

VICTORIA'S Youth VITAL SIGNS 2013

Youth Vital Signs provides a snapshot of what youth ages 15-24 think about life in Greater Victoria and gives participants an opportunity to have their voices heard.

Who are the youth who took our survey?

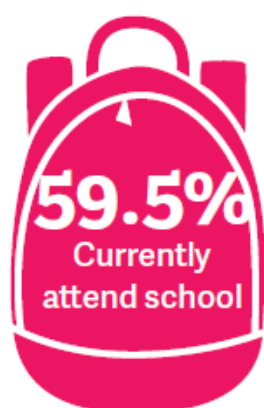
Average Age

20

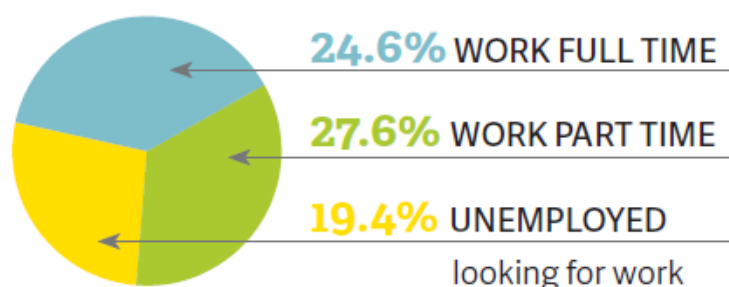
FEMALE → 72.4%

MALE → 26.9%

TRANSGENDER → 0.7%

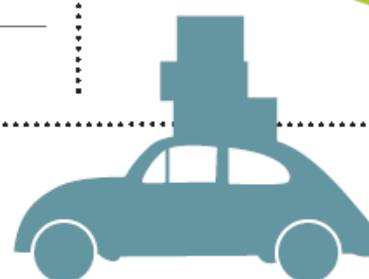


60% - University/
College;
37% - High School



8.1% Have been a youth in care

6.8% Identify as having a disability



34%

Have moved one or more times in the last year

85%

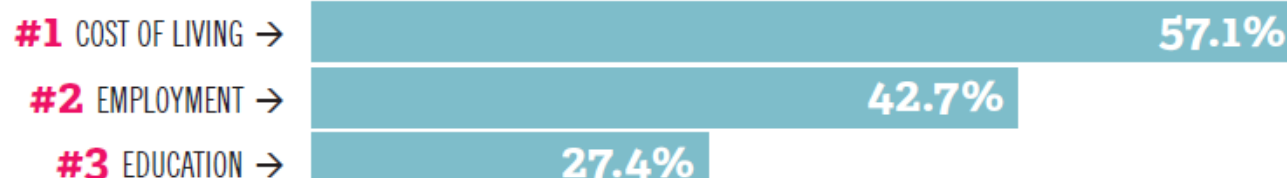
Born in Canada

83%

English most often spoken at home



Most Important Issues



Now in its fifth year, the youth *Vital Signs* survey included **234 youth** who let their views be known by assigning grades, choosing their top priorities and identifying things to celebrate in each of 13 issue areas. This year they also

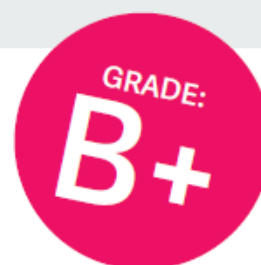
answered questions about quality of life, happiness and connection to community.

This report is used to broaden understanding and awareness of the opinions and experiences of youth in Greater Victoria, and provides

information that can potentially make a meaningful difference in public policy and community investment decision-making processes.

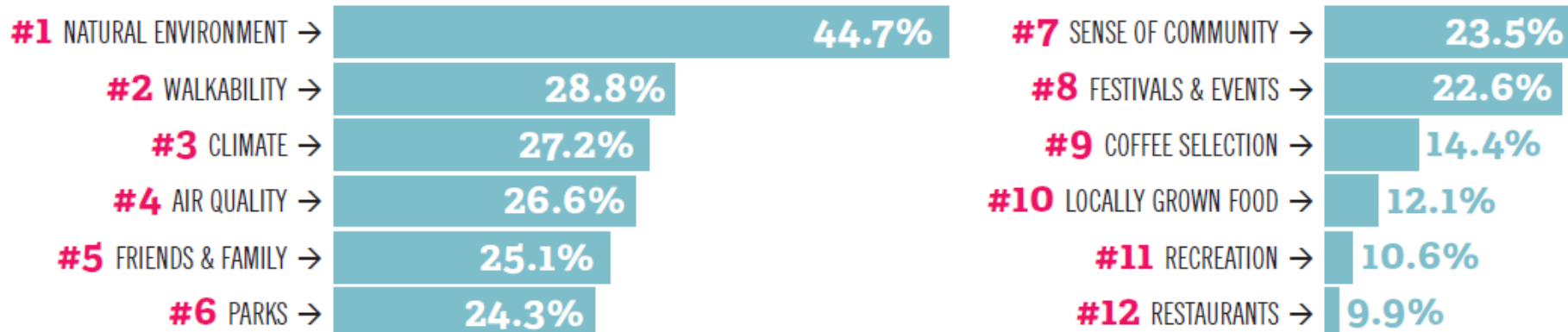
There's more to read online:
victoriafoundation.ca

HOW GREATER VICTORIA YOUTH RATED THEIR OVERALL QUALITY OF LIFE:



The Best of Greater Victoria

[According to Youth Survey Respondents]



Grades at a Glance

In 2013, grades improved in all categories compared to 2012.

KEY ISSUE AREA	2009	2010	2011	2012	2013
Arts & Culture	B	B	B	C+	B
Employment and Training	C	C	B-	C	C+
Environmental Sustainability	B	B	B	B-	B
Health and Wellness	B	B	B	C+	B
Learning & Education	B	B	B+	C+	B+
Our Community	B	B	B+	B-	B
Safety	B	B	B-	C+	B
Sports and Recreation	-	-	-	B	B+
Transportation	B	B	B-	C+	B-
Standard of Living	D	C	C-	C-	B
Youth Housing & Homelessness	C	C	C	C	C+
Youth Spaces	B	C+	B-	C+	B-
Youth Voice & Leadership	C	C	C	C	B-

UNDERSTANDING THE GRADES

- A** Excellent, stay the course
- B** Good, but improvements could be made
- C** Average performance, suggest additional effort be made to address these issues
- D** Below average performance, additional work is required
- F** Failure, immediate action is required



Indicator Areas



Things to Celebrate



Things to Improve

Arts & Culture B



- Diverse range of programs & events
- Arts & culture programs in schools
- Free or low cost events



- More affordable arts & culture activities
- More festivals & community celebrations
- More mentorships & intern programs with arts groups

Our Community B



- Accepting and open public atmosphere
- Many opportunities for youth to express themselves
- Active, healthy community



- Increase awareness and education of diversity, racism and sexual identity issues
- More playgrounds, sports and theatres, etc. that youth can afford
- More programs for youth arts & expression

WHO knew?

In 2012/2013, the Youth Volunteer Connections Program of Volunteer Victoria worked with 1,445 youth aged 15-29 to help them volunteer.

Employment & Training C+



- Youth-friendly employers
- Work preparation in high school
- Increase in minimum wage



- Job opportunities for new graduates
- More teen-friendly employers
- Higher wages

YOUTH UNEMPLOYMENT UNCHANGED

The 2012 unemployment rate for Greater Victoria youth (15-24 years) was 10.9%, the same as in 2010. This rate is significantly below the national (14.3%) and provincial rates (13.2%).

"As a community we seem very aware of our environmental footprints and in schools especially I have noticed an increase in education on the importance of environmental sustainability."



Environmental Sustainability B



- Recycling programs and composting
- Information availability & rising awareness
- Availability of local food



- Reduce amount of waste generated
- More support for programs that promote access to locally grown food
- Options for alternative energy

Learning & Education B+



- Availability & diversity of education choices
- Dedicated & supportive teachers
- Good quality schools and post-secondary options



- Affordability of post-secondary education
- Life skills education in high school
- Decrease class size

Health & Wellness B



- Natural environment, parks and pathways promote active lifestyle
- Variety and accessibility of health and recreation programs
- Healthy lifestyle education in schools

WHO knew?

In 2012, more than 300 youth (ages of 14-25) from Greater Victoria participated in the Duke of Edinburgh Awards, which recognize youth who have challenged themselves in community service, leadership activities, adventurous journeys, or in achieving physical skills in Canada.



- Extend free youth services past the age of 18
- Access to mental health services for youth
- Increase education on healthy living options

Youth Housing & Homelessness C+

- Youth housing programs run by local agencies
- More secondary suites allowed
- Access to affordable rental housing
- Affordable student housing
- Support for teens living on their own

WHO knew?

In 2013, there are now 26 subsidized long-term transitional housing units in Greater Victoria for youth aged 16-24 at risk of becoming homeless.



Standard of Living B

- Supportive parents
- Good resources for youth seeking help
- Recent increases in minimum wage
- More supports for post-secondary education/training
- More affordable housing options
- Increase food security



Youth Voice & Leadership B-

- Numerous youth councils & groups
- Many volunteering options
- Awareness about including youth voices
- Awareness of volunteer & leadership opportunities
- More leadership training & mentoring
- More education on the political system

Safety B

- Safe place to live
- Good police presence
- Anti-bullying programs

Transportation B-

- Walking and cycling trails
- Bus system & friendly bus drivers
- Walkability
- Make public transit more affordable
- More late-night bus runs
- More frequent buses

WHO knew?

In 2011, Greater Victoria youth (18-24 years) comprised the highest share of transit users (25%) and the highest share of pedestrians (28%).

Sports & Recreation B+

- Parks, pathways and bikeways
- Wide variety of sports opportunities
- Good recreation centres

"More kids would be active if it didn't require so much money to come and be part of a team."

- More free, non-competitive drop-in programs
- More affordable recreational and sports opportunities
- Encouraging interest and participation in fitness at a young age

"I think there are a lot of quality youth spaces — for those who can afford it."

Youth Spaces B-

- Lots of great parks and outdoor spaces in which to hang out
- Availability of recreation centres and youth centres
- More free hang out places for youth under 19
- Incentives for youth to be active/use recreation centres
- More affordable activities at community centres



VICTORIA'S youth VITAL SIGNS 2013

This year's Youth Vital Signs report includes findings from our survey about sense of well-being among youth in recognition that a vital region pays as much attention to happiness and sense of community as it does to economic aspects of quality of life.



55%

agree that it is every citizen's duty to **engage** in activities that strengthen democracy

57%

participate actively in their community of interest

75%

agree that it is every citizen's duty to **vote**

86%

feel supported by loving family, companions and/or friends

82%

describe themselves as **happy**



71%

feel Greater Victoria is **welcoming to new Canadians**

"The eclectic culture that Victoria embodies allows people to feel comfortable."



58%

are satisfied with work and home-life balance.



70%

rated their general sense of physical well-being as high.



67%

rated their general sense of mental well-being as high.

Sense of Connection in Decline

	2009	2010	2011	2012	2013
Very Connected	14.7%	19.1%	16.4%	12.8%	9.6%
Somewhat Connected	60.4%	56%	71.4%	58%	54.8%
Hardly Connected	22.2%	21.3%	10%	26.1%	30.4%
Not at all Connected	2.7%	3.6%	2.1%	3.2%	5.2%

64%

feel connected to community in Greater Victoria in 2013, trending downward from 2012 (**71%**), 2011 (**88%**), 2010 (**75%**) and 2009 (**75%**).

42%

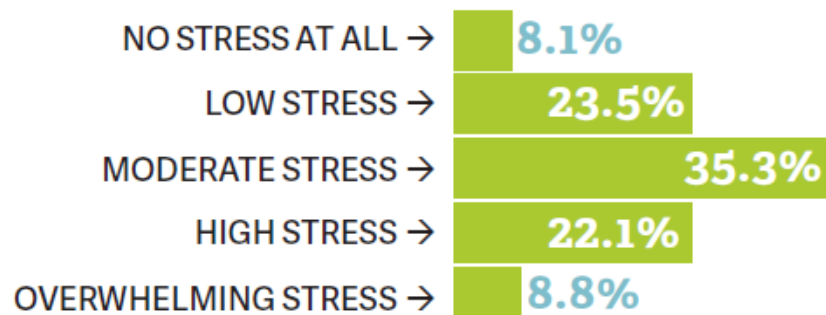
know their neighbours well enough to ask for help or offer assistance when needed

53%

feel they have the opportunity to **make a difference** in their community

"I think we have excellent programs in place to inform and educate youth about mental illness, sexual health, healthy eating, etc. However in most cases, these programs are delivered once and then never again. I think there needs to be consistency of the message and repeating."

Stress about Personal Finances



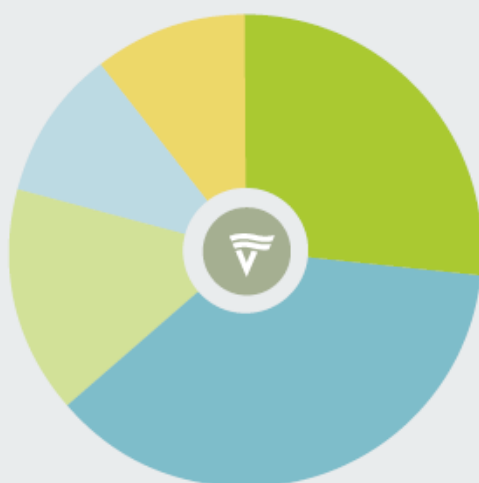
33%

FEEL HIGH OR
OVERWHELMING STRESS
ABOUT THEIR FINANCES

"I live with my parents
because that is what
I can afford."



HOW LIKELY ARE YOU TO
SEE YOURSELF LIVING AND
WORKING IN GREATER VICTORIA
10 YEARS FROM NOW?



26.7% VERY LIKELY
37% SOMEWHAT LIKELY
15.6% NEUTRAL
10.4% SOMEWHAT UNLIKELY
10.4% VERY UNLIKELY

64%

SEE THEMSELVES LIKELY
LIVING AND WORKING
IN GREATER VICTORIA
10 YEARS FROM NOW.

Loneliness

AMOUNT OF TIME FELT LONELY OVER PAST WEEK:



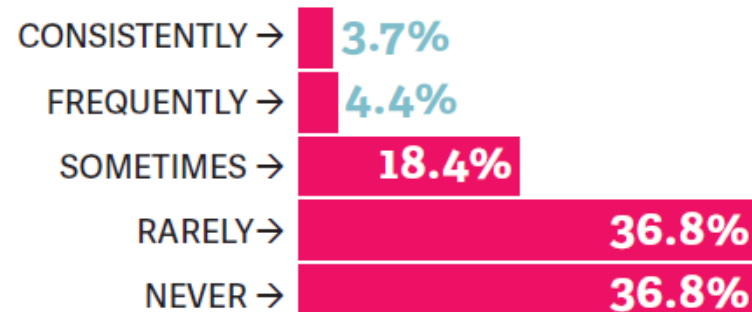
17% OFTEN FELT
LONELY OVER
THE PAST WEEK

YOUTH WITH A DISABILITY & YOUTH WHO
EXPERIENCED HOMELESSNESS MORE
OFTEN FELT LONELY

21.3% VERY RARELY OR NEVER
30.1% RARELY
31.6% SOMETIMES

13.2% OFTEN
3.7% VERY OFTEN
OR ALWAYS

Discomfort Due to Perceived Difference



26%

SOMETIMES, FREQUENTLY OR
CONSISTENTLY FEEL UNCOMFORTABLE
OR OUT OF PLACE BECAUSE OF THEIR
RELIGION, SKIN COLOUR, CULTURE, RACE, LANGUAGE, ACCENT,
DISABILITY, GENDER OR SEXUAL ORIENTATION