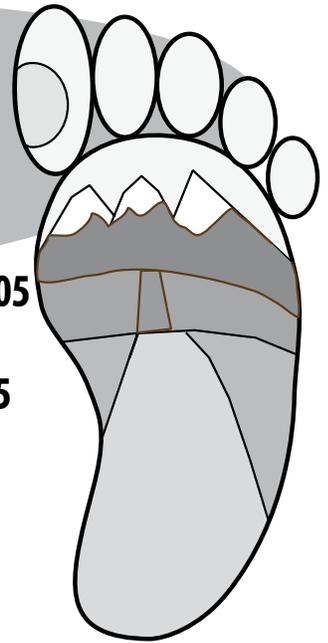


Next Steps workshop in...

# Cranbrook



**When: December 7th, 2005**

**Who: 25 youth, 8 adults**

**Where: School District #5  
Building**

This workshop was organized and hosted by School District #5. Both the first and second *Next Steps* workshops were held at the School District #5 building in Cranbrook. Twenty-five young people and eight supportive adults met to: discuss and identify community health priorities; give youth of Cranbrook 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. The youth shared their ideas about youth health, and came up with many interesting project ideas. This community report is a summary of all the project ideas, discussion notes, and comments from youth during this workshop.

A follow-up *Next Steps* workshop was held on March 6th, 2006. At this workshop, the youth returned to take part in more activities. The highlight of this day was the community mapping activity, where participants mapped out places in their community that they wanted to add, remove or stay the same.

## **Follow Up:**

For further action beyond the *Next Steps* workshops, the youth decided to work on their maps at each of their schools, compile them into one major map, and then take this map to City Council to showcase their ideas for a healthy and youth-friendly Cranbrook.

## **Top Health Priorities Youth Identified in Cranbrook**

1. Reduce discrimination and abuse through treating each other as equals
2. Suicide—reduce it
3. Increase awareness and acceptance of various sexual orientations
4. Drugs and alcohol
5. Increase sexual health by increasing awareness of STIs
6. Prevent people from driving impaired
7. Showing realistic body image role models
8. Educate parents about violence and drug use at home
9. Smoking

## 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:	Decrease discrimination (against people of various sexual orientations).
Our Action Project Is:	Learning to express ourselves in a healthy and appropriate way. Encouraging others to do the same.
What We Would Do:	Create an activity to spend one week evaluating ourselves on how we express ourselves and change what needs to be changed. Make a point of letting others know when we find a comment or action derogatory or offensive.
How will your project improve community health?	It can help increase mental health and self esteem. It may help with depression, suicide, alcohol and drug use.
How would you know you were successful?	The environment in various places is more positive.
Who and what would you need to get involved?	The willingness and participation of ourselves and others.

## 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.

## 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](http://www.mcs.bc.ca).

## Questions from the AHS Trivia Game

### Were boys or girls more likely to have seriously considered suicide in the past year?

A: Girls

B: Boys

Correct answer: A, girls

Youth said they chose boys because:

- Boys are serious, girls want attention

Youth said they chose girls because:

- They will go to more extremes to fit in, and are devastated when they can't
- They are more self conscious
- They face more social pressure
- Girls are mean/catty towards one another
- They have pressure to look perfect
- Girls take things personally, care a lot about what people say about them
- They tend to be more emotional and sensitive
- Girls think on it, guys act on it

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.

### True or False: students are waiting longer to try alcohol?

Correct answer: True

The youth all felt strongly that it was false, they said:

- Students feel youth are drinking everywhere and all the time
- Several students stated: this question needs to be re-worded: Is wine with dinner with your parents the same as drinking with your friends?
- Alcohol is more accepted by parents
- It's a social thing
- Youth try alcohol before drugs
- Parents like to let their children experiment young and at home before they try it irresponsibly when older

<b>Action Plan #2</b>	
Community Goal:	Educating youth on why it is important to use contraception.
Our Action Project Is:	A "Safe-Sexbo".
What We Would Do:	<ul style="list-style-type: none"> <li>• Different educational events</li> <li>• Volunteers must wear condom hats</li> <li>• Clothing must be worn at all times</li> <li>• Estimate around \$10,000 for a weekend of safe sex</li> <li>• All LGBTTTQ and straight people welcome</li> </ul>
How will your project improve community health?	<ul style="list-style-type: none"> <li>• It informs people about safe sex</li> <li>• People will be more comfortable talking about contraceptives</li> </ul>
How would you know you were successful?	<ul style="list-style-type: none"> <li>• A good turn out of people to our festival</li> <li>• When less people are turning up "Prego"</li> </ul>
Who and what would you need to get involved?	<ul style="list-style-type: none"> <li>• Volunteers for games</li> <li>• People who are up to the challenge of being uncensored</li> </ul>



### Questions from the AHS Trivia Game

#### What percentage of students volunteered in the last year?

A: 54%  
 B: 63%  
 C: 84% | Correct answer: C, 84%

Most youth were surprised it was so high, they said they guessed a lower percent because:

- Most people are forced
- The feeling out there that youth are lazy and defiant

Youth said they picked 84% because:

- It's good for resumes (work experience)
- There are lots of opportunities to volunteer
- It can lead to new opportunities

#### In what survey did more youth report driving after they had been using alcohol or drugs, 1998 or 2003?

A: 1998 survey | Correct answer: A, 1998  
 B: 2003 survey

Youth said they chose 2003 because:

- They get more stupid as they get older
- Alcohol is more accessible
- There is more peer pressure
- Alcohol is being introduced at a younger age
- Youth go to drink in Alberta and have to drive back home

Youth said they chose 1998 because:

- There is more media influence
- It is more difficult to get a license now
- There is more education
- It is unacceptable in society now
- The price of alcohol has gone up
- There are more driving rules for teens
- There wasn't as much awareness



### Action Plan #3

Community Goal:	To increase sexual health awareness
Our Action Project Is:	Sexual health activity day.
What We Would Do:	<ul style="list-style-type: none"> <li>• Condom races</li> <li>• Egg on a spoon obstacle course of parenting</li> <li>• STI wheel of (mis)fortune</li> <li>• Pin the penis on the hunk</li> <li>• Contraceptives vs STI wars</li> </ul>
How will your project improve community health?	It will help youth understand the consequences of unsafe sex.
How would you know you were successful?	If the demand for contraceptives increased. If people showed up and had fun.
Who and what would you need to get involved?	Educated volunteers, contraceptive supplies, props, fund-raising, a place to do it, health information.

### Questions from the AHS Trivia Game

**Did more sexually active students say they'd used a condom the last time they had sex in the 1998 survey or 2003 survey?**

A: 1998  
 B: 2003 | Correct answer: B, 2003

All groups agreed on 2003, they said:

- It's easier to get condoms now, they are free from a lot of places
- There is less stigma, there were more stereotypes back then
- It's not a hush topic any more- we all talk about it openly
- There is more awareness of the consequences of not using condoms
- There are more places to go for info

**What percent of students exercise 3 or more days a week?**

A: 43%  
 B: 66%  
 C: 75% | Correct answer: C, 75%

Youth said they chose 75% because:

- Gas prices have increased
- There are many chances to exercise
- Gym class is mandatory
- They live in a small town
- There are lots of sports opportunities: soccer, volleyball, hockey, skiing, dancing

**Were more students sexually active in 2003 or 1992?**

A: 1992  
 B: 2003 | Correct answer: A, 1992

Youth said they chose 1992 because:

- There was less info back then
- There is more of a risk for STIs
- There is more education and awareness, abstinence is emphasized in this community
- There is more education for younger students

<b>Action Plan #4</b>	
Community Goal:	To decrease drug and alcohol use.
Our Action Project Is:	Go to elementary schools and create awareness about drug issues, for their future.
What We Would Do:	<ul style="list-style-type: none"> <li>• Plan the presentation (in the form of drug and alcohol info stations)</li> <li>• Get volunteers</li> <li>• Get props and materials</li> <li>• Create the stations</li> <li>• Practice</li> </ul>
How will your project improve community health?	Build awareness for students. Maybe prevent from more usage in the future.
How would you know you were successful?	Take a survey when they're in high school to see if they use drugs or alcohol.
Who and what would you need to get involved?	<ul style="list-style-type: none"> <li>• Volunteers</li> <li>• Props</li> <li>• Tables</li> </ul>

"I am always reminded in youth workshops how amazing these youth are. They have great ideas and energy"  
-Adult participant



### Questions from the AHS Trivia Game

**What percentage of students said that they have an adult in their family who they would feel ok talking to if they had a serious problem?**

A: 34%  
B: 52%  
C: 80% | Correct answer: C, 80%

Youth said they chose 80% because:

- Some people would rather talk to someone they know, rather than someone they didn't know
- When it comes down to it, people would turn to their parents
- Parents care about their children, so if it was serious, they would help them through it

Youth said they guessed a lower percentage because:

- Youth would rather talk to peers or counsellors instead of parents
- Parents are not very understanding
- Youth fear punishment
- Friends are more easy to talk to about issues

**Did more students said they had tried smoking in the 2003 survey or the 1998 survey?**

A: 1998  
B: 2003 | Correct answer: A, 1998

Youth said they guessed 1998 because:

- There is more education and awareness (pictures on packages, anti-smoking campaigns)
- There are non-smoking buildings
- There are less specific "smoking areas"
- There is more media coverage on the lawsuits

Youth said they guessed 2003 because:

- Smoking is still in movies
- Cigarettes are easily accessible
- Maybe its still thought of as "cool"

## Questions from the AHS Trivia Game

### 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

Youth said:

- If a parent had a drinking problem, there are support groups for the drinker or the victim, you can fix it, or cope with it, but dying is permanent
- A parent dying can apply to anyone, whereas some people feel safe at home when they have loving and responsible parents. For some, drinking and alcohol isn't an issue
- Many people rely on their parents for support, love, and to take care of them

### Did more students say they had ever tried marijuana in the 2003 survey or the 1992 survey?

- A: 1992
- B: 2003

Correct answer: B, 2003

Youth said they chose 2003 because:

- Kootenays' students have easy access to marijuana
- Politically and socially, it is more accepted today
- Adults and staff don't know what is going on
- More kids feel it is okay to smoke pot and drive BUT it's not okay to drink and drive
- Parents have introduced their kids to pot
- Kids feel experimentation is part of life

### At school, where do students feel safest? In the...

- A: Classroom
- B: Washroom
- C: Library
- D: Outside on school property

Correct answer:  
C, library

Youth said about the classroom:

- Some felt that teachers were the bullies in class or allow bullying to happen in front of them

Youth said about the washroom:

- It's safe because its private, you can close the door and be alone
- It's unsafe because there is no supervision and it's enclosed

Youth said about the library:

- Generally people who hang out in the library aren't violent
- There is always a teacher in the library
- There are more hiding places in the library
- It's an open space