ASKING THE RIGHT QUESTIONS, SHARING THE RIGHT ANSWERS: ADDRESSING YOUTH CYBER SAFETY IN A CHANGING DIGITAL WORLD

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British Columbia, Canada

Adolescent Health Surveys

Evaluations

Youth Research Academy

Youth Advisory Council

BC Adolescent Health Survey

(BC AHS)

BC AHS

- Completed every 5 years since 1992
- Grades 7-12 students in mainstream public schools
- Administered by Public Health Nurses

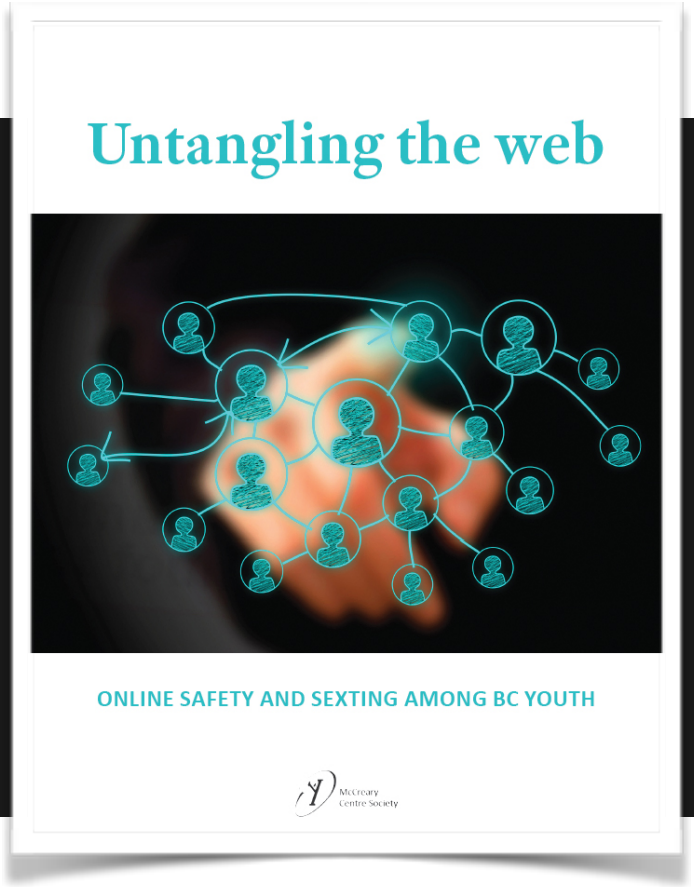
2013 BC AHS

- 29,832 students in 1,645 classrooms
- 56 out of 59 school districts in BC
- 130 items on health and life experiences, including risk and protective factors

BC AHS development

- **2008** — 2008 BC Adolescent Health Survey
- **2009-12** — Knowledge translation and dissemination
  Community consultations
- **2013** — 2013 BC Adolescent Health Survey
- **2014-17** — Knowledge translation and dissemination
  Community consultations
- **2018** — 2018 BC Adolescent Health Survey

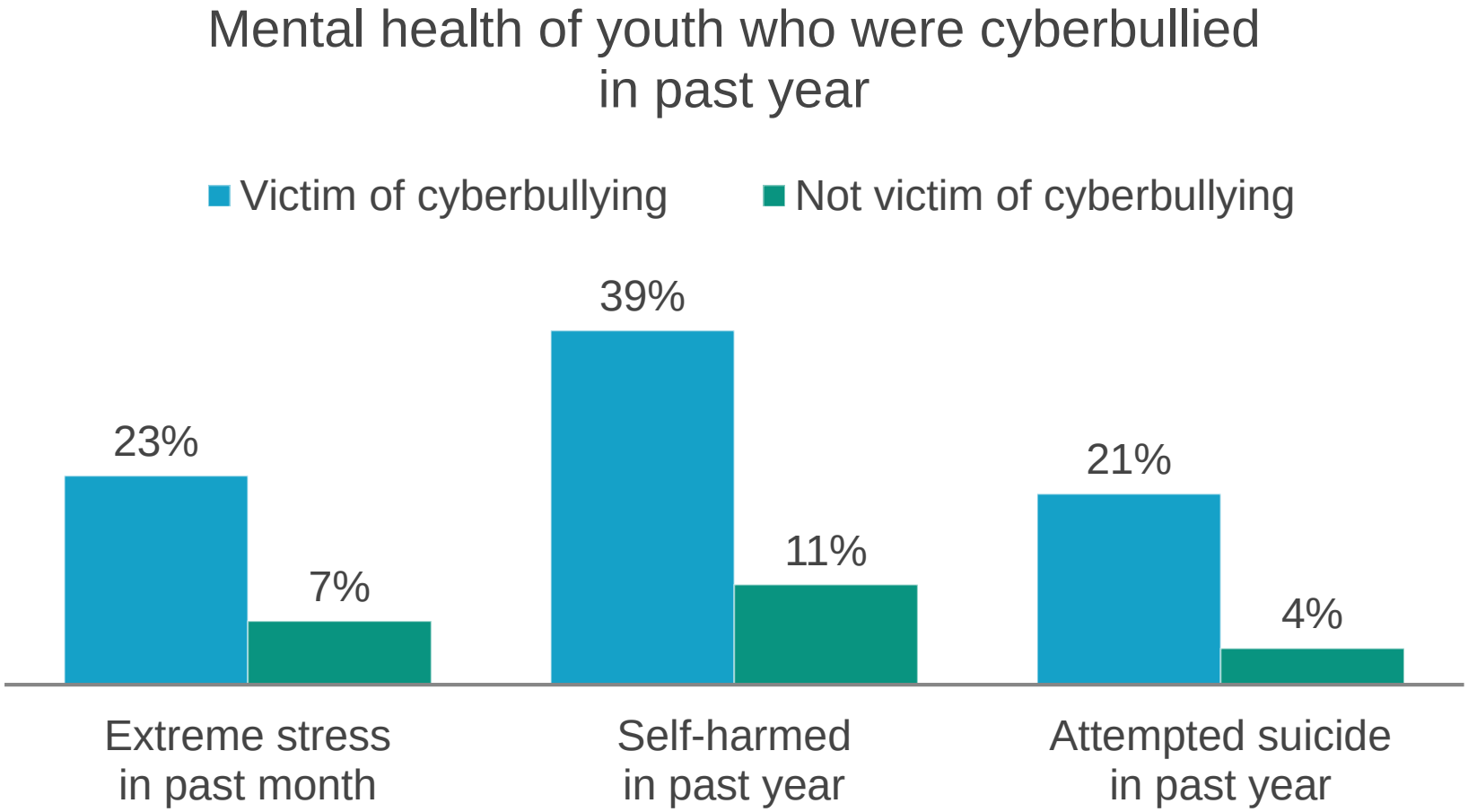
Untangling the Web



- Online safety and technology use among BC youth aged 12-19
- Based on 2013 BC AHS
- Includes trends using data from 2003, 2008, and 2013

Cyber safety concerns

Mental health



Risk factors

LIVING SITUATION/ HOME ENVIRONMENT

- Been in government care
- Live in poverty
- Ran away from home
- Moved house

MINORITY YOUTH

- Lesbian, gay, bisexual
- Refugee
- Have a health condition/disability

VIOLENCE EXPOSURE

- Abuse
- In-person bullying
- Discrimination
- Dating violence

UNSUPERVISED OR HEAVY TECHNOLOGY USE

- Technology use after suppose to be asleep
- Technology use throughout the day
- Multiple cyber activities

HEALTH AND RISK BEHAVIOURS

- Ever tried substances
- First tried alcohol or marijuana at earlier age
- Risky use of substances
- Gambled

SELF-IMAGE

- Low self-confidence
- Body image issues

Protective factors

FAMILY

- Connect to family
- Have adult to turn to for support
- Parental monitoring of free time
- Parent present at meal time

COMMUNITY

- Connected to community
- Have professionals who provide helpful support
- Feel safe in neighbourhood
- Feel listened to in extracurricular activities

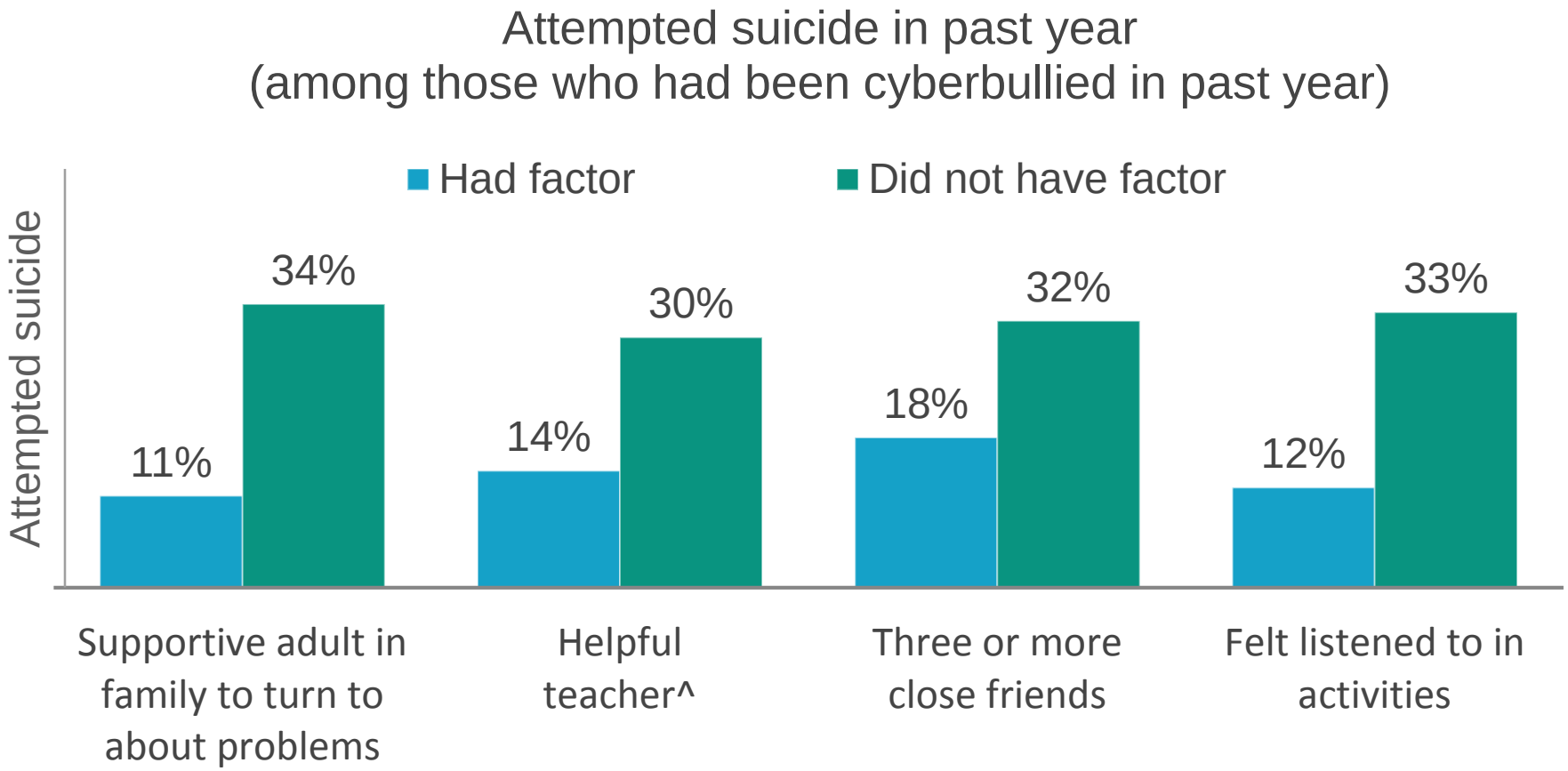
SCHOOL

- Connect to school
- Have school staff who provide helpful support
- Feel safe at school

PEERS

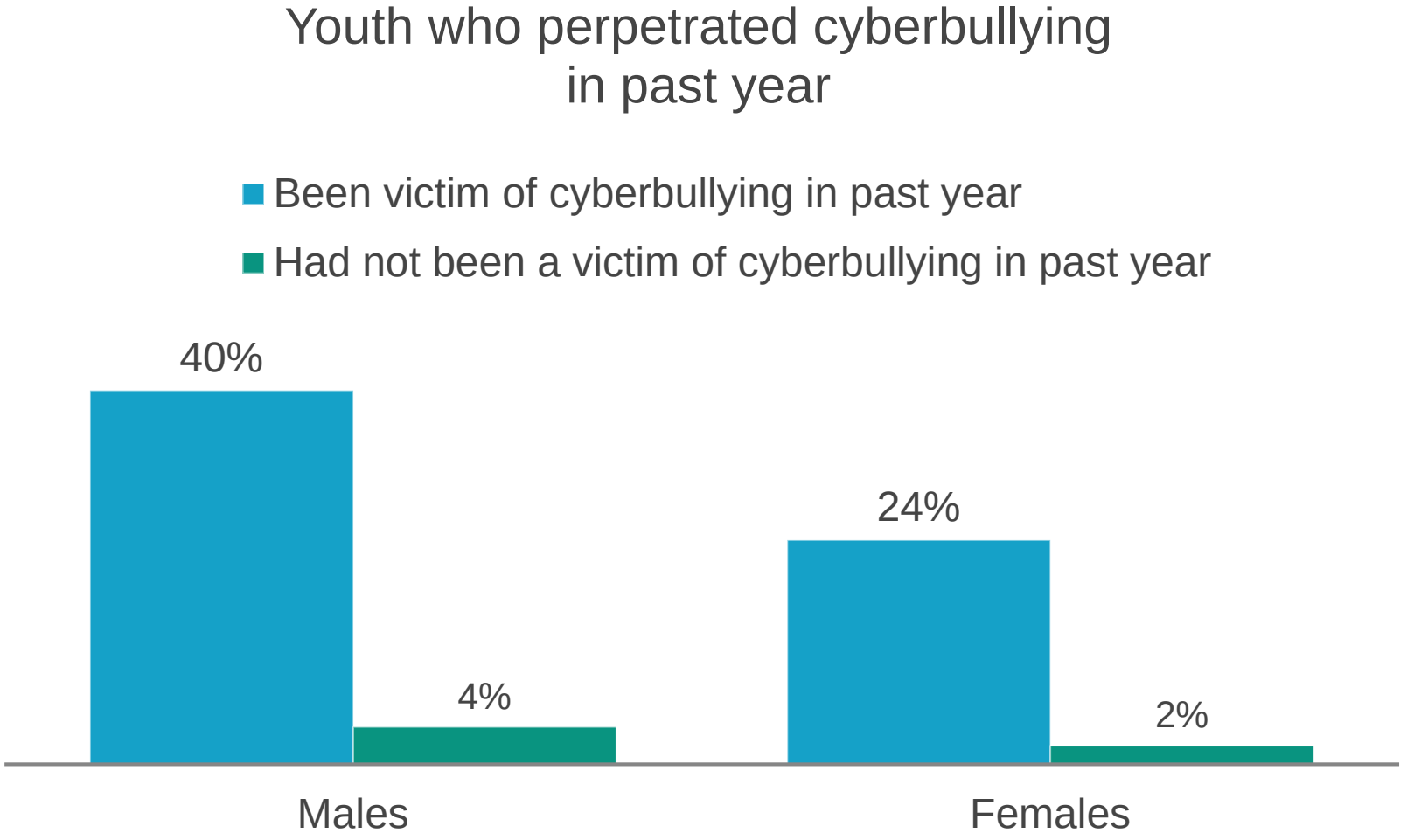
- Have a circle of friends
- Have friends with prosocial attitudes
- Have friends who provide helpful support

Youth who had been cyberbullied



^ Among youth who approached a teacher for help in the past year.

Perpetrators of cyberbullying



Bridging research and action

NEXT STEPS WORKSHOPS

- Interactive format to bring survey results back to youth
- Youth respond to the data and provide insights into factors driving results
- Focus on resiliency and strengths, provide opportunities for positive development
- Strengthen community capacity to address risks and promote protective factors

Workshops with youth

ONLINE SAFETY NEXT STEPS

- 55 youth aged 13-18 from participated
- 5 communities across Greater Vancouver and the Fraser Valley
- Developed in partnership with school districts and a local not-for-profit
- A workshop toolkit informed by participants' responses and questions was developed, and has been shared widely

Youth's responses to the data

FEEDBACK

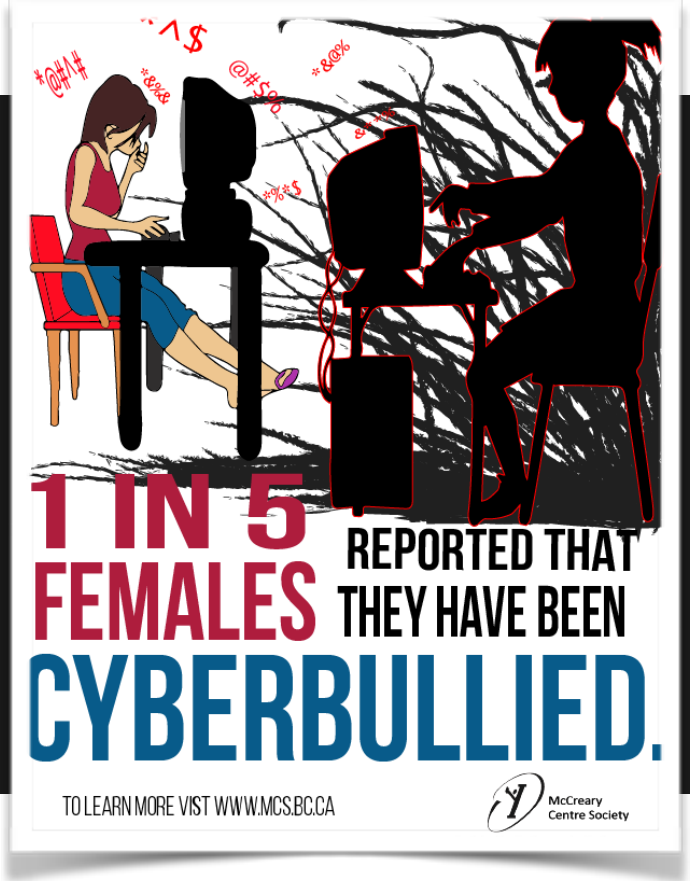
- Online victimization experiences were pervasive and normalized, and young people may not identify behaviour as cyberbullying
- Not much could be done to make social media/technology use safer, but youth identified steps they took to avoid/manage negative experiences
- Some youth who said they had bullied others online had not recognized their behaviours as such until the discussion

Youth's responses to the data

RECOMMENDATIONS

- Create more opportunities for dialogue at a younger age, including talking about online safety, privacy, security, and victimization
- Parents/guardians should learn about the technology and online platforms young people are using, and provide oversight and/or limit use
- Add more specific questions to the BC AHS to capture the full range of youth's experiences with social media and technology

Youth-led multimedia projects



http://mcs.bc.ca/download_resources

http://youtube.com/user/mccrearycentre

Youth-led multimedia projects

http://mcs.bc.ca/download_resources

Moving forward

2018 BC AHS

- Online activities
- Being online after bedtime; going ‘offline’
- Parental monitoring
- Online relationships
- Accessing health information
- Consent

Summary

- Youth who are meaningfully engaged are less vulnerable to risky online behaviours, and less likely report negative outcomes if victimized
- Sharing findings raised awareness of the importance of connections and provided opportunities for engagement
- Engaging young people in the research process can help to ensure that technology-related data remains relevant and up to date

THANK YOU

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