

SOCIAL RELATIONSHIPS

INDICATOR #39 After-school Activities

DEFINITIONS

INDICATOR #39A — Percentage of BC students in grades 7–12 who report they took part in sports, dance, yoga, or exercise classes with a coach or instructor at least once a week during the past 12 months.

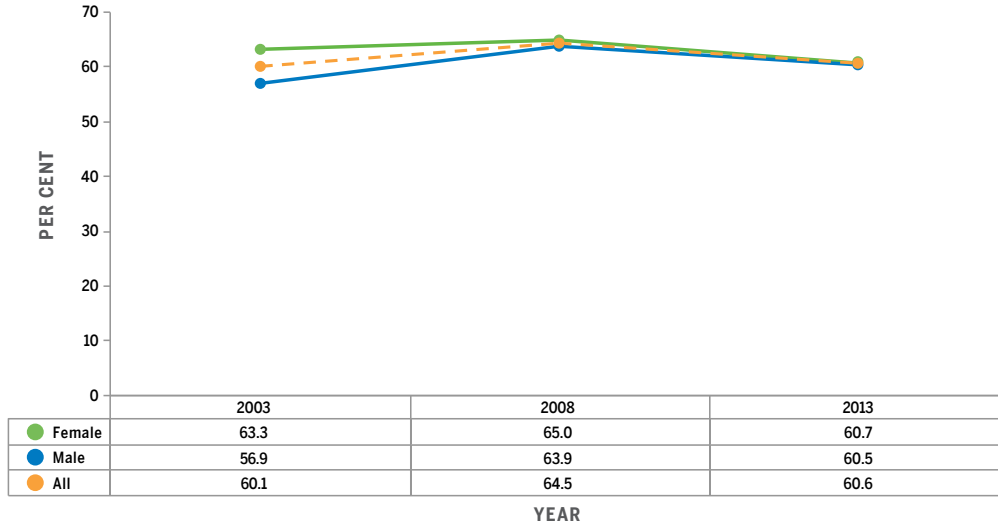
INDICATOR #39B — Percentage of BC students in grades 7–12 who report they took part in sports *without* a coach or instructor at least once a week during the past 12 months.

INDICATOR #39C — Percentage of BC students in grades 7–12 who report they participated in drama, music, or club/groups at least once a week during the past 12 months.

KEY MESSAGES

- ▶ **“Constructive use of time”** describes participation in out-of-school activities such as team sports, after-school programs, community service and volunteering, mentoring programs, arts programs, and school-based clubs.¹
 - ▶ There is strong evidence that participation in out-of-school activities is beneficial for increasing positive social relationships, **school connectedness**, a sense of self-worth, and academic achievement. Research indicates that participating in out-of-school activities has benefits for youth mental health, physical health, and positive **self-esteem**.^{2,3}
 - ▶ There is also evidence that supports a link between constructive use of time and less delinquent and problem behaviours, especially with at-risk children.⁴
 - ▶ Research also shows that BC youth who reported being engaged in activities that they considered meaningful were less likely to consider or attempt suicide in the past year, compared to those who were involved in activities that they did not consider meaningful.⁵
 - ▶ Figures 39A.1, 39B.1, and 39C.1 show that females were more likely than males to report taking an exercise class in the past year, or taking part in art, drama, singing, music, or clubs/groups; males were more likely to report participating in sports without an instructor. Overall, participating in sports without an instructor was the most common activity type, though it decreased substantially from 2003 to 2013. The six figures from 39A.2 to 39C.3 show geographic variation among health authorities and health service delivery areas (HSDAs). They highlight that the highest and lowest percentages among health authorities and HSDAs vary for each of the three categories of activities analyzed.
- “I used to wonder why I had to help with the house. Then I learned you are a family...you work together as a team. That’s what you do. You help each other out.”*

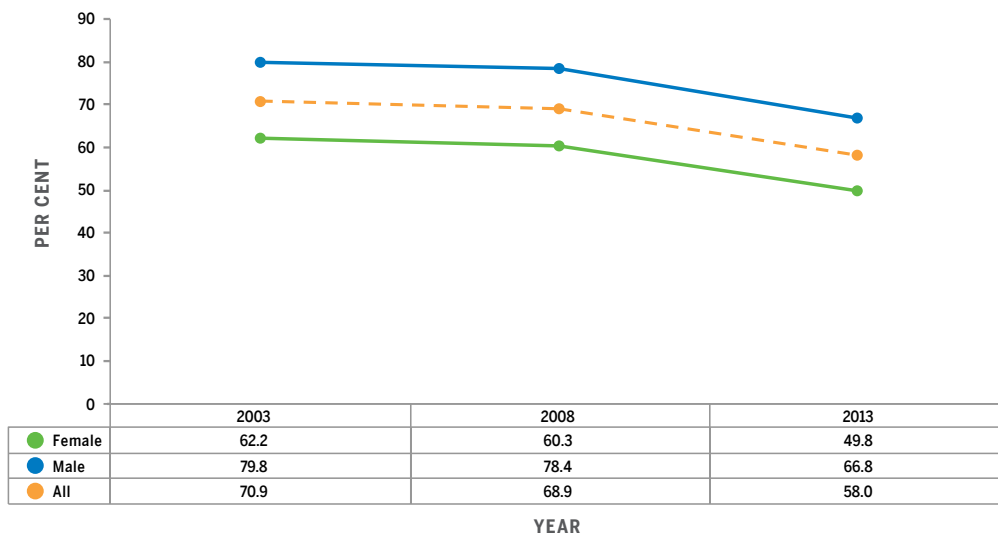
FIG 39A.1 Percentage of Students in Grades 7-12 Who Reported Taking Exercise Classes in the Past Year, by Sex, BC, 2003, 2008, and 2013



Notes: "Taking exercise classes" means taking part in sports, dance, yoga, or exercise classes with a coach or an instructor at least once a week. "In the past year" means during the 12 months prior to the survey. The differences between years were statistically significant for females and males. The differences between 2003 and 2008 and between 2008 and 2013 were statistically significant for "All". The difference between the sexes was statistically significant in 2003 only. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2003, 2008, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

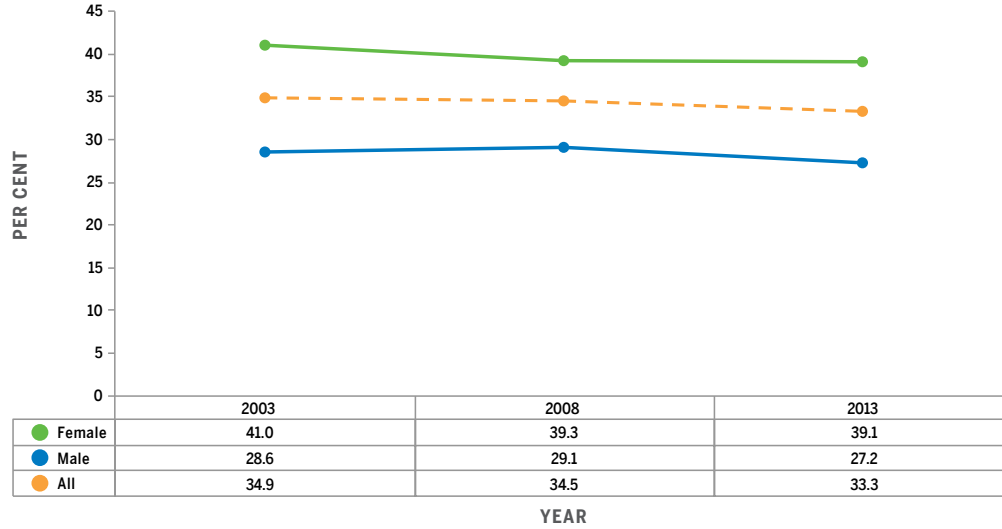
FIG 39B.1 Percentage of Students in Grades 7-12 Who Reported Participating in Sports without an Instructor in the Past Year, by Sex, BC, 2003, 2008, and 2013



Notes: "Participating in sports" includes sports or physical activities such as biking, skateboarding, and hiking at least once a week. "In the past year" means during the 12 months prior to the survey. The differences between years were statistically significant for all groups. The difference between the sexes was statistically significant in all years. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2003, 2008, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

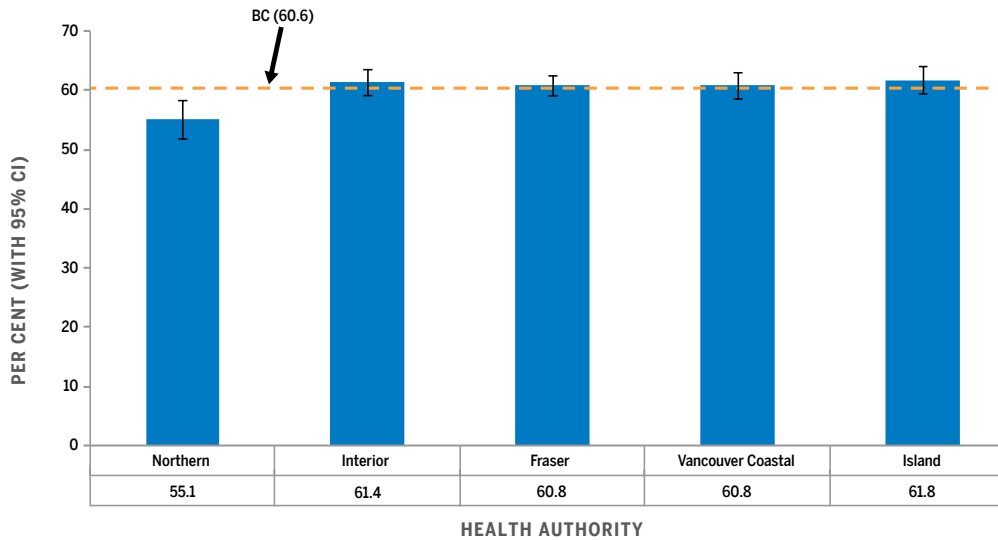
FIG 39C.1 Percentage of Students in Grades 7-12 Who Reported Taking Part in Art, Drama, Singing, Music, or Clubs/Groups in the Past Year, by Sex, BC, 2003, 2008, and 2013



Notes: "Participating" means taking part at least once a week. "In the past year" means during the 12 months prior to the survey. The difference between 2003 and 2013 was statistically significant for "All". The differences between 2003 and 2013 and between 2008 and 2013 were statistically significant for males. The differences between 2003 and 2008 and between 2008 and 2013 were statistically significant for females. The difference between the sexes was statistically significant in all years. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2003, 2008, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

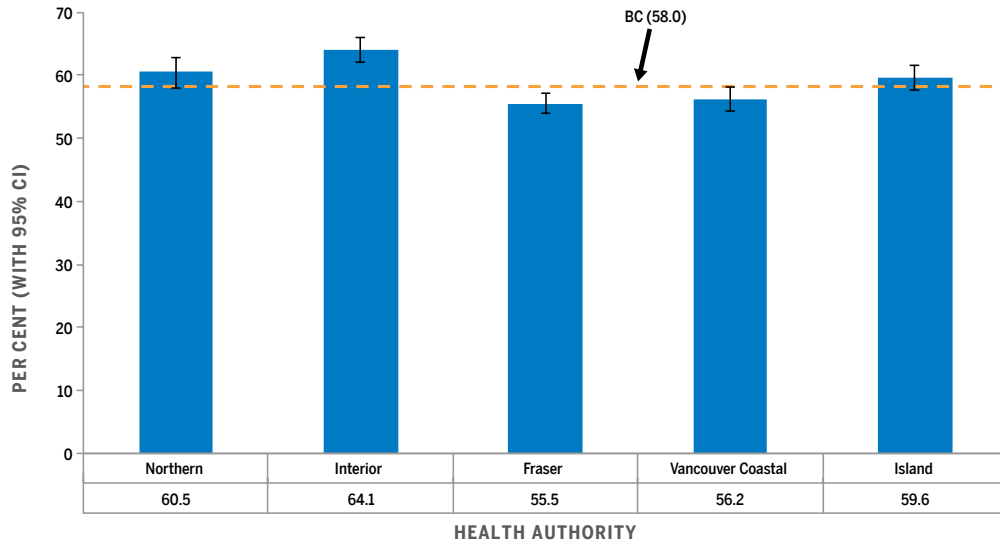
FIG 39A.2 Percentage of Students in Grades 7-12 Who Reported Taking Exercise Classes in the Past Year, by Health Authority, BC, 2013



Notes: "Taking exercise classes" means taking part in sports, dance, yoga, or exercise classes with a coach or an instructor at least once a week. "In the past year" means during the 12 months prior to the survey. Health authority is based on the location of the school. See Appendix B for more information about this data source.

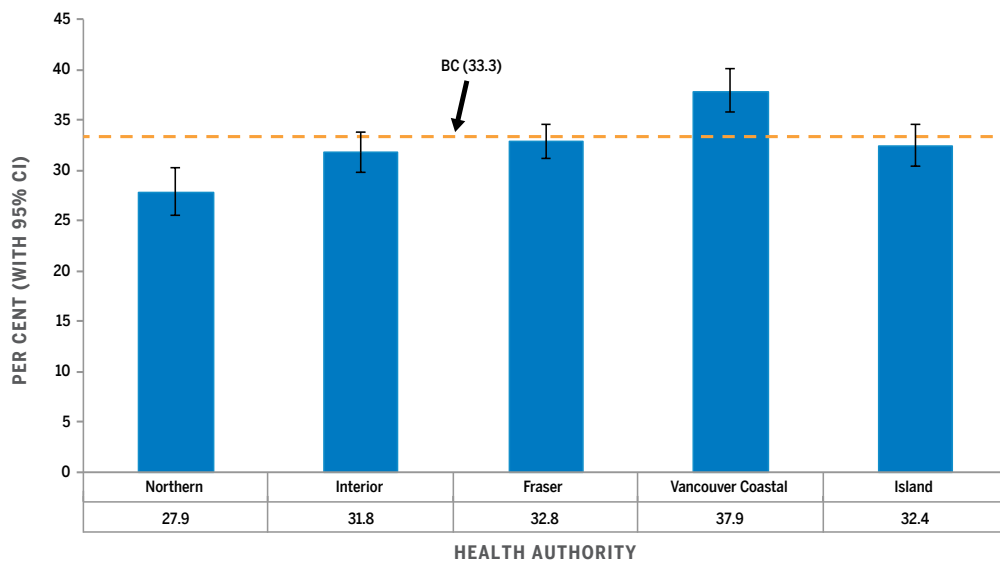
Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

FIG 39B.2 Percentage of Students in Grades 7-12 Who Reported Participating in Sports without an Instructor in the Past Year, by Health Authority, BC, 2013



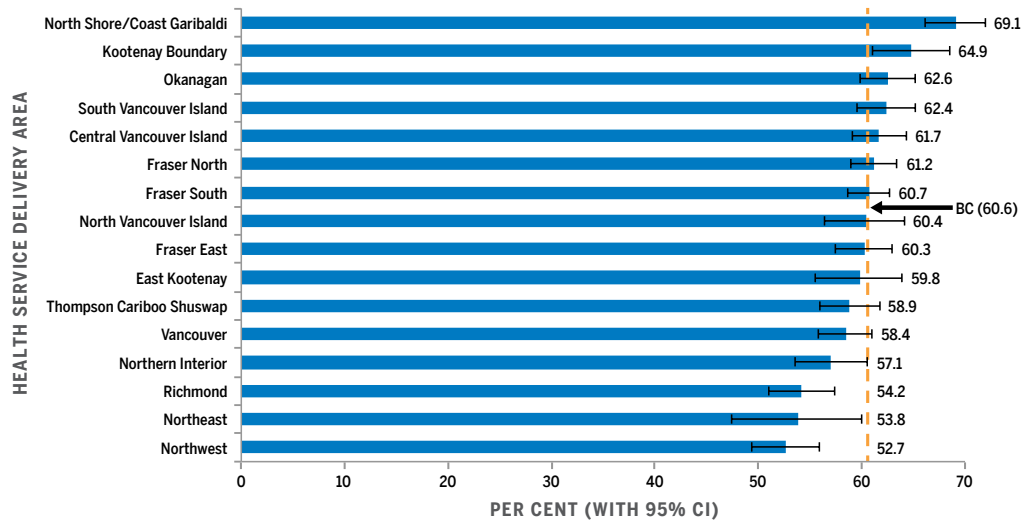
Notes: "Participating in sports" includes sports or physical activities such as biking, skateboarding, and hiking at least once a week. "In the past year" means during the 12 months prior to the survey. Health authority is based on the location of the school. See Appendix B for more information about this data source.
Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

FIG 39C.2 Percentage of Students in Grades 7-12 Who Reported Taking Part in Art, Drama, Singing, Music, or Clubs/Groups in the Past Year, by Health Authority, BC, 2013



Notes: "Participating" means taking part at least once a week. "In the past year" means during the 12 months prior to the survey. Health authority is based on the location of the school. See Appendix B for more information about this data source.
Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

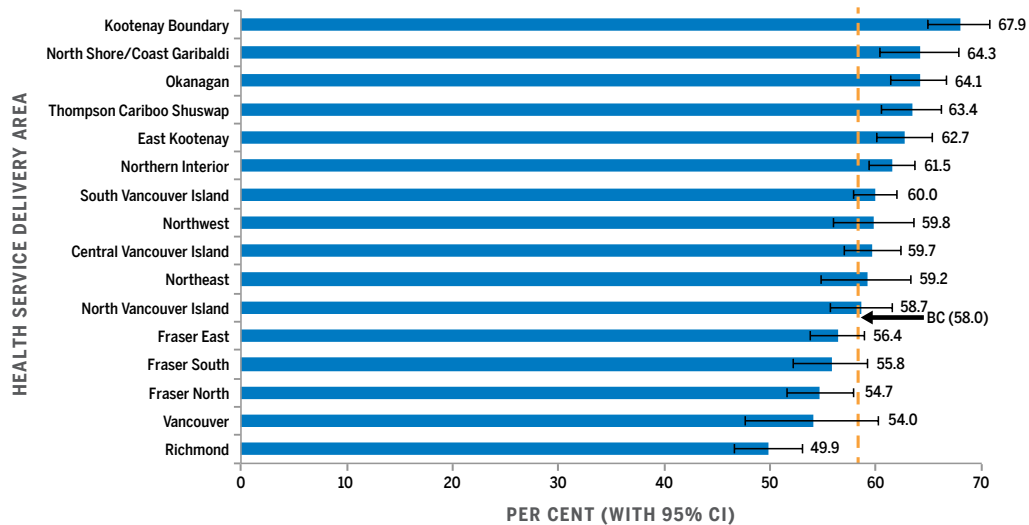
FIG 39A.3 Percentage of Students in Grades 7-12 Who Reported Taking Exercise Classes in the Past Year, by Health Service Delivery Area, BC, 2013



Notes: "Taking exercise classes" means taking part in sports, dance, yoga, or exercise classes with a coach or an instructor at least once a week. "In the past year" means during the 12 months prior to the survey. Health service delivery area is based on the location of the school. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

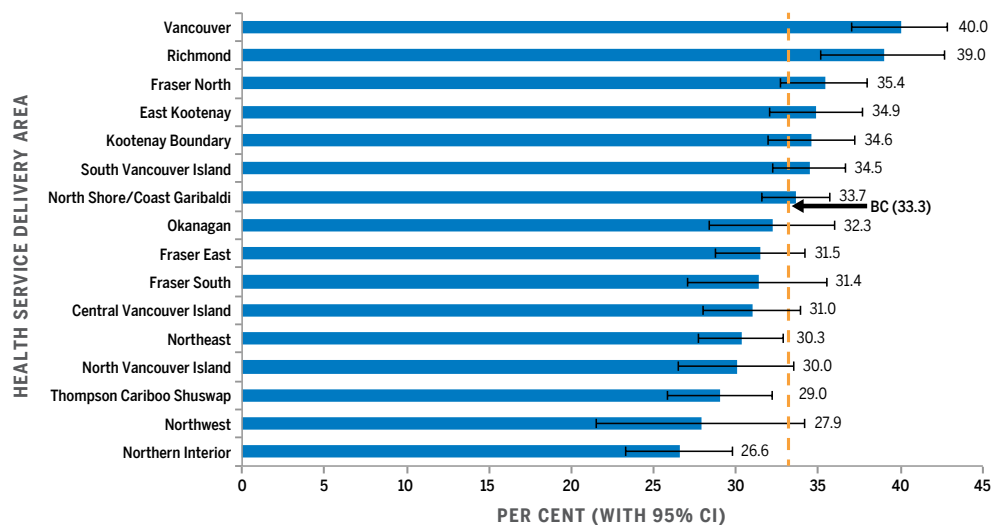
FIG 39B.3 Percentage of Students in Grades 7-12 Who Reported Participating in Sports without an Instructor in the Past Year, by Health Service Delivery Area, BC, 2013



Notes: "Participating in sports" includes sports or physical activities such as biking, skateboarding, and hiking at least once a week. "In the past year" means during the 12 months prior to the survey. Health service delivery area is based on the location of the school. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

FIG 39C.3 Percentage of Students in Grades 7-12 Who Reported Taking Part in Art, Drama, Singing, Music, or Clubs/Groups in the Past Year, by Health Service Delivery Area, BC, 2013



Notes: "Participating" means taking part at least once a week. "In the past year" means during the 12 months prior to the survey. Health service delivery area is based on the location of the school. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

“This measurement does not take into account other outside of school activities such as volunteering, school work, babysitting, working in your house and paid employment. It doesn’t mention de-stressing activities such as reading, knitting, meditation, music, swimming and running.”

REFERENCES

- ¹Pivak J. Child and youth health and well-being indicators project: appendix H – social relationships evidence review [prepared for the Office of the Provincial Health Officer and the Canadian Institute for Health Information]. Ottawa, ON: Canadian Institute for Health Information; 2011.
- ²Durlak J, Weissberg R, Pachan M. A meta-analysis of after-school programs that seek to promote personal and social skills in children and adolescents. *Am J Community Psychol.* 2010 Jun;45(3-4):294-309.
- ³Fredicks J, Eccles J. Developmental benefits of extracurricular involvement: do peer characteristics mediate the link between activities and youth outcomes? *J Youth Adolesc.* 2005;34(6):507-20.
- ⁴Mahoney JL, Lord, H. Afterschool program participation and the development of child obesity and peer acceptance. *Appl Dev Sci.* 2005;9(4):202-15.
- ⁵Smith A, Stewart D, Peled M, Poon C, Saewyc E, McCreary Centre Society. A picture of health: highlights from the 2008 BC Adolescent Health Survey. Vancouver, BC: McCreary Centre Society; 2009.