

The most common reasons BC youth gave for using substances were to have fun, because their friends were doing it, to experiment and to manage stress.

# Did You Know?

The 2018 BC Adolescent Health Survey, completed by over 38,000 of the province's young people in Grades 7-12 showed that:

Over half of youth who used substances experienced negative consequences the last time they did so, including 37% who did something they couldn't remember.

44% had tried alcohol.

The most common age for youth to have their first drink was 14.

16% of youth had tried a substance other than alcohol and marijuana, including 12% who had misused prescription pills.

Youth most commonly got their alcohol from an adult, at a party, or gave someone money to buy it.

42% of males and 48% of females felt that their friends would be upset with them if they got drunk.

25% of youth had tried marijuana. This was a decrease from 10 years earlier.

14% of youth who had tried marijuana had driven after using it.

18% of youth had ever smoked tobacco, whereas 27% had vaped in the past month.

## Looking for Substance Use Resources and Supports?

[www.youthinbc.com](http://www.youthinbc.com) - Online support, information and resources  
Online chat available from 12:00pm-1:00am.

Kids Help Phone - (24/7/365)  
Text CONNECT to 686868 or call 1-800-668-6868

Kuu-Us Crisis Line - An Indigenous crisis line available 24/7 in BC that provides a wide range of support services to First Nations, Métis, and Inuit youth  
1-800-588-8717

Foundry - Support services for youth aged 12-24.  
Locations throughout BC. <https://foundrybc.ca/get-support/>



McCreary  
Centre Society