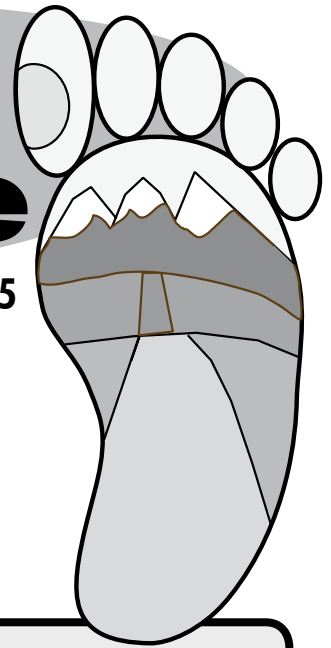


Next Steps workshop in...

Broadway Youth Resource Centre



When: October 29th, 2005

Who: 9 youth

Where: Broadway Youth Resource Centre

This workshop was held at the Broadway Youth Resource Centre in Vancouver (BYRC). The BYRC is an integrated centre for moderate-risk youth ages 12 to 24 and their families. It offers counselling, support services, and life-skills education. It also operates a walk-in health clinic, and provides information and referral to city-wide youth programs. The majority of participants in the *Next Steps* workshop were from BYRC's Youth Advisory Council (YAC). This YAC meets monthly to give youth involved with BYRC opportunities to share their ideas, voice, strengths and vision. At the *Next Steps* workshop the participants met to: discuss and identify their own community's health priorities; give youth of the community the opportunity to talk about the issues that face them; brainstorm project ideas around these issues; and pick the best ones to develop *Action Plans* to carry out. This community report is a summary of all the project ideas, discussion notes, and comments from youth during this workshop.

As a token of gratitude and recognition of their contributions, certificates of completion and reference letters were given to the youth who participated.

About the Next Steps

The *Next Steps* is a workshop that provides youth, along with supportive adults, an opportunity to respond to and discuss the health issues emerging from McCreary Centre Society's 2003 Adolescent Health Survey.

- The day begins with discussing health issues through an interactive trivia game.
- Youth then explore the concept and importance of protective factors through an activity.
- The day ends by creating *Action Plans* to address community health issues.

Top Health Priorities Youth Identified in the Community

1. Substance Abuse
2. Mental Health
3. Racism
4. Sex
5. Physical Abuse
6. School
7. Peer pressure
8. Birth Control

Provincial Report & Toolkit Available

Results from all workshops have been combined into a provincial highlights report, *Next Steps: Youths' Response to the AHS III and Ideas For Action*. You can also download the Next Steps Toolkit to host your own Next Steps workshop.

Download both from McCreary's website:
www.mcs.bc.ca



Action Plan #1

Youth brainstormed health issues in their community then broke into small groups; each group identified one idea to develop an Action Plan for.

Community Goal:	Helping people become athletes
Our Action Project Is:	Free floor hockey lessons.
What We Would Do:	<ul style="list-style-type: none"> • Talk to someone to get supplies, talk to staff for info on how to raise money • Get space in a gym • Put up posters for free floor hockey • Having a famous hockey player would attract people
How will your project improve community health?	<ul style="list-style-type: none"> • People would be able to help • Youth will be more healthy
How would you know you were successful?	<ul style="list-style-type: none"> • If we got all the money • If we had the equipment • If people came out
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Community Centre • Someone who knows famous hockey people • Markus Naslund

Questions from the AHS Trivia Game

What is the most common way that students get injured?

- A: Motor vehicle accidents
 B: Fighting
 C: In recreation or sports activities

Correct answer:
 C, In recreation or sports activities

Youth said:

- They couldn't decide between sports and motor vehicle accidents
- Youth are the ones getting into accidents
- I thought it was fighting – "there is a lot of drama in school, it's an ego thing... one crew shows up and doesn't like the other".
- They picked motor vehicles because of joy-riding, they hear so much about youth stealing cars

These are the comments youth made while playing the AHS Trivia Game. Youth explained why they had chosen their answers and what assumptions they were making about their peers.

What percent of boys were physically attacked or assaulted by another youth at school in the past year?

- A: 5%
 B: 12%
 C: 25%

Correct answer:
 B, 12%

Youth said:

- 5% is too low, 25% is too high
- Guys can have short tempers
- They see more guys fight than girls
- Guys are always trying to be the alpha male
- Guys can't show their emotions
- They thought it was higher cause guys love to prove themselves

Action Plan #2	
Community Goal:	Sensitize people to racism
Our Action Project Is:	Exploring culture and developing cultural empathy.
What We Would Do:	<ul style="list-style-type: none"> • It would be a 1 year program • Participants would spend 1 month of the year living with 12 different cultures • Person would be immersed in their host culture (dress, prayers, food, social activities, writing/media)
How will your project improve community health?	<ul style="list-style-type: none"> • It will foster diversity • It would create culturally sensitive people to act in a leadership role in “community capacity building”
How would you know you were successful?	<ul style="list-style-type: none"> • Decrease in hate crimes • Less BS cultural myths
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Funding • Involve cultural centres, families, media materials • Personages/Cultural leaders



Questions from the AHS Trivia Game

What percent of girls had unwanted sexual comments, jokes or gestures made to them in the past year?

- A: 27%
 B: 40% | Correct answer:
 C: 49% | C, 49%

Youth said:

- “It’s pretty obvious why –girls have boobs.”
- We have so many clothes out there that are so revealing
- There are lots of perverts out there
- “The media doesn’t help –seeing 50 cent with girls in the videos.”
- 53% seems low, they thought it would be more like 75% or 80-100%

True or False: boys are more likely than girls to ride with a driver who had been drinking alcohol?

Correct answer: False

Youth said:

- That it was debatable –they thought it might be about the same
- Guys pressure girls, especially boyfriends, they’ll say, “I’m not drunk I only had a few drinks get in the car.”

True or False: students are waiting longer to try alcohol.

Correct answer: True

Why youth said it’s true:

- “Most people want to go to school... get a nice car... have a career... not spend all their money on alcohol and drugs...”
- Youth don’t want to end up on the streets
- It’s a new millennium, kids want to achieve something

Why youth said it was false:

- It’s trendy to use, its fun to say “I blanked out.”
- It’s false because youth don’t want alcohol problems to get in the way of education

Questions from the AHS Trivia Game

What percent of sexually active students did not use any birth control the last time they had sex?

- A: 25%
 B: 34%
 C: 44% | Correct answer: A, 25%

Here are some reasons why youth chose 25%

- "Clearly things have improved –when I was in high school girls didn't use any because they didn't want parents to find out."
- There is more education about STI
- Sex is talked about more often

What are students most likely to worry 'a lot' about?

- A: A parent dying
 B: Drinking or drug use at home
 C: Violence at home
 D: Not having someone to take care of them
- Correct answer:
 A, A parent dying

What youth said about a parent dying

- 25% of people in the room had a parent die

What youth said about B and C:

- "The stats are all with students, they want a decent sleep and if parents are partying and keeping them up, I would be upset"
- If you tell someone about problems with your parents, then you are alone, a crappy family is better than no family

What youth said about not having someone to take care of them:

- "I imagine this to be universal fear, the most common, people worry about it all the time."
- All of the other things can result in not having someone

Action Plan #3

Community Goal:	Reduce Racism
Our Action Project Is:	Create a song or some type of play to inform others that racism is still around and is still a problem.
What We Would Do:	I would get a group of different people, who feel strongly about racism, to create a play that occurs in school.
How will your project improve community health?	It could inspire the audience who is watching. It could inspire the actors and actresses who are doing this to want to do more.
How would you know you were successful?	The feedback we received from others.
Who and what would you need to get involved?	Others that see racism as a major concern.



Action Plan #4

Community Goal:	Being teetotal, choosing not to consume alcohol.
Our Action Project Is:	A workshop that informs people about entertaining activities that do not involve alcohol.
What We Would Do:	In the workshop show facilities where activities do not involve alcohol such as: recreational activities, pool, paint balling, watching movies, etc.
How will your project improve community health?	Reduce the amount of dipsomaniacs. [Someone with an insatiable craving for alcoholic beverages]
How would you know you were successful?	Less individuals consuming alcoholic substances.
Who and what would you need to get involved?	Drug and alcohol counsellors and alcoholics.

Questions from the AHS Trivia Game

True or False: girls are more likely than boys to be emotionally distressed.

Correct answer: True

Youth say:

- Girls are more likely to admit it
- It's hormones, when I was pregnant all my feelings were heightened
- Girls are more delicate
- Boys react by taking it out on someone else

What percent of students are current or regular smokers?

A: 6%
B: 20%
C: 33% | Correct answer:
A, 6%

Youth say:

- The price went up
- There are pictures on packages about your teeth and impotence
- It's so gross now, it smells bad

Questions from the AHS Trivia Game

More than 80% of students thought their friends would be upset with them if they:

A: Beat someone up
B: Used marijuana
C: Dropped out
D: Got pregnant or got someone else pregnant | Correct answer:
C, dropped out

Youth said:

- Being pregnant can make you drop out of school
- When you get pregnant you need to grow up too fast, you can't handle the stress and drop out
- It's C because the survey is from students –that means they are all dedicated to school
- Pregnancy –if they are happy about it, their friends would be happy too
- Amount of people who get beat up isn't high so that was incorrect
- lot of young girls get pregnant and go back to school

What percent of students were discriminated against due to race or skin colour in the past year?

A: 5%
B: 15%
C: 20% | Correct answer: B, 15%

Youth say:

- "I get discriminated against all the time –all the time –I'm female aboriginal and a young mother."
- Vancouver is a multicultural city, we have the world here
- Some white youth experience "reverse racism"
- A caucasian man made my best friend cry –"he said go back to your own country."
- Older people have bigoted attitudes. "My son's grandma says bigoted things and is not good –for our generation there are multi-racial relationships or it's being hidden."