students may have selected multiple categories to reflect their ethnicity. In preparing the chart, "yes" responses were allocated proportionally, to make up a total of 100%.

This chart reflects how Sea to Sky youth self-identify in terms of their ethnicity.





Q 202. Gender identity

Identity is an area of emerging awareness. People with gender identities that fall outside of the classic male/female dichotomy often face major challenges in accessing health care or can face challenges related to inclusion.

In the CTC Whistler survey, 4% of respondents identified as outside of the gender binary

Q 203 & 204. COVID Impacts

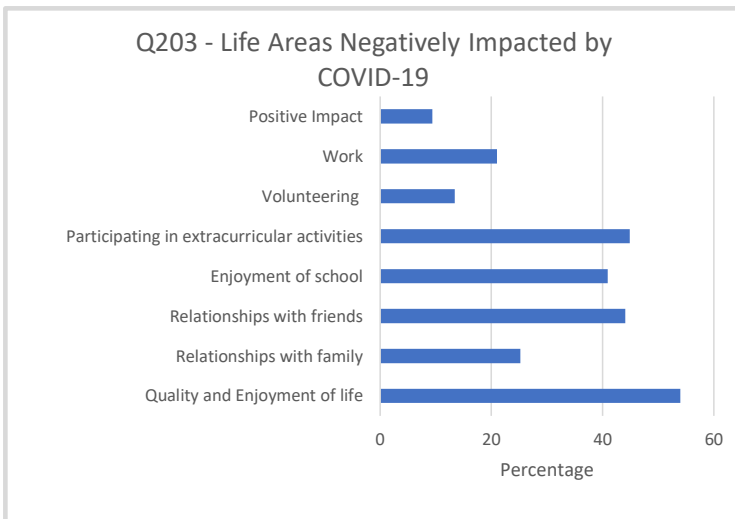
Question 203 relates to those areas of life negatively impacted by COVID-19. More than 50% of respondents indicated that their quality and enjoyment of life had been negatively impacted, particularly in the following areas:

- Participating in extracurricular activities
- Enjoyment of school, and
- Relationships with friends.

Respondents also noted impacts related to:

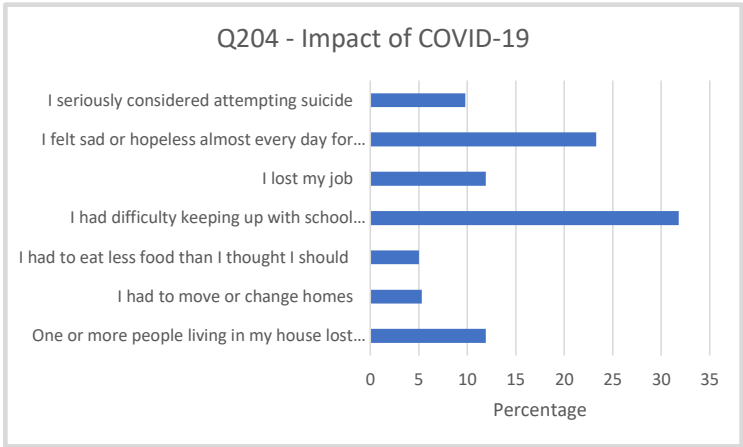
- Relationships with family,
- Work, and
- Volunteering.

A small percentage of respondents (9.4%) indicated that COVID had a positive impact on their lives.

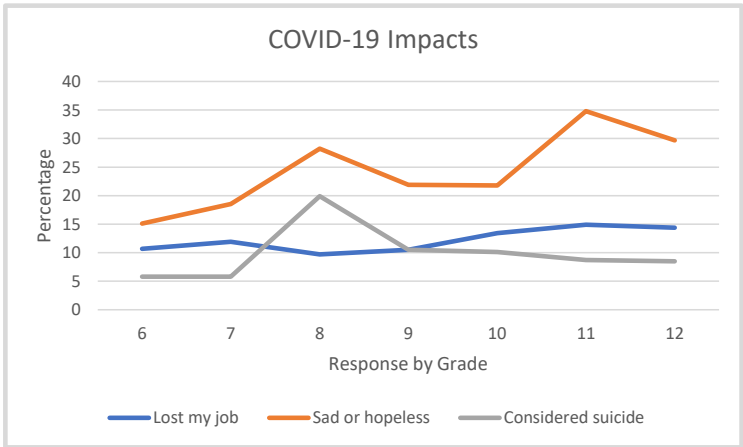




Question 204 related to serious specific impacts from COVID.



- A significant proportion of respondents felt they had difficulty keeping up with school online (31.8%).
- Twenty-three percent of respondents (23.3%) indicated feeling sad or hopeless almost every day for at least two weeks in a row. Some significant differences were noted for this indicator with students in grade 8 (28.2%) and grade 11 (34.8%) experiencing the highest mental health impacts.
- Nearly 10% (9.8%) of respondents reported that they had seriously considered suicide. The highest rate of suicidal ideation showed up in the Grade 8 results (19.9%).

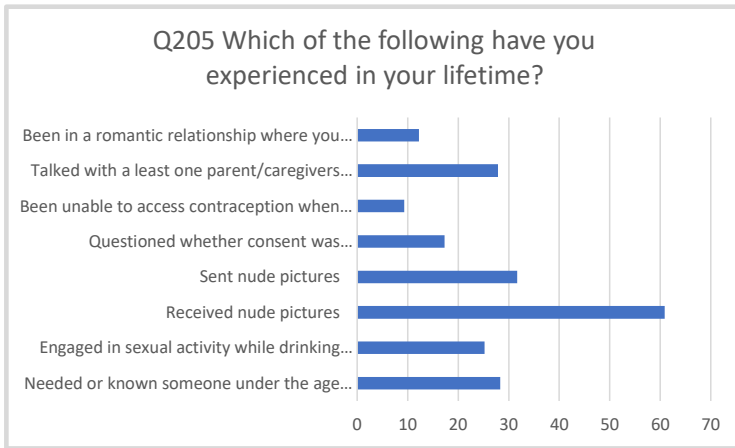




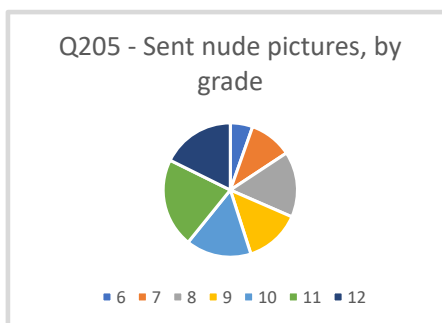
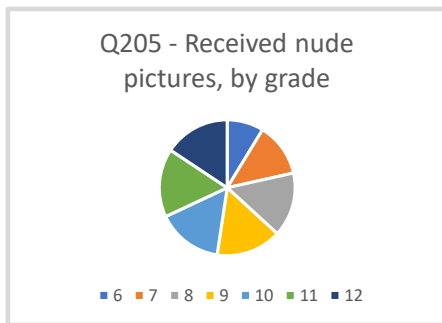
Q 205. Sexual Health

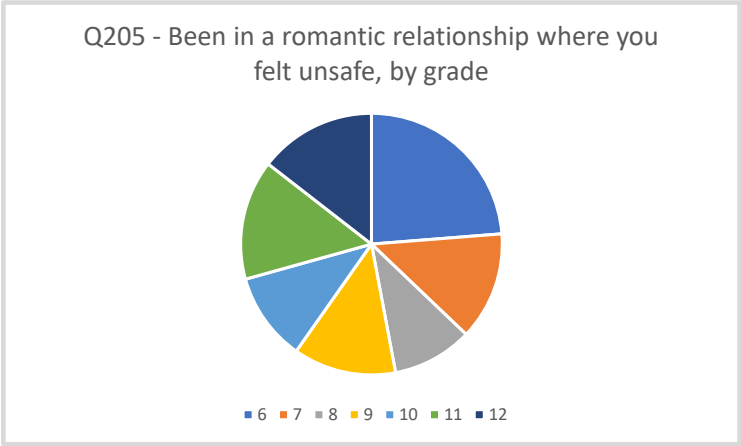
Question 205 asked about experiences related to sexual health. The responses make it very apparent that the internet, and particularly smart phones have impacted the earliest sexual experiences.

- Almost 61% of respondents indicated receiving unsolicited nude pictures, and 31.7% reported having sent nude pictures.
- A significant number of respondents (28.3%) reported that they had needed, or knew someone under the age of 25 who had needed access to abortion /pregnancy termination services.
- Twenty-five percent (25%) reported engaging in sexual activity while drinking alcohol.



The breakdown of grade-related data suggests that Grade 6 is not too early to be discussing sexual health, consent, and related questions with youth in the Sea to Sky Corridor.

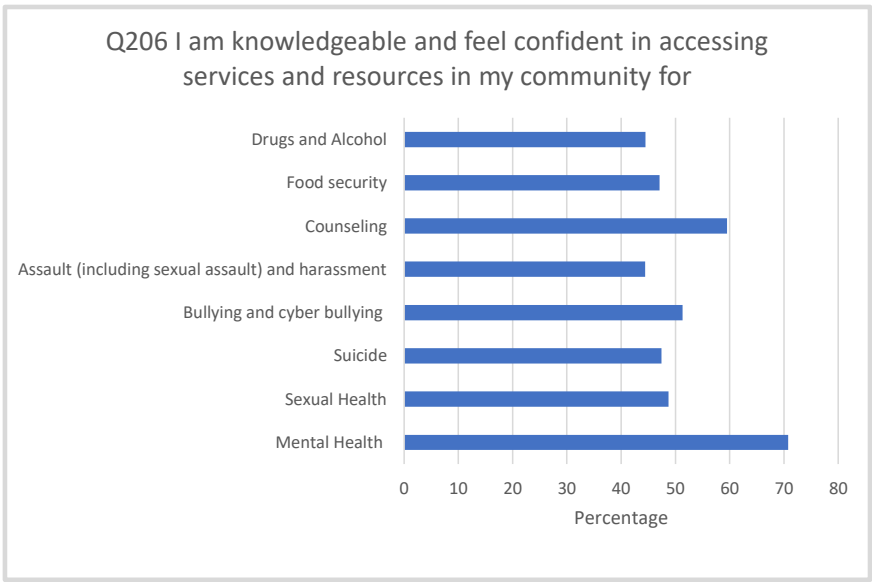




Q 206. Ability to Access Services

Question 206 focused on feelings of confidence in accessing services. Most respondents appeared to have a good handle on where to find services and resources in their community to meet potential needs.

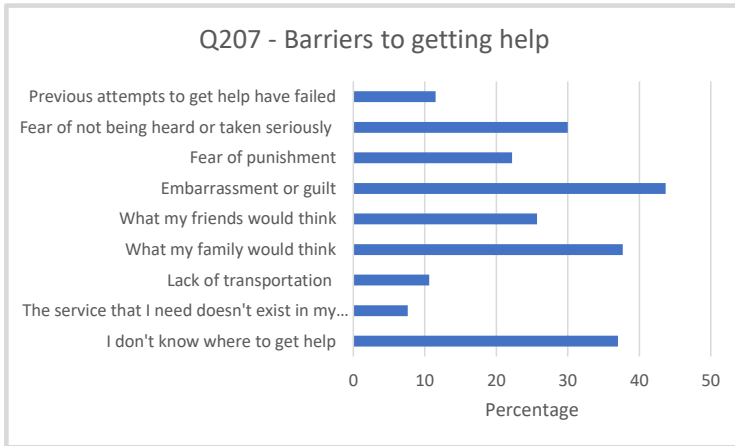
The grade-related responses reflect a pattern indicating that with maturity and life experience, respondents grew confidence in accessing services.





Q 207. Barriers to Getting Help

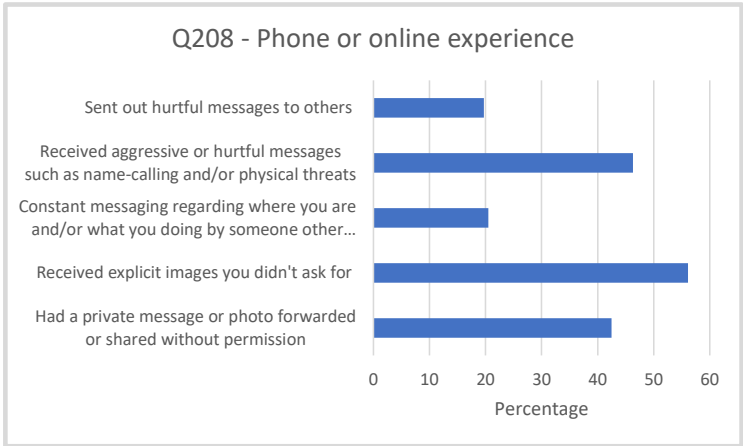
Question 207 asked “What prevents you from getting help when you need it?”



Responses (43.7%) suggest the most significant barrier is embarrassment or guilt, followed by issues related to what the family might think (37.7%), and not knowing where to get help (37%). As reflected in the responses to Q206, between 44% and 70% of respondents felt confident about finding help, depending on specific topics. The 37% of respondents to Q207 who identified that they did not know where to get help is congruent with this finding.

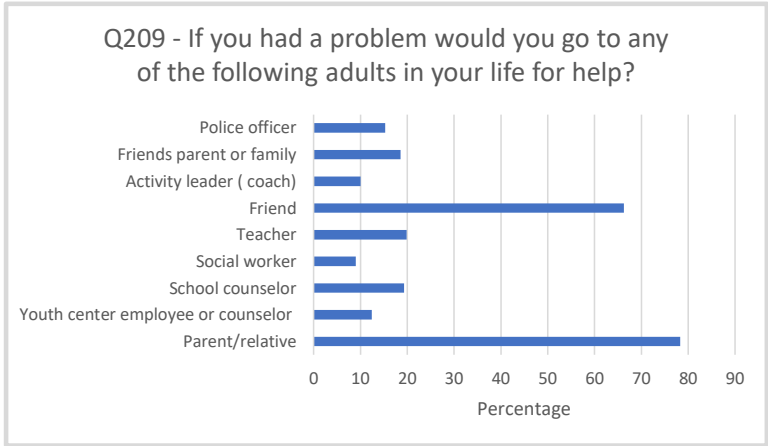
Q 208. Phone/Online Experiences

Question 208 focused on communication, online or by phone. The data supports these communication vehicles can be, and are being used in hurtful ways.



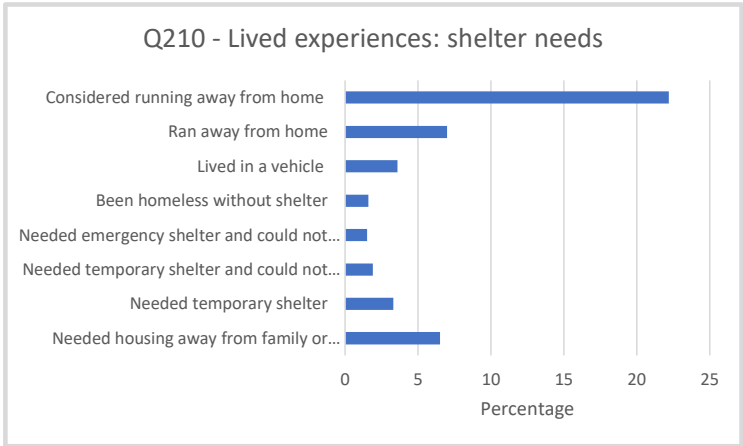
Q 209. Asking for Help

Question 209 asked about trusted adults. The highest response was a parent or relative at 78.3%, followed by a friend at 66.3%. In descending order, the next highest responses included teacher at 19.9%, school counselor at 19.3%, and friend’s parent or family member (18.6%).



Q 210. Housing Need

Question 210 focused on the lived experience of respondents with issues related to shelter and housing. The responses indicate that youth shelters are a needed service within the Sea to Sky Corridor, though fortunately for only a relatively small percentage of the youth population.



Section Summary

The 10 questions organized and asked by CTC Whistler in 2021 did indeed meet their objectives. They added some depth to the data set and revealed important information about the impacts of Covid-19.

Most strikingly, the way the questions were posed allowed for respondents to provide information about their lived experience, for example, who they trust and what challenges they experience when accessing services. This approach to question-posing can be built upon and inform future surveys.

The data related to both sexual health and the impacts of social media on youth health, mental health, and sexuality should be further explored.



Concluding Observations and Recommendations

- The pandemic had considerable negative impacts on youth —increased feelings of isolation, and the reduction of opportunities for positive social activity and interaction. With the passing of the pandemic to an endemic stage, it is to be hoped that youth can find new and improved ways to have their needs met, through opportunities that are either reintroduced or created.
- The pandemic has revealed cracks in our social fabric, including excessive reliance on the nuclear family. Families need support, as well as the youth themselves.
- The data reveals the strong role schools play in providing youth with opportunities for prosocial activities and rewards for engaging with those activities. They also play a role in the social life, and reduction in feelings of isolation. They play a crucial role in the lives of individual youth, their families, and their communities.
- Beyond the pandemic, technology is changing at an incredible rate. This is affecting all the developmental tasks that face youth as they transition from childhood to adulthood. The implications of this technological change are not well understood, particularly by the people responsible for youth support and supervision, making the management of their impacts, both positive and negative, a work in progress. Parents and caregivers should be encouraged to maintain a healthy dialogue with their young people about the uses and abuses of social media.
- Youth in the corridor express increased levels of self isolation, depression, and suicidal ideation since the onset of Covid 19. It is critical to take this information seriously.
- Surveying youth behaviours, interests and actions on a consistent basis provides an important body of information for planners, local governments, service providers, and parents. Finding ways to continue this effort, and to increasingly localize the survey tool so it is relevant to the needs of the region, is an important undertaking.
- The data is clear that there is work to do, to address the felt needs of youth in the Sea to Sky Corridor.



Appendices

Appendix 1: 2021 Census Data

This data is based on Statistics Canada's geographical profile for the Squamish-Lillooet Regional District, which is roughly in alignment with the tourism area identified as the Sea to Sky corridor.

The people of the region are reasonably well-off, on average. The median after-tax income of households (2020) is \$87,000.

Regional population and population growth

| Year | Total |
|----------------------|--------|
| 2011 | 38,171 |
| 2016 | 42,665 |
| 2021 | 50,496 |
| % Change (2016-2021) | 18.4% |

The Squamish-Lillooet Regional District is the fastest growing region in BC. Compared with BC and Canada, the Squamish-Lillooet Regional District is growing faster. It is also growing faster than neighbouring regional districts.

| Geography | Population change (2016-21) |
|-------------------------------------|-----------------------------|
| Squamish-Lillooet Regional District | 18.4% |
| British Columbia | 7.6% |
| Canada | 5.2% |
| Greater Vancouver RD | 7.3% |
| Sunshine Coast RD | 7.3% |

Along with the population increase, the number of households has also increased.

| Year | Number of households |
|----------|----------------------|
| 2016 | 16,415 |
| 2021 | 20,015 |
| % Change | 21.9% |

Compared with BC and Canada, the Squamish-Lillooet Regional District has a younger population.

| Geography | Average age |
|-------------------------------------|-------------|
| Squamish-Lillooet Regional District | 38.8 |
| British Columbia | 43.1 |
| Canada | 41.9 |

Regional youth population

Youth population as a % of total population: 10%

| | Female | Male | Total |
|------------|--------|-------|-------|
| Ages 10-14 | 1,315 | 1,430 | 2,745 |
| Ages 15-19 | 1,055 | 1,260 | 2,315 |
| Totals | 2,370 | 2,690 | 5,060 |

Using simple arithmetic, the 2021 Census data for the various census areas within the region (see below) indicates that there are approximately 760 youth outside of the three incorporated municipalities and the Mount Currie Indian Reserve.⁹ This is more than the total of the Pemberton and Mount Currie youth combined.

A Note on Gender

Census Canada notes that the non-binary population is a small one, and so data aggregation is necessary to protect the confidentiality of responses provided. For the 2021 Census information, people in the 'non-binary persons' category are distributed among the other two gender categories.

⁹ 5060 youth less 4300 youth located in the 4 smaller census subdivisions = 760.



Mount Currie Indian Reserve: Total population and population growth

The Mount Currie Indian Reserve, located within the traditional territory of the Lil'wat Nation, is made up of five separate reserve parcels. The Xetólacw Community School is located on one of these parcels, approximately 18 km from Pemberton, within the community known as Mount Currie.

| Year | Total Population |
|----------------------|------------------|
| 2016 | 1,285 |
| 2021 | 1,242 |
| % Change (2016-2021) | -3.3% |

Mount Currie: Youth Population

Youth population as a % of total population: 17%

| | Female | Male | Total |
|------------|--------|------|-------|
| Ages 10-14 | 50 | 55 | 105 |
| Ages 15-19 | 45 | 60 | 105 |
| Totals | 95 | 115 | 210 |

Pemberton: Total population and population growth

| Year | Total Population |
|----------------------|------------------|
| 2016 | 2,574 |
| 2021 | 3,407 |
| % Change (2016-2021) | 32.4% |

Pemberton: Youth Population

Youth population as a % of total population: 10%

| | Female | Male | Total |
|------------|--------|------|-------|
| Ages 10-14 | 95 | 105 | 200 |
| Ages 15-19 | 70 | 70 | 140 |
| Totals | 165 | 175 | 340 |

Squamish: Total population and population growth

| Year | Total Population |
|----------------------|------------------|
| 2016 | 19,497 |
| 2021 | 23,819 |
| % Change (2016-2021) | 22.2% |

Squamish: Youth Population

Youth population as a % of total population: 11%

| | Female | Male | Total |
|------------|--------|-------|-------|
| Ages 10-14 | 725 | 750 | 1,475 |
| Ages 15-19 | 490 | 565 | 1,055 |
| Totals | 1,215 | 1,315 | 2,530 |

Whistler: Total population and population growth

| Year | Total Population |
|----------------------|------------------|
| 2016 | 11,746 |
| 2021 | 13,982 |
| % Change (2016-2021) | 19.0% |

Whistler: Youth Population

Youth population as a % of total population: 9%

| | Female | Male | Total |
|------------|--------|------|-------|
| Ages 10-14 | 270 | 310 | 580 |
| Ages 15-19 | 285 | 355 | 640 |
| Totals | 555 | 665 | 1,220 |



Appendix 2: Definitions

Antisocial behaviour is a category that appears to mean behaviours that are detrimental to society as a whole. Such behaviours include things like drunk driving, attacking others, stealing cars, and so on.

Attacked to harm means attacking someone with the idea of seriously hurting them.¹⁰

Moral order means a body of unwritten social mores and conventions which serve to maintain societal order. Its opposite is amoral, meaning lacking a moral sense; unconcerned with the rightness or wrongness of something.

Poor family management is a category related to how families manage things like homework, rules, skipping school, drinking, drugs, and keeping track of the kids.

Prosocial is a category that means behaviours that are beneficial to society as a whole: doing a good job, getting good grades, opportunities to engage with teachers, get involved with class discussions, sports or other activities, volunteering, and so on. Rewards for prosocial involvement means getting praise or recognition for a job well done.

Protective Factors are things that happen in the lives of the youth that might assist with shielding them from tough situations or supporting them to make good decisions in a context where they are faced with choices. The focus is on the four areas: community, school, family, and peers/individuals.

Risk Factors are things that happen in the lives of the youth that might increase their risk in tough situations or encourage them to make unhealthy decisions in a context where they are faced with choices. The focus is on the four areas: community, school, family, and peers/individuals.

¹⁰ The author, when first observing the term in the data, was not certain whether it meant this definition, or whether it meant being on the receiving end of such behaviour.



Appendix 3: Supplementary Questions, 2021 Survey

- 201. What is your ethnic background? (Mark ALL that apply.)**
- a) Indigenous (First Nation, Métis, Inuit, Status, Non-Status)
 - b) White
 - c) Asian (Chinese, Japanese, Korean, Vietnamese, Cambodian, Malaysian, Laotian, Filipino, etc.)
 - d) South Asian (East Indian, Pakistani, Sri Lankan, etc.)
 - e) Black
 - f) West Asian (Iranian, Afghani, Arab)
 - g) Latin American
 - h) Other
- 202. To which gender do you most identify?**
- a) Female
 - b) Male
 - c) Transgender
 - d) Gender neutral
 - e) Non-Binary
- 203. Which areas of your life have been negatively impacted due to COVID-19 restrictions or COVID-19 symptoms? (Mark ALL that apply.)**
- a) Quality and enjoyment of life
 - b) Relationships with your family
 - c) Relationships with your friends
 - d) Enjoyment of school
 - e) Participating in extracurricular activities, clubs, or sports
 - f) Volunteering
 - g) Work
 - h) None
 - i) Positive impact
- 204. Did you experience any of the following because of COVID-19 or due to COVID-19 symptoms? (Mark ALL that apply.)**
- a) I lost my job.
 - b) One or more people living in my home lost their job.
 - c) I had to move or change homes.
 - d) I had to eat less food than I thought I should.
 - e) I had difficulty keeping up with school (online).
 - f) I felt sad or hopeless almost every day for at least two weeks in a row.
 - g) I seriously considered attempting suicide.
 - h) None of these
- 205. Which of the following have you experienced in your lifetime? (Mark ALL that apply.)**
- a) Needed or known someone under the age of 24 who has needed access to abortion/pregnancy termination services
 - b) Engaged in sexual activity while drinking alcohol
 - c) Received nude pictures
 - d) Sent nude pictures
 - e) Questioned whether consent was given/received for sexual activity you were engaged in
 - f) Been unable to access contraception when you needed it
 - g) Talked with at least one of your parents/caregivers about being sexually active
 - h) Been in a romantic relationship where you felt unsafe
- 206. I am knowledgeable and feel confident in accessing services and resources in my community for: (Mark ALL that apply.)**
- a) Mental health



- b) Sexual health
 - c) Suicide
 - d) Bullying and cyber bullying
 - e) Assault (including sexual assault) and harassment
 - f) Counseling
 - g) Food security
 - h) Drugs and alcohol
- 207. What prevents you from getting help when you need it ? (Mark ALL that apply.)**
- a) I don't know where to get help.
 - b) The service that I need doesn't exist in my community.
 - c) Lack of transportation
 - d) What my family would think
 - e) What my friends would think
 - f) Embarrassment or guilt.
 - g) Fear of punishment
 - h) Fear of not being heard or taken seriously
 - i) Previous attempts to get help have failed
- 208. Have you experienced any of the following on your phone or online? (Mark all that apply).**
- a) Had a private message or photo forwarded or shared without your permission
 - b) Received explicit images you didn't ask for
 - c) Constant messaging regarding where you are and/or what you are doing by someone other than a parent
 - d) Received aggressive or hurtful messages, such as name-calling and/or physical threats
 - e) Sent out aggressive or hurtful messages to others
- 209. If you had a problem, would you go to any of the following adults in your life for help? (Mark ALL that apply.)**
- a) Parent/Relative
 - b) Youth center employee or counselor
 - c) School counselor
 - d) Social worker
 - e) Teacher
 - f) Friend
 - g) Activity leader (Air Cadets, karate, team coach, etc.)
 - h) Friend's parents or family
 - i) Police officer
- 210. Which of the following have you experienced in your lifetime? (Mark ALL that apply.)**
- a) Needed housing away from family or caregivers
 - b) Needed temporary shelter
 - c) Needed temporary shelter and could **not** access it
 - d) Needed emergency shelter and could **not** access it
 - e) Been homeless without shelter
 - f) Lived in a vehicle
 - g) Ran away from home
 - h) Considered running away from home
 - i) None of the above



Appendix 4: 2019 Prevention Needs Assessment Survey: Item Dictionary

| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|---|--|------------|
| DEMOGRAPHICS | | |
| Are you: | Male, Female | 1 |
| How old are you? | 10 or younger, 11, 12, 13, 14, 15, 16, 17, 18, 19 or older | 2 |
| What grade are you in? | 6, 7, 8, 9, 10, 11, 12 | 3 |
| What is your race? (Select one or more) | American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, Native Hawaiian or Other Pacific Islander, White | 4 |
| COMMUNITY: Laws and Norms Favorable to Drug Use, alpha=.75 | | |
| <i>How wrong would most adults in your neighborhood think it was for kids your age:</i> | | |
| to use marijuana? | Very Wrong, Wrong, A little bit wrong, Not wrong at all | 123a |
| to drink alcohol? | Very Wrong, Wrong, A little bit wrong, Not wrong at all | 123b |
| to smoke cigarettes? | Very Wrong, Wrong, A little bit wrong, Not wrong at all | 123c |
| If a kid smoked marijuana in your neighborhood, would he or she be caught by the police? | NO!, no, yes, YES! | 115 |
| If a kid drank some beer, wine, or hard liquor (for example, vodka, whiskey, or gin) in your neighborhood, would he or she be caught by the police? | NO!, no, yes, YES! | 116 |
| If a kid carried a handgun in your neighborhood, would he or she be caught by the police? | NO!, no, yes, YES! | 117 |
| COMMUNITY: Perceived Availability of Drugs, alpha=.83 | | |
| If you wanted to get some cigarettes, how easy would it be for you to get some? | Very hard, Sort of hard, Sort of easy, Very easy | 118 |
| If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some? | Very hard, Sort of hard, Sort of easy, Very easy | 119 |
| If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some? | Very hard, Sort of hard, Sort of easy, Very easy | 120 |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|---|--|------------|
| If you wanted to get some marijuana, how easy would it be for you to get some? | Very hard, Sort of hard, Sort of easy, Very easy | 121 |
| If you wanted to get prescription pain relievers, such as OxyContin, Percocet, Vicodin, or Tylox), how easy would it be for you to get some? | Very hard, Sort of hard, Sort of easy, Very easy | 122 |
| COMMUNITY: Rewards for Prosocial Involvement, alpha=.88 | | |
| My neighbors notice when I am doing a good job and let me know about it. | NO!, no, yes, YES! | 112 |
| There are people in my neighborhood who are proud of me when I do something well. | NO!, no, yes, YES! | 113 |
| There are people in my neighborhood who encourage me to do my best. | NO!, no, yes, YES! | 114 |
| FAMILY: Poor Family Management, alpha=.82 Note that there are now two items for rules about alcohol use AND drug use. In the past was one item alcohol and drug use. | | |
| My parents ask if I've gotten my homework done. | NO!, no, yes, YES! | 94 |
| Would your parents know if you did not come home on time? | NO!, no, yes, YES! | 96 |
| When I am not at home, one of my parents knows where I am and who I am with. | NO!, no, yes, YES! | 104 |
| The rules in my family are clear | NO!, no, yes, YES! | 102 |
| My family has clear rules about alcohol use. | NO!, no, yes, YES! | 97 |
| My family has clear rules about other drug use. | NO!, no, yes, YES! | 98 |
| If you drank some beer or wine or liquor (for example, vodka, whiskey, or gin) without your parents' permission, would you be caught by your parents? | NO!, no, yes, YES! | 108 |
| If you skipped school, would you be caught by your parents? | NO!, no, yes, YES! | 100 |
| If you carried a handgun without your parents' permission, would you be caught by your parents? | NO!, no, yes, YES! | 99 |
| FAMILY: Family Conflict, alpha=.78 | | |
| People in my family often insult or yell at each other. | NO!, no, yes, YES! | 103 |
| We argue about the same things in my family over and over. | NO!, no, yes, YES! | 105 |
| People in my family have serious arguments. | NO!, no, yes, YES! | 95 |
| FAMILY: Sibling Drug Use, alpha=.73 | | |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|--|--|------------|
| <i>Have any of your brothers or sisters ever:</i> | | |
| drunk beer, wine, or hard liquor (for example, vodka, whiskey, or gin)? | No, Yes, I don't have any brothers or sisters | 84a |
| smoked marijuana? | same as above | 84b |
| smoked cigarettes? | same as above | 84c |
| FAMILY: Exposure to Adult ASB, alpha=.85 Split into two scales AND left out "has anyone in your family ever had severe alcohol or drug problems?" KEEP TWO SCALES | | |
| <i>About how many adults (over 21) have you known personally who in the past year have:</i> | | |
| used marijuana, crack cocaine, or other drugs? | None, 1 adult, 2 adults, 3 or 4 adults, 5 or more adults | 128a |
| sold or dealt drugs? | same as above | 128b |
| done other things that could get them in trouble with the police, like stealing, selling stolen goods, mugging or assaulting others, etc? | same as above | 128c |
| gotten drunk or high? | same as above | 128d |
| FAMILY: Parental Attitudes Favorable Toward Drug Use, alpha=.81 | | |
| <i>How wrong do your parents feel it would be for YOU to:</i> | | |
| drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly? | Very wrong, Wrong, A little bit wrong, Not wrong at all | 109a |
| smoke cigarettes? | Very wrong, Wrong, A little bit wrong, Not wrong at all | 109b |
| smoke marijuana? | Very wrong, Wrong, A little bit wrong, Not wrong at all | 109c |
| FAMILY: Parental Attitudes Favorable to Antisocial Behavior, alpha=.70 | | |
| steal anything worth more than \$5? | Very wrong, Wrong, A little bit wrong, Not wrong at all | 109d |
| draw graffiti, or write things, or draw pictures on buildings or other property (without the owner's permission)? | Very wrong, Wrong, A little bit wrong, Not wrong at all | 109e |
| pick a fight with someone? | Very wrong, Wrong, A little bit wrong, Not wrong at all | 109f |
| FAMILY: Attachment, alpha=.76 | | |
| Do you feel very close to your mother? | NO!, no, yes, YES! | 85 |
| Do you share your thoughts and feeling with your mother? | NO!, no, yes, YES! | 86 |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|---|---|------------|
| Do you share your thoughts and feeling with your father? | NO!, no, yes, YES! | 91 |
| Do you feel very close to your father? | NO!, no, yes, YES! | 90 |
| FAMILY: Opportunities for Prosocial Involvement, alpha=.76 | | |
| My parents ask me what I think before most family decisions affecting me are made. | NO!, no, yes, YES! | 88 |
| If I had a personal problem, I could ask my mom or dad for help. | NO!, no, yes, YES! | 89 |
| My parents give me lots of chances to do fun things with them. | NO!, no, yes, YES! | 93 |
| FAMILY: Rewards for Prosocial Involvement, alpha=.77 | | |
| Do you enjoy spending time with your mother? | NO!, no, yes, YES! | 87 |
| Do you enjoy spending time with your father? | NO!, no, yes, YES! | 92 |
| My parents notice when I am doing a good job, and let me know about it. | Never or almost never, Sometimes, Often, All the time | 107 |
| How often do your parents tell you they're proud of you for something you've done? | Never or almost never, Sometimes, Often, All the time | 106 |
| SCHOOL: Academic Failure, alpha=.77 | | |
| Are your school grades better than the grades of most students in your class? | NO!, no, yes, YES! | 16 |
| Putting them all together, what were your grades like last year? | Mostly F's, Mostly D's, Mostly C's, Mostly B's, Mostly A's | 5 |
| SCHOOL: Little Commitment to School, alpha=.76 | | |
| How often do you feel that the school work you are assigned is meaningful and important? | Almost Always, Often, Sometimes, Seldom, Never | 7 |
| How important do you think the things you are learning in school are going to be for your later life? | Very Important, Quite Important, Fairly Important, Slightly Important, Not at all Important | 8 |
| How interesting are most of your courses to you? | Very Interesting & Stimulating, Quite Interesting, Fairly Interesting, Slightly Dull, Very Dull | 9 |
| <i>Now thinking back over the past year in school, how often did you...</i> | | |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|---|---|------------|
| enjoy being in school? | Never, Seldom, Sometimes, Often, Almost Always | 6a |
| hate being in school? | Never, Seldom, Sometimes, Often, Almost Always | 6b |
| try to do your best work in school? | Never, Seldom, Sometimes, Often, Almost Always | 6c |
| During the LAST FOUR WEEKS how many whole days of school have you missed because you skipped or "cut" | None, 1, 2, 3, 4-5, 6-10, 11 or more | 18 |
| SCHOOL: Opportunities for Prosocial Involvement, alpha=.62 | | |
| In my school, students have lots of chances to help decide things like class activities and rules. | NO!, no, yes, YES! | 10 |
| There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class. | same as above | 12 |
| There are lots of chances for students in my school to talk with a teacher one-on-one. | same as above | 13 |
| I have lots of chances to be part of class discussions or activities. | same as above | 17 |
| SCHOOL: Rewards for Prosocial Involvement, alpha=.70 | | |
| My teacher(s) notices when I am doing a good job and lets me know about it. | NO!, no, yes, YES! | 11 |
| The school lets my parents know when I have done something well. | same as above | 14 |
| My teacher(s) praise me when I work hard in school. | same as above | 15 |
| PEER-INDIVIDUALS: Early Initiation of Drug Use, alpha=.77 | | |
| <i>How old were you when you first:</i> | | |
| smoked marijuana? | Never, 10 or younger, 11, 12, 13, 14, 15, 16, 17 or older | 32a |
| smoked a cigarette, even just a puff? | same as above | 32b |
| had more than a sip or two of beer, wine or hard liquor (for example, vodka, whiskey, or gin) | same as above | 32c |
| began drinking alcoholic beverages regularly, that is, at least once or twice a month? | same as above | 32d |
| PEER-INDIVIDUALS: Early Initiation of Antisocial Behavior, alpha=.59 | | |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|--|---|------------|
| <i>How old were you when you first:</i> | | |
| got suspended from school? | same as above | 32e |
| got arrested? | same as above | 32f |
| carried a handgun? | same as above | 32g |
| attacked someone with the idea of seriously hurting them? | same as above | 32h |
| used prescription pain relievers without your doctor's orders? | same as above | 32i |
| PEER-INDIVIDUALS: Favorable Attitudes Toward Antisocial Behavior, alpha=.76 | | |
| <i>How wrong do you think it is for someone your age to...</i> | | |
| take a handgun to school? | Very Wrong, Wrong, A Little Bit Wrong, Not Wrong at All | 24a |
| steal anything worth more than \$5? | same as above | 24b |
| pick a fight with someone? | same as above | 24c |
| attack someone with the idea of seriously hurting them? | same as above | 24d |
| PEER-INDIVIDUALS: Favorable Attitudes Toward Drug Use, alpha=.81 | | |
| <i>How wrong do you think it is for someone your age to:</i> | | |
| drink beer, wine or hard liquor (for example, vodka, whiskey or gin) regularly? | Very Wrong, Wrong, A Little Bit Wrong, Not Wrong at All | 24f |
| smoke cigarettes? | same as above | 24g |
| smoke marijuana? | same as above | 24h |
| use LSD, cocaine, amphetamines or another illegal drug? | same as above | 24i |
| Use prescription pain relievers not prescribed to you? | same as above | 24j |
| PEER-INDIVIDUALS: Perceived Risks of Drug Use, alpha=.69 | | |
| <i>How much do you think people risk harming themselves (physically or in other ways) if they:</i> | | |
| smoke one or more packs of cigarettes per day? | No Risk, Slight Risk, Moderate Risk, Great Risk | 45a |
| try marijuana once or twice? | same as above | 42b |
| smoke marijuana regularly? | same as above | 42c |
| take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day. | same as above | 42d |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|---|--|------------|
| PEER-INDIVIDUALS: Interaction with Antisocial Peers, alpha=.76 | | |
| <i>Think of you <u>four best friends</u> (the friends you feel closest to). In the past year (12 months), how many of your best friends have:</i> | | |
| been suspended from school? | None, 1, 2, 3, 4 | 22h |
| carried a handgun? | same as above | 22j |
| sold illegal drugs? | same as above | 22k |
| stolen or tried to steal a motor vehicle such as a car or motorcycle? | same as above | 22m |
| been arrested? | same as above | 22n |
| dropped out of school? | same as above | 22o |
| PEER-INDIVIDUALS: Friends' Use of Drugs, alpha=.80 | | |
| <i>Think of you <u>four best friends</u> (the friends you feel closest to). In the past year (12 months), how many of your best friends have:</i> | | |
| smoked cigarettes? | 0, 1, 2, 3, 4 | 22b |
| tried beer, wine or hard liquor (for example, vodka, whiskey or gin) when their parents didn't know about it? | same as above | 22c |
| used marijuana? | same as above | 22e |
| used LSD, cocaine, amphetamines or other illegal drugs? | same as above | 22g |
| PEER-INDIVIDUALS: Rewards for Antisocial Behavior, alpha=.73 | | |
| <i>What are the chances you would be seen as cool if you:</i> | | |
| smoked cigarettes? | No or Very Little Chance, Little Chance, Some Chance, Pretty Good Chance, Very Good Chance | 23a |
| began drinking alcoholic beverages regularly, that is, at least once or twice a month? | same as above | 23c |
| smoked marijuana? | same as above | 23e |
| PEER-INDIVIDUALS: Gang Involvement | | |
| Have you ever belonged to a gang? | No; No, but would like to; Yes, in the past; Yes, belong now; Yes, but would like to get out | 127 |
| PEER-INDIVIDUALS: Depressive Symptoms, alpha=.86 | | |
| Sometimes I think that life is not worth it. | NO!, no, yes, YES! | 36 |
| At times I think I am no good at all. | same as above | 37 |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|---|---|------------|
| All in all, I am inclined to think that I am a failure. | same as above | 38 |
| In the past year have you felt depressed or sad MOST days, even if you felt okay sometimes? | same as above | 39 |
| PEER-INDIVIDUALS: Religiosity | | |
| How often do you attend religious services or activities? | Never, Rarely, 1-2 Times a Month, About Once a Week or More | 124 |
| PEER-INDIVIDUALS: Belief in the Moral Order, alpha=.70 | | |
| I think it is okay to take something without asking if you can get away with it. | NO!, no, yes, YES! | 41 |
| I think sometimes it's okay to cheat at school. | same as above | 35 |
| It is all right to beat up people if they start the fight. | same as above | 40 |
| It is important to be honest with your parents, even if they become upset or you get punished. | same as above | 101 |
| PEER-INDIVIDUALS: Prosocial Involvement, alpha=.70 | | |
| <i>How many times in the past year (12 months) have you:</i> | | |
| participated in clubs, organizations, or activities <u>at</u> school? | Never 1 or 2 times, 3-5, 6-9, 10-19, 20-29, 30-39, 40+ | 26i |
| done extra work on your own for school? | Same as above | 26j |
| volunteered to do community service? | Same as above | 26k |
| participated in clubs, organizations, or activities <u>outside</u> of school? | Same as above | 26l |
| PEER-INDIVIDUALS: Rewards for Prosocial Involvement, alpha=.71 | | |
| <i>What are the chances you would be seen as cool if you:</i> | | |
| worked hard at school? | Very good chance, Pretty good chance, Some chance, Little chance, No or very little chance | 23b |
| defended someone who was being verbally abused at school? | Same as above | 23d |
| regularly volunteered to do community service? | Same as above | 23f |
| PEER-INDIVIDUALS: Student Perception Of Substance Use | | |
| <i>Now think about all the students in your grade at school. How many of them do you think:</i> | | |
| a. smoke one or more cigarettes a day? | None (0%); Few (1-10%); Some (11-30%); Half or less (31-50%); Half or more (51-70%) Most (71-90%); Almost All (91-100%) | 19a |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|--|---|------------|
| b. drank alcohol sometime in the past month? | same as above | 19b |
| c. used marijuana sometime in the past month? | same as above | 19c |
| d. use an illegal drug in the past month (not including marijuana)? | same as above | 19d |
| PEER-INDIVIDUALS: Interaction with Prosocial Peers ADD | | |
| <i>Think of your <u>four best friends</u> (the friends you feel closest to). In the past year (12 months), how many of your best friends have:</i> | | |
| participated in clubs, organizations and activities at school? | 0, 1, 2, 3, 4 | 22a |
| made the commitment to stay drug-free? | Same as above | 22d |
| tried to do well in school? | Same as above | 22f |
| liked school? | Same as above | 22i |
| regularly attended religious services? | Same as above | 22l |
| DRUG USE OUTCOMES | | |
| Have you ever used smokeless tobacco (chew, snuff, plug, dipping tobacco, chewing tobacco)? | Never; Once or twice; Once in a while but not regularly; Regularly in the past; Regularly now | 79 |
| How frequently have use used smokeless tobacco during the past 30 days? | Never; Once or twice; Once or twice per week; Three to five times per week; About once a day; More than once a day | 80 |
| Have you ever smoked cigarettes? | Never; Once or twice; Once in a while but not regularly; Regularly in the past; Regularly now | 81 |
| How frequently have you smoked cigarettes during the past 30 days? | Not at all; Less than one cigarette per day; One to five cigarettes per day; About one-half pack per day; About one pack per day; About one and one-half packs per day; Two packs or more per day | 82 |
| The last time you used prescription pain relievers without a doctor's orders (such as OxyContin, Percocet, Vicodin, or Tylox), how did you get them? | Have not ever used them; Found them at home; From a friend or a relative for free; Bought them from a friend or relative; From a doctor, but I didn't follow | 83 |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|--|--|------------|
| | doctor's orders; From a drug dealer or other stranger; Bought them on the internet | |
| On how many occasions (if any) have you had alcoholic beverages (beer, wine or hard liquor) to drink in your lifetime - more than just a few sips? | 0 occasions, 1-2, 3-5, 6-9, 10-19, 20-39, 40 or more | 47 |
| On how many occasions (if any) have you had alcoholic beverages (beer, wine or hard liquor) to drink during the past 30 days? | same as above | 62 |
| During the past 30 days, on how many days did you have 5 or more drinks on the same occasion? | None, Once, Twice, 3-5 times, 6-9 times, 10 or more times | 46 |
| On how many occasions (if any) have you used marijuana (grass, pot) or hashish (hash, hash oil) in your lifetime? | 0 occasions, 1-2, 3-5, 6-9, 10-19, 20-39, 40 or more | 48 |
| On how many occasions (if any) have you used marijuana (grass, pot) or hashish (hash, hash oil) during the past 30 days? | 0 occasions, 1-2, 3-5, 6-9, 10-19, 20-39, 40+ above | 63 |
| On how many occasions (if any) have you used LSD (acid) or other hallucinogens (like PCP, mescaline, peyote, "shrooms" or psilocybin) in your lifetime? | same as above | 49 |
| On how many occasions (if any) have you used LSD (acid) or other hallucinogens (like PCP, mescaline, peyote, "shrooms" or psilocybin) during the past 30 days? | same as above | 64 |
| On how many occasions (if any) have you used cocaine (like cocaine powder) or "crack" (cocaine in chunk or rock form) in your lifetime? | same as above | 50 |
| On how many occasions (if any) have you used cocaine (like cocaine powder) or "crack" (cocaine in chunk or rock form) during the past 30 days? | same as above | 65 |
| On how many occasions (if any) have you sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays, in order to get high in your lifetime? | same as above | 51 |
| On how many occasions (if any) have you sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays, in order to get high during the past 30 days? | same as above | 66 |
| On how many occasions (if any) have you used phenoxydine (pox, px, breeze) in your lifetime? | same as above | 52 |
| On how many occasions (if any) have you used phenoxydine (pox, px, breeze) during the past 30 days? | same as above | 67 |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|---|---------------------|------------|
| Used methamphetamine (meth, speed, crank, crystal meth) in your lifetime? | same as above | 53 |
| Used methamphetamine (meth, speed, crank, crystal meth) during the past 30 days? | same as above | 68 |
| On how many occasions (if any) have you used prescription stimulants or amphetamines (such as Adderall, Ritalin, or Dexedrine) without a doctor telling you to take them, in your lifetime? | same as above | 54 |
| On how many occasions (if any) have you used prescription stimulants or amphetamines (such as Adderall, Ritalin, or Dexedrine) without a doctor telling you to take them, during the past 30 days? | same as above | 69 |
| On how many occasions (if any) have you used prescription sedatives including barbiturates or sleeping pills (such as phenobarbital, Tuinal, Seconal, Ambien, Lunesta, or Sonata) without a doctor telling you to take them, in your lifetime? | same as above | 55 |
| On how many occasions (if any) have you used prescription sedatives including barbiturates or sleeping pills (such as phenobarbital, Tuinal, Seconal, Ambien, Lunesta, or Sonata) without a doctor telling you to take them, during the past 30 days? | same as above | 70 |
| On how many occasions (if any) have you used prescription tranquilizers (such as Librium, Valium, Xanax, Ativan, Soma, or Klonopin) without a doctor telling you to take them, in your lifetime? | same as above | 56 |
| On how many occasions (if any) have you used prescription tranquilizers (such as Librium, Valium, Xanax, Ativan, Soma, or Klonopin) without a doctor telling you to take them, during the past 30 days? | same as above | 71 |
| On how many occasions, if any, have you used prescription pain relievers (such as OxyContin, methadone, morphine, codeine, Demerol, Vicodin, or Percocet) not prescribed to you in your lifetime? | same as above | 57 |
| On how many occasions, if any, have you used prescription pain relievers (such as OxyContin, methadone, morphine, codeine, Demerol, Vicodin, or Percocet) not prescribed to you in the past 30 days? | same as above | 72 |
| On how many occasions (if any) have you used heroin in your lifetime? | same as above | 58 |
| On how many occasions (if any) have you used heroin during the past 30 days? | same as above | 73 |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|---|---|------------|
| On how many occasions (if any) have you used MDMA ('X', 'E', or ecstasy) in your lifetime? | same as above | 59 |
| On how many occasions (if any) have you used MDMA ('X', 'E', or ecstasy) during the past 30 days? | same as above | 74 |
| On how many occasions (if any) have you used "synthetic marijuana" ("K2", "Spice") to get high in your lifetime? | same as above | 60 |
| On how many occasions (if any) have you used "synthetic marijuana" ("K2", "Spice") to get high during the past 30 days? | same as above | 77 |
| On how many occasions (if any) have you drank energy drinks with caffeine (like Red Bull, Monster, Rockstar, or 5-Hour Energy) during the past 30 days? | same as above | 75 |
| On how many occasions (if any) have you used caffeine pills (No-Doz, Vivarin, Dexatrim) during the past 30 days? | same as above | 76 |
| On how many occasions (if any) have you used electronic cigarettes, e-cigarettes, vape pens, or e-hookahs in your lifetime? | same as above | 61 |
| On how many occasions (if any) have you used electronic cigarettes, e-cigarettes, vape pens, or e-hookahs during the past 30 days? | same as above | 78 |
| OUTCOME: Antisocial Behavior | | |
| <i>How many times in the past year (12 months) have you:</i> | | |
| been suspended from school? | Never, 1 or 2 times, 3-5, 6-9, 10-19, 20-29, 30-39, 40+ | 26a |
| carried a handgun? | same as above | 26b |
| sold illegal drugs? | same as above | 26c |
| stolen or tried to steal a motor vehicle such as a car or motorcycle? | same as above | 26d |
| been arrested? | same as above | 26e |
| attacked someone with the idea of seriously hurting them? | same as above | 26f |
| been drunk or high at school? | same as above | 26g |
| taken a handgun to school? | same as above | 26h |
| GAMBLING QUESTIONS | | |
| <i>These next questions ask about gambling for money or other things of value. During the past year (12 months), how often did you :</i> | | |
| bet on card games (poker)? | Never, 1 day, 2-3 days, 4-9 days, 10-19 days, 20-39 days, 40 or more days | 125a |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|--|--|------------|
| bet using Internet gambling sites? | same as above | 125b |
| bet on sporting events? | same as above | 125c |
| buy lottery or scratch-off tickets? | same as above | 125d |
| bet on pool, bowling, other games of skill? | same as above | 125e |
| bet on video poker, slot machines, or other gambling machines? | same as above | 125f |
| bet on dice games? | same as above | 125g |
| bet on bingo? | same as above | 125h |
| bet on horse racing? | same as above | 125i |
| bet at a casino? | same as above | 125j |
| NOMS QUESTIONS | | |
| During the past 30 days, how many times did you DRIVE a car or other vehicle when you had been drinking alcohol? | I do not drive, 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times | 33 |
| During the past 30 days, how many times did you RIDE in a car or other vehicle driven by someone who had been drinking alcohol? | 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times | 34 |
| <i>During the past 12 months, have you talked with at least one of your parents (by parents, we mean either your biological parents, adoptive parents, stepparents, foster parents, or other adult caregivers whether or not they live with you) about :</i> | | |
| The dangers of underage drinking? | No; Yes, | 111a |
| The dangers of tobacco use? | No; Yes, | 111b |
| The dangers of drug use? | No; Yes, | 111c |
| <i>How much do you think people risk harming themselves (physically or in other ways) if they: have five or more drinks once or twice each weekend?</i> | No Risk, Slight Risk, Moderate Risk, Great Risk | 45e |
| During the past 12 months, do you recall hearing, reading, or watching an advertisement about the prevention of substance use? (Mark all that apply.) | No, Yes, Smoking prevention messages, Yes alcohol use prevention messages, Yes, Drug use prevention messages, Yes other drug use prevention messages | 126 |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|--|---|------------|
| NEW DRUG FREE COMMUNITIES/STOP ACT GRANT QUESTIONS (2012 updated measures) | | |
| <i>How wrong do your friends feel it would be for you to:</i> | | |
| Have one or two drinks of an alcoholic beverage nearly every day? | Very wrong, Wrong, A little bit Wrong, Not wrong at all | 31a |
| Smoke tobacco? | Same as above | 31b |
| Smoke marijuana? | Same as above | 31c |
| Use prescription drugs not prescribed to you? | Same as above | 31e |
| How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day? | | 25 |
| <i>How much do you think people risk harming themselves (physically or in other ways) if they:</i> | | |
| have five or more drinks of an alcoholic beverage once or twice a week? | No risk, Slight risk, Moderate risk, Great risk | 45f |
| smoke marijuana once or twice a week? | Same as above | 45g |
| use other prescription drugs that are not prescribed to them? | Same as above | 45i |
| <i>How wrong do your parents feel it would be for YOU to:</i> | | |
| Have one or two drinks of an alcoholic beverage nearly every day? | Very wrong, Wrong, A little bit wrong, Not wrong at all | 109g |
| Use other prescription drugs not prescribed to you? | Same as above | 109i |
| SOURCES OF ALCOHOL AND PLACES OF USE | | |
| <i>If you drank alcohol (not just a sip or taste) in the past year (12 months), how did you get it? (Mark the number of times for each).</i> | | |
| I bought it myself from a store. | 0 times, 1 or 2 times, 3 to 5 times, more than 5 times | 27a |
| I got it at a party. | Same as above. | 27b |
| I gave someone else money to buy it for me. | Same as above. | 27c |
| I got it from someone I know age 21 or older . | Same as above. | 27d |
| I got it from someone I know under age 21 . | Same as above. | 27e |
| I got it from a family member or relative other than my parents. | Same as above. | 27f |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|--|--|------------|
| I got it from home with my parent's permission. | Same as above. | 27g |
| I got it from home without my parent's permission. | Same as above. | 27h |
| I got it at work. | Same as above. | 27i |
| I bought it over the internet. | Same as above. | 27j |
| I got it another way _____. | Same as above. | 27k |
| During the past year (12 months) did you drink alcohol at any of the following places? (Mark the number of times for each). | | |
| At my home or someone else's home without parental permission. | Same as above. | 28a |
| At my home with my parent's permission. | Same as above. | 28b |
| At someone else's home with their parent's permission. | Same as above. | 28c |
| At an open area like a park, beach, or back road. | Same as above. | 28d |
| At public events such as a sporting event, festival, or concert. | Same as above. | 28e |
| At a restaurant, bar, or a nightclub. | Same as above. | 28f |
| In a car. | Same as above. | 28g |
| at a school dance, a game, or other event. | Same as above. | 28h |
| at school during the day. | Same as above. | 28i |
| near school. | Same as above. | 28j |
| In another place_____. | Same as above. | 28k |
| SCHOOL SAFETY | | |
| During the past 30 days, on how many days did you NOT go to school because you felt you would be unsafe at school or on the way to or from school? | 0 days, 1 day, 2-3 days, 4-5 days, 6 or more days | 20 |
| During the past 12 months, how often have you been picked on or bullied by a student ON SCHOOL PROPERTY? | 0 days, 1 day, 2-3 days, 4-5 days, 6 or more days | 21 |
| How often have you been threatened or harassed over the internet, by e-mail, or by someone using a cell phone? | 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times | 129 |



| SCALES AND QUESTIONS | RESPONSE CATEGORIES | Question # |
|--|---|------------|
| DRINKING QUESTIONS | | |
| <i>During the past 12 months, how many times has each of the following things happened?</i> | | |
| You had problems at school or work because you had been drinking. | Never, Once, Twice, Three or four times, Five or more times | 110a |
| You had problems with your friends because you had been drinking. | Same as above | 110b |
| You had problems with someone you were dating because you had been drinking. | Same as above | 110c |
| You were hung over. | Same as above | 110d |
| You were sick to your stomach or threw up after drinking. | Same as above | 110e |
| You got into a sexual situation that you later regretted because you had been drinking. | Same as above | 110f |
| You got into a physical fight because you had been drinking. | Same as above | 110g |
| You were drunk at school or work. | Same as above | 110h |
| E-CIGARETTE/VAPING QUESTIONS (Updated 2019) | | |
| How wrong do your parents feel it would be for YOU to use electronic cigarettes, e-cigarettes, vape pens, or e-hookahs? | Very wrong, Wrong, A little bit wrong, Not wrong at all | 109h |
| How much do you think people risk harming themselves (physically or in other ways) if they use electronic cigarettes, e-cigarettes, vape pens, or e-hookahs? | No risk, Slight risk, Moderate risk, Great risk | 45h |
| How old were you when you first used electronic cigarettes, e-cigarettes, vape pens, or e-hookahs? | Never, 10 or younger, 11, 12, 13, 14, 15, 16, 17 or older | 32j |
| FINAL QUESTION | | |
| How honest were you in filling out this survey? | I was very honest; I was honest pretty much of the time; I was honest some of the time; I was honest once in a while; I was not honest at all | 130 |



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