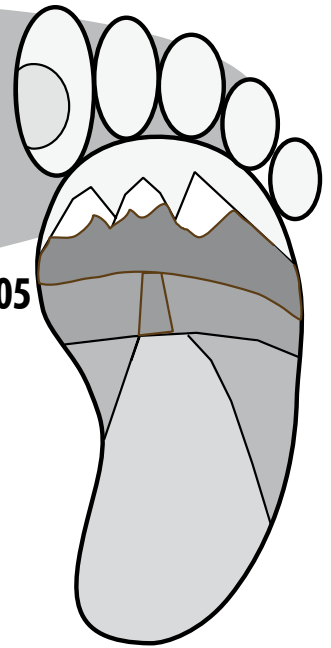


Next Steps workshop in...

# Creston

**When: December 8th, 2005**

**Who: 120 youth**



This workshop was organized by Creston public health, and all grade seven students in the school district were invited (roughly 120 students). These students met to: discuss and identify community health priorities; give youth of Creston the opportunity to talk about the issues that face them; brainstorm project ideas around these issues; and create a map of Creston through the eyes of youth, identifying places that they would like to add, remove or stay the same. This community report is a summary of all the project ideas, discussion notes, and comments from youth during this workshop.

An integral part of this workshop were the 14 high school peer helpers who contributed their time to facilitate the small group work. They were excellent role models and mentors to the younger youth. Their leadership was appreciated by everyone.

Because of the large size of the group, the day was modified from the standard agenda. In the morning, a trivia game was used to discuss health issues in Creston. After the trivia game, the youth in small groups rotated through “Action Idea” stations, where they had two minutes to brainstorm ideas that could help address a specific issue talked about in the trivia game. The afternoon was devoted to a community mapping exercise adapted from the *Next Steps Toolkit*.

## 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

### In what grade are students less likely to report feeling safe in school?

- A: Grade 8  
B: Grade 9  
C: Grade 10  
D: Grade 11
- Correct answer: A, grade 8

Youth said they chose Grade 8 because:

- Youth are just figuring out who they are
- Youth want to be liked and fit in, it's stressful
- It is a new school and they are the youngest
- You are going from a small school to a big school
- Youth are exposed to more new things
- Older kids influence younger ones
- You might be split up from friends
- Older kids are bigger

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.

### 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 picked girls because:

- They take their looks more seriously
- They are more emotional
- More relationship problems with peers
- They take things more seriously
- They play mind games
- Girls never think they're good enough

Youth said they picked boys because:

- Girls talk about things, boys don't
- Boys keep things in
- Harder to tell feelings cause they have to be 'macho'
- People keep bugging them

## Creston Project Ideas:

Participants were split up into groups and cycled through a series of stations. At each station the group brainstormed ideas of how to address a particular issue.

### Issue: Racism and Discrimination

- It doesn't matter how old you are –just don't be mean to other cultures
- Stick up for people
- Don't make racist jokes
- Have field trips to other countries
- Have a better education towards other cultures
- No impersonating
- Treat others the way you want to be treated
- Grow up, don't be immature
- Think about how they would feel
- Get to know them
- Don't judge people
- Don't ignore people that are different
- Treat them like you do your friends, keep an open mind
- Learn another language/culture
- Educate about residential schools



### Issue: Grade 8 Being Scary

- Get a middle school
- Encourage everyone to make friends
- Prepare for it
- Make older friends
- Mix up school groups
- Befriend people from other schools
- Do more activities with all the grade 7s in the district
- Getting together with other grade 7s before going to grade 8
- Ensure that everyone is safe
- Join school clubs
- Start volunteering to get to know people
- Prevent getting lost in the school
- Find a way to stand up for self and others

### Issue: Safe Sex

- Talk about it
- Learn about it, ask lots of questions and make sure they're answered
- Talk about it with your parents
- Read books on it
- Make sure you know the person very well
- Don't listen to people or peer pressure
- Make sure you know what you are doing
- Just don't do it, be a virgin
- Think about it, make sure you are ready, not at a young age, wait
- Make sure you know everything you need to before you do it
- Make sure its with someone who you trust and know have been tested
- Make sure its not a drunk moment

### Issue: Safe Schools

- Get along with your classmates
- Get involved with activities
- Tell adults your problems
- More supervision
- More equal sport teams
- Older students should look out for younger students, have a buddy system
- Expel or suspend bullies
- No boys vs girls dodgeball
- Dress codes/uniforms
- Talk the problem over with your enemy
- Don't make rumors, it gives you a bad reputation
- Make lots of friends
- Talk to peer mediators

### Issue: Smoking, Drugs and Alcohol

- Make everything more expensive
- Make it illegal to smoke in public places
- More patrol (police)
- Decriminalizing marijuana is wrong
- Sue smoking companies (shut them down)
- More advertising against it
- More anti-smoking signs
- Don't hang out with people who do them
- Get teachers to talk to them before they do them so they will think twice bout doing
- Harsher penalties
- Avoid drug addicts
- Just say no and make excuses not to
- Don't start, it will be the biggest mistake of your life
- Tell youth the risks
- Don't take anything because it might not be what you think
- Do other kinds of sports

### 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%  
C: 58% | Correct answer: C, 58%

Youth said they chose 58% because:

- The people who say things just wanna be cool
- It's a form of bullying
- Gossip is bad
- Guys don't know when to stop

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

A: 1%  
B: 6%  
C: 15% | Correct answer: B, 6%

Youth said they picked 6% because:

- "Our age group was raised not to be racist"
- Now we learn more about it
- People aren't as prejudiced now
- Race doesn't matter as much these days
- There are more programs where you learn about cultures

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

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

Youth said they picked 84% because:

- There are tons of ways to volunteer
- It helps on college applications
- Religion
- A lot of people care
- There are few that don't want to help
- Young are more generous
- It can be entertaining

Youth said they thought the percentage was lower than 81% because:

- Some think they're "too cool" to help out
- Youth are lazy
- There is no money involved
- Older people think its not cool or they have better things to do



### Issue: Peer Pressure

- Act like yourself
- Say no!
- Don't encourage it
- Tell authorities
- Ignore them
- Don't associate with people that encourage it
- Stand up for the people that are under peer pressure
- Avoid the groups that could cause peer pressure
- Develop or promote self confidence
- Have good non-pressure friends
- Speak up, just walk away
- Be willing to talk and listen
- Know your values ahead of time
- Know what you are going to do, and what you are not
- Don't give into peer pressure, it gets you in trouble
- Let people be different
- Have an older brother/sister care for you
- Join school clubs

### Issue: Drinking & Driving

- Look out for your friends
- After a party try to find a safe way home, or alone not drinking
- Call a cab or friend or walk
- Drink responsibly
- Have a designated driver before drinking
- Don't drink
- If you are not sober than get a taxi
- Don't be stupid
- It can and will kill you
- Take keys away from friends
- Don't carry your keys after a drink
- If you ever find yourself unavoidably in this situation always wear a seat belt
- Don't drink in the first place
- Host safe parties

### Questions from the AHS Trivia Game

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

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

Youth said they picked 2003 because:

- More people break the law
- Less people call for rides
- Because alcohol and drug use goes up each year
- There are more dealers and easier access

Youth said they picked 1998 because:

- It has been on the news a lot more
- It's less of a problem now
- They didn't give out as much info on drinking and driving as now
- Alcohol was easier to get
- There is more education now
- Graduating licensing

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

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

Youth were surprised. They said they picked 2003 because:

- Students are getting rebellious
- It is easier to get condoms now
- Parent's didn't accept it as easily back then
- Music videos
- Youth are curious
- There is more pressure
- Commercials and media have to do with sexual ideas
- Youth are influenced by media
- Peer pressure
- More risky activity
- Exposure to more inappropriate acts

### Issue: Finding Things to Do in Creston

- Throw a party
- Volunteer for community
- Host safe parties
- Go to the movies
- Start or join a club
- We need better equipment for gymnastics
- We need more than hockey and soccer
- We need a bigger, better and indoor pool
- Art classes
- Big slide for pool
- Use your imagination
- More sports clubs/dance etc
- Hiking
- Outdoor activities
- Swimming
- Biking
- Read at the library
- Get a job
- Sightseeing
- 180 club
- Hockey games
- Park by boat river for kids
- Horse trail development
- Go up town
- Have more public skating
- Sleep all day
- Indoor skate park

### Issue: Opportunities to Volunteer and get Involved

- Girl guides
- Activities at school
- Sports or sport club
- Library volunteering
- Helping sell poinsettias
- Help at old folks home
- Boxes to other countries
- Volunteer at the vet
- Helping coach sports teams for younger kids
- Shovel driveways
- Help people with homework
- Shovel driveway
- Help at P.A.W.S.
- Rake leaves for old people
- Helping at schools
- Volunteer to help create places for adolescents
- Figure skating
- Tree planting
- Clean up goat river
- Pick up litter
- Walking kids home from school
- Food bank
- Snow shoveling
- Ask if something is going on
- Community clean up
- Library
- Museum

### 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 less than 80% because:

- Parents don't understand
- More likely to talk to someone your age
- Youth are afraid of the consequences
- Can't talk to your parents about things like child abuse
- They are scared to tell
- They think parents/relatives didn't have that type of problem

**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

Youth said they picked 2003 because:

- There is more education on "safety"
- People weren't as aware as they are now
- You don't want to get pregnant young
- Condoms are free at health clinic
- More diseases
- They're scared

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

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

Youth said they chose 1998 because:

- A lot of people were smoking and got other people to smoke
- Its not "cool" any more
- There are more things to chose from, like pot
- There are more stop smoking programs
- It's harder to get cigarettes
- There was less education about it back then
- It costs more now