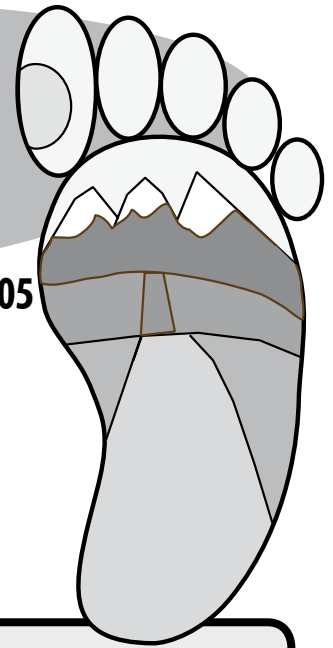


Next Steps workshop in...

Duncan



When: November 22nd, 2005

Who: 25 youth

**Where: Cowichan Valley
Open Learning
Cooperative**

This workshop was organized by staff of Cowichan Valley Open Learning Cooperative (CVOLC). Participants met to: discuss and identify community health priorities; give youth of Duncan 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. At the workshop youth came up with a series of great ideas for strengthening youth health in the community, and had insightful conversations about health issues. This community report is a summary of all the project ideas, discussion notes, and comments from youth during this workshop.

Follow Up:

A follow-up second workshop was held a few months later. At this workshop the youth participants created a map of the community seen through “youth eyes.” Participants mapped out places that they would like to add, remove or stay the same in their community.

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 Duncan

1. Decrease discrimination and racism; increase multiculturalism
2. Raise awareness (the truth) about drugs and alcohol
4. Decrease suicide
5. Raise awareness about everything
6. Decrease smoking
7. Increase communication
8. Safety
9. Tourism

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:	The truth about drugs and drug awareness
Our Action Project Is:	Youth on youth discussions about drugs.
What We Would Do:	<ul style="list-style-type: none"> • It would be like peer counselling • A non-judgemental atmosphere • Make it a mandatory drug talk, like Sex-ed but "Drug-ed" instead
How will your project improve community health?	<ul style="list-style-type: none"> • Take every dealer off the street • Stronger community support
How would you know you were successful?	My little cousin wont be a skank on the street.
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Me and you!

"I got to laugh with everyone that I usually don't"
-Youth participant



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 girls because:

- Girls are a lot more sensitive and easily hurt
- Girls have more emotions than boys

Youth said they chose boys because:

- They take things more personally
- Boys don't talk about their problems
- Most boys are afraid to admit feelings

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.

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 who guessed grade 8 said:

- It is hard because you're the youngest grade
- Older students tend to pick on the younger students
- When youth switch schools from elementary to high school, they know no one
- People start trying new things and often fights start

Youth who guessed grade 9 said:

- Everyone by then knows dirt on you

Action Plan #2

Community Goal:	Increasing respect among school community members.
Our Action Project Is:	Intercultural Banquet with different types of food.
What We Would Do:	<ul style="list-style-type: none"> • Get a hall • Make invitations, newspaper, flyers • Put on a dinner for people of different nationalities • Schools will contribute in a potluck way, students bring food from their culture • Decorate • Eat
How will your project improve community health?	It will bring people from different nationalities together.
How would you know you were successful?	<ul style="list-style-type: none"> • People talked about it • Nothing bad happened • People came • People tried different food
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Intercultural society • Church • Native gym • Cultural Centre

Action Plan #3

Community Goal:	Anti-Smoking
Our Action Project Is:	A visual display of chemical ingredients contained in cigarettes
What We Would Do:	In a display case in the main hall put: <ul style="list-style-type: none"> • all the chemicals • fake diseased lungs • photos of nasty skin • photos of mouth cancer
How will your project improve community health?	People will become healthy when we all quit smoking.
How would you know you were successful?	<ul style="list-style-type: none"> • When people stop smoking • When tobacco sales are reduced • The response to the display
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Dedicated kids who want to quit smoking and non-smokers • Families of victims

Questions from the AHS Trivia Game

What percentage of students volunteered in the last year?

A: 54%
 B: 63%
 C: 81% | Correct answer: C, 81%

Youth said they thought the percentage was lower because:

- Now it's all about the money

Youth said they chose 81% because:

- You get to learn things for free and get benefits
- You help others in need some times

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: 78% | Correct answer: C, 78%

Youth said they guessed the percentage was lower because:

- Most people would not want to talk to their family because they are worried about what they would think about them and do about it
- Parents freak out because there is lots of drama with kids these days

Youth said they guessed 78% because:

- Some people think that their parents are more understanding
- There are more advertisements hinting that parents should talk to their kids more often and open up

Action Plan #4	
Community Goal:	Safety in the community.
Our Action Project Is:	A bus route to Chemainus and Crofton.
What We Would Do:	I would put a bus route to Chemainus and Crofton.
How will your project improve community health?	It will reduce people being exposed to violence, or being in groups of risky people. People can just go home instead.
How would you know you were successful?	There would be a better bus route and less of my friends would have to hitchhike.
Who and what would you need to get involved?	<ul style="list-style-type: none"> I would talk to: transit people, parents, city council (North Cowichan)



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 chose 1998 because:

- There are more advertisements on TV and billboards
- There is more education about it in school

Were more students sexually active in 2003 or 1992?

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

Youth said they chose 2003 because:

- Some thought more young women are having babies these days than back then (there was disagreement about this point)
- We are more safe now than we were in 1992 because we know more about AIDS and STIs

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

Correct answer: True

Youth were surprised, they thought:

- More kids are drinking at a younger age because they see all the older kids doing it and they want to fit in with everyone else

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

A: 43% | B: 66% | C: 71% | Correct answer: C, 71%

Youth said they chose 71% because:

- There are more people exercising because the gym has become popular
- People walk to school, ride bikes and do activities that include working out

Action Plan #5	
Community Goal:	Things for youth to do.
Our Action Project Is:	To create a free or reduced fee recreational facility for youth or get reduced fee nights/days at certain businesses.
What We Would Do:	I would create a safe atmosphere with fun workshops and activities. Information about drugs, sex and mental health would be available.
How will your project improve community health?	Less drug and alcohol use.
How would you know you were successful?	If there was decreased drug and alcohol use in the Cowichan Valley, decreased vandalism, and if people attended the program.
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Funding • A person (or persons) to run it • Volunteers • An actual facility (building, rented rooms) • Supplies

Questions from the AHS Trivia Game

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:

- People are smoking more these days because it is socially accepted
- There's more culture connected to it
- It makes you socialize, laugh and have fun

Youth said they chose 1992 because:

- In 1992 people would smoke it more because of celebrity influence
- There was less awareness back in 1992, now there is more awareness of negative consequences
- In 1992 weed was a big thing but now there are more drugs to choose from

Questions from the AHS Trivia Game

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

A: 5% | B: 12% | C: 20% | Correct answer: B, 12%

Youth said:

- People get made fun of because people lump them into stereotypes
- One person may do something stupid so then people will think that everyone is like that
- There may be a lot of discrimination in towns and certain cities

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

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

Youth said they guessed 1998 because:

- Back in 1998 more kids would try it because they would see their parents smoking so they would try it
- There are more health warning like pictures on smoke packs
- Programs like "kick the nic"
- The TV ads make the point that it is bad and may kill you and let you make your own choice

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:

- Some people are too drunk and messed up so they don't think about it and don't use them
- When they have been in a sexual relationship with a partner for more than a year they stop using condoms