NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
BLOCK: \_\_\_\_\_\_

Topic #s: \_\_\_\_\_

**ADOLESCENT HEALTH SURVEY STUDY**

**GO TO THE FOLLOWING WEBSITE -** McCreary Centre Society – Adolescent Health Survey – use link below:

[**http://www.mcs.bc.ca/pdf/AHSV\_Okanagan.pdf**](http://www.mcs.bc.ca/pdf/AHSV_Okanagan.pdf)

Between February and June 2013, 29,832 students in Grades 7–12 completed the BC Adolescent Health Survey (BC AHS) in schools across British Columbia. These students answered 130 questions about their health, and about the risk and protective factors in their lives.

**Youth in the Okanagan:**

**Students in the Okanagan that participated in the survey identified as the following Ethnic & cultural background:**

**Family background**

European 73%

Aboriginal 14%

East Asian 4%

South Asian 4%

Latin/South/Central American 3%

African 2%

Australian/Pacific Islander 2%

Southeast Asian 2%

West Asian 1%

Other 3%

Don’t know 12%

Note: Youth could choose more than one response.

Note: If youth did not feel any of the listed options represented their background, they could choose to write in their own identity. Most of these students wrote Canadian.

**Use the reference below to find the topic that your group has been assigned:**

1. Physical health .................................................................................................................13
2. Sleep ................................................................................................................................15
3. Mental health....................................................................................................................16
4. Nutrition ............................................................................................................................22
5. Body weight & body image...............................................................................................26
6. Alcohol, marijuana, & other drug use ...............................................................................32
7. Physical activity, sports, & leisure .....................................................................................44
8. **"PHYSICAL HEALTH" – Survey Research (p. 13):**
9. What percentage of students rated their overall health as good/excellent? \_\_\_\_\_\_\_\_\_\_\_\_
10. What percentage of students had at least one health condition or disability?

Male (Okanagan) : \_\_\_\_\_\_\_\_\_\_ Female (Okanagan) : \_\_\_\_\_\_\_\_\_\_

1. According to the graph on p. 13, which gender reported a higher percentage for claiming their state of health was "EXCELLENT" ? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Which two health conditions had the highest rating in the "Health Conditions or Disability" table?
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. State the main reasons why students don't seek medical care for their given condition.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. What percentage of students surveyed had not seen a dentist in the past 24 months?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What information in this section did you find most interesting or most surprising?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**B) "SLEEP" – Survey Research (p. 15):**

1. What is the recommended amount of sleep for adolescents each night? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Do you typically get this amount? \_\_\_\_\_\_\_\_\_
3. What percentage of Okanagan Adolescents stated that they got the recommended amount the night prior to coming to class and taking the survey? Male: \_\_\_\_\_\_\_\_\_\_ Female: \_\_\_\_\_\_\_\_\_\_
4. What percentage of 18 year olds got the recommended amount? \_\_\_\_\_\_\_\_\_\_
5. What was the difference in percent for students that had been sexually/physically abused vs. students that had not been abused?

ABUSED % getting the recommended amount of sleep: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Never Abused % getting the recommended amount of sleep: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Describe the correlation (link) between amount of sleep and state of Health rating. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. According to the graph "Hours Slept", what percentage of students were getting only 5 hours or less of sleep a night? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What information in this section did you find most interesting or most surprising?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**C) "MENTAL HEALTH" – Survey Research (p. 16):**

1. What percentage of Okanagan adolescents surveyed rated their mental health as good/excellent?

 A) MALE : \_\_\_\_\_\_\_\_\_\_\_ B) FEMALE : \_\_\_\_\_\_\_\_\_

2. What percentage of Okanagan adolescents surveyed reported that they "felt good about themselves"?

 A) MALE : \_\_\_\_\_\_\_\_\_\_\_ B) FEMALE : \_\_\_\_\_\_\_\_\_

3. What percentage of local youth surveyed reported the following conditions:

 A) Depression: \_\_\_\_\_\_\_\_\_\_

 B) Anxiety Disorder: \_\_\_\_\_\_\_\_\_\_

 C) ADHD : \_\_\_\_\_\_\_\_\_\_

 D) Addiction to alcohol/drugs : \_\_\_\_\_\_\_\_\_\_

4. According to the graph on p. 16, which gender had reported a higher rate of "feeling calm or happy most or all of the time in the past month"? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Among local females what has the rate of "feeling extreme despair" done from year 2003 to 2013?

 A) GONE DONE B) STAYED THE SAME C) GONE UP

6. What are the percentages for inflicting "Self Harm without causing death" for each gender?

 A) MALE : \_\_\_\_\_\_\_\_\_\_\_\_ B) FEMALE: \_\_\_\_\_\_\_\_\_\_\_

7. According to the graph : "Suicide ideation and attempts in the past year"; what were the rates for each report?

 A) Seriously thought of suicide: Male : \_\_\_\_\_\_\_\_\_ Female: \_\_\_\_\_\_\_\_\_\_

 B) Attempted suicide: Male : \_\_\_\_\_\_\_\_\_ Female : \_\_\_\_\_\_\_\_\_

8. According to the graph " Most common reasons for not accessing mental health services in the past year (among students who felt they needed services)" ; what were the four main reasons that students did not access mental health services?

A) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
B) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
C) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
D) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What information in this section did you find most interesting or most surprising?

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**D) "NUTRITION" – Survey Research (p. 22):**

1. Which gender reported higher rates of consuming "Fast Food" ? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. What were the percentages of adolescents surveyed that stated they consume coffee or coffee-based beverages? MALE : \_\_\_\_\_\_\_\_\_ FEMALE: \_\_\_\_\_\_\_\_

2. Using the table – "What students ate and drank yesterday (one or more times)"; list the key food categories that have showed an increase in the level of consumption in 2013 when compared to 2008.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. Using the table – "What students ate and drank yesterday (one or more times)"; list the key food categories that have showed a decrease in the level of consumption in 2013 when compared to 2008.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4. Describe the correlation between stating "Excellent Mental Health" and "Consuming Fruits or Vegetables three or more times a day" ?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Summarize the link between diet and exercise as stated at the top of p. 23.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6.What percentage of adolescents surveyed in 2013 reported that they never eat breakfast? \_\_\_\_\_\_\_\_

7. According to the table: "Reasons for not eating breakfast at home"; what are the three main reasons students did not eat breakfast?

 A) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 B) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 C) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What information in this section did you find most interesting or most surprising?

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**E) "BODY WEIGHT AND BODY IMAGE" – Survey Research (p. 26):**

1. What does the acronym "B.M.I." stand for ? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. What were the percentage for each category?

 A) Underweight : \_\_\_\_\_\_\_\_\_\_\_

 B) Healthy Weight : \_\_\_\_\_\_\_\_\_\_

 C) Overweight : \_\_\_\_\_\_\_\_\_\_\_

 D) Obese: \_\_\_\_\_\_\_\_\_\_

3. When tracking these stats from 2003 to 2013, what happened to the percentage of females that fit into the overweight category? A) It went down B) Stayed the same C) It went up

4. According to the graph " Body image", what percent of adolescents saw their body image as overweight? MALE : \_\_\_\_\_\_\_\_\_\_\_ FEMALE : \_\_\_\_\_\_\_\_\_\_

5. What percentage of adolescents had binged then had vomited on purpose after eating (purged) in the past year? MALE : \_\_\_\_\_\_\_\_\_\_\_ FEMALE : \_\_\_\_\_\_\_\_\_

6. Descibe the relationship between those stating poor mental health and those that reported binge eating or purging. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What information in this section did you find most interesting or most surprising?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*\*\* I don’t have any "SEXUAL HEALTH" QUESTIONS in this document, but if you have some time, this topic starting on p. 28 is very interesting \*\*\***

**F) " Alcohol, Marijuana, & Other Drug Use" – Survey Research (p. 32):**

1. In the Okanagan region what happened to the rate of alcohol consumption from 2008 to 2013?

A) It went up B) It stayed the same C) It went down

2. Delaying the onset of using alcohol and marijuana has been shown to reduce the risk of what? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. According to the graph " Age first tried alcohol (among youth who ever drank alcohol)" what are the percentage for each group?

 A) Less than 9 years old -2008 : \_\_\_\_\_\_\_ B) Less than 9 years old – 2013 : \_\_\_\_\_\_

4. What was defined as "Binge Drinking" (p.32)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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5. In the Okanagan region what happened to the rate of those that have tried marijuana when comparing data from 2008 to 2013?

A) It went up B) It stayed the same C) It went down

 6. Of those that reported that they use marijuana, what percentage stated that they use it at least 6 or more days in the past month? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Of those that stated they have used marijuana, which age group had the highest percentage for age they first tried – see graph "**Age first tried marijuana (among youth who ever used)" \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SUBSTANCES other than alcohol:**

1. What were the percentage that had used the following substanes:
2. COCAINE : \_\_\_\_\_\_\_\_\_\_\_
3. ECSTASY : \_\_\_\_\_\_\_\_\_\_\_\_
4. MUSHROOMS : \_\_\_\_\_\_\_\_\_\_
5. AMPHETAMINES : \_\_\_\_\_\_\_\_\_\_
6. HEROIN : \_\_\_\_\_\_\_\_\_
7. STEROIDS (without prescription) : \_\_\_\_\_\_\_\_\_\_
8. KETAMINE/GHB : \_\_\_\_\_\_\_\_
9. What percentage of students were either told they needed help or felt they needed help with their substance use? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. When it comes to consequences of substance abuse, what were the two main consequences experienced – see graph – "**Consequences of substance use in the past year (among youth who had used alcohol or other substances during that time).**
11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Give the percentage for the following:
14. Had sex when I didn't want to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Got into a physical fight: \_\_\_\_\_\_\_\_
16. Overdosed : \_\_\_\_\_\_\_\_\_
17. List the top four reasons why students used a substance the last time they used:

See graph: "**Reasons for using substances the last time".**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**G) " Physical Activity, Sports & Leisure" – Survey Research (p. 44):**

1. The CANADIAN PHYSICAL ACTIVITY GUIDELINES recommends what amount of physical activity for 12-17 year olds?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. What percentage of local students actually meet this guideline? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Specifically, what percentage of 17 year olds met the guideline? \_\_\_\_\_\_\_\_\_\_\_\_\_

4. Summarize the information presented in the following graph: "**Weekly participation in informal sports and health benefits**"

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. What was the most common reason given for why students did not participate in sports or other activities in the past year? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. According to the table : "**Barriers to participation in activities".** List the percentages for the following reasons:

A) Couldn't afford it : MALE : \_\_\_\_\_\_\_\_\_\_\_ FEMALE : \_\_\_\_\_\_\_\_\_\_

B) Worried about being bullied: MALE : \_\_\_\_\_\_\_\_\_\_\_ FEMALE : \_\_\_\_\_\_\_\_\_\_

7. What percentage of grade 7 to 12 students surveyed owned a cellphone or other portable electronic

communication device.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8.What percentage of students were either online or on their phone, when they were supposed to be asleep? \_\_\_\_\_\_\_\_\_\_\_\_\_

9. Give the percentage for each type of cell phone use on the previous day:

A) Communicate with friends : \_\_\_\_\_\_\_\_\_\_

B) Played games/entertainment/music : \_\_\_\_\_\_\_\_

C) Communicate with parents: \_\_\_\_\_\_\_\_\_\_\_

D) Finding information: \_\_\_\_\_\_\_\_\_

E) Sexting : \_\_\_\_\_\_\_\_\_\_

F) Bullying others : \_\_\_\_\_\_\_\_\_

10.According to the table: "**Technology use after students were expected to go to sleep".**

List the percentage use for each:

1. Using a phone to chat or text : MALE : \_\_\_\_\_\_\_\_\_ FEMALE : \_\_\_\_\_\_\_\_\_
2. Using social networking: MALE : \_\_\_\_\_\_\_\_\_ FEMALE : \_\_\_\_\_\_\_\_\_
3. Online gaming: MALE: \_\_\_\_\_\_\_\_\_ FEMALE : \_\_\_\_\_\_\_\_\_

11.What percentage of students reported being cyberbullied?

 MALES : \_\_\_\_\_\_\_\_\_\_\_\_\_ FEMALE: \_\_\_\_\_\_\_\_\_\_\_

12.Considering that so many adolescents do not get the recommended amount of sleep, do you feel that parents should take away cell phones and on-line devices at a set time (Perhaps 10:00 pm for younger adolescents)? Discuss this with your group and explain your thoughts on this topic.

­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. This survey was conducted in 2013, but the same survey was also conducted in Spring – 2018. Would you expect that the negative impact that uncontrollable cell phone use has resulting in loss of sleep, cyberbullying, sexting, and addictive behavior to online gaming and social media, to have done what over the past 5 years?
2. Go down B) Stay the same C) Go up

**PART H – Now go to the following link to track down the 2018 Report**

<https://www.mcs.bc.ca/pdf/balance_and_connection.pdf>

* Go to what would be page 3 (the page just before p. 4) to find the "Table of Contents"
* Locate a topic you have some interest in. For that topic, complete the following:
1. Topic : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Page # on this report that your topic discussion starts on : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Two pieces of data that you found most interesting for that topic
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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