

Next Steps workshop in...

Eastside School

November 27th, 2005 and
January 2nd, 2006



This workshop was held at Eastside School, an alternative school in Vancouver. The purpose of this workshop was to: discuss and identify community 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. This workshop, which is normally held over one day, was divided into two hour pieces held on two separate days.

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 Identified by Eastside School Youth

1. Sexual Health
2. Racism
3. Substance Use

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:	Safer Streets
Our Action Project Is:	Create designated areas for drug use.
What We Would Do:	<ul style="list-style-type: none"> • Talk to cops • Find an appropriate location
How will your project improve community health?	<ul style="list-style-type: none"> • It will make the community safer • Youth will be less exposed to drug use
How would you know you were successful?	<ul style="list-style-type: none"> • We would see less drug use on the street
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Crack heads • Youth speakers • Rich people

Action Plan #2

Community Goal:	To increase safe sex
Our Action Project Is:	Internet ads
What We Would Do:	<ul style="list-style-type: none"> • Make pop up ads on search engine sites • Describe STIs, scare people into being safe
How will your project improve community health?	<ul style="list-style-type: none"> • By knowledge, increase awareness
How would you know you were successful?	Have a website hit counter to see if people visited the page.
Who and what would you need to get involved?	A nerd.

Questions from the AHS Trivia Game

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:

- Boys get physical
- They are more determined
- Gangs cause problems
- Not all boys will report violence

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 said grade 8 because:

- Youth are going to a new school
- Younger youth are more likely to be bullied
- Grade 8s are the youngest in school

Action Plan #3	
Community Goal:	Preventing people from getting STIs
Our Action Project Is:	Stand up comedy show
What We Would Do:	<ul style="list-style-type: none"> • Get a comedian to talk about sexual health • Get an audience • Make comedian talk about STIs • Explain things and give out information • Give examples
How will your project improve community health?	It will make people laugh and be aware at the same time. It will show youth what they might get.
How would you know you were successful?	<ul style="list-style-type: none"> • People laughing • People understanding • Questions being asked after the presentation is over
Who and what would you need to get involved?	<ul style="list-style-type: none"> • A comedian • A stage • Everyone

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:

- It's increasing because people are getting dumber
- It's reducing because the laws are getting more strict

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:

- Girls are more likely because they are more vulnerable and have more pressure
- Guys are more likely because they don't talk about their feelings

Questions from the AHS Trivia Game

What percentage of students volunteered in the last year?

A: 54% | B: 63% | C: 79% | Correct answer: C, 79%

Youth said:

- Youth volunteer because its mandatory in some schools
- Youth don't volunteer because teenagers are lazy

Were more students sexually active in 2003 or 1992?

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

Youth said 1992 because:

- There is more knowledge and education
- There are more STIs around

What percent of sexually active students used a condom the last time they had sex?

A: 20% | B: 47% | C: 67% | Correct answer: C, 67%

Youth said they chose 67% because:

- There is more education now
- There are more STIs and more info

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

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

Youth said they guessed 1998 because:

- There is more awareness today

Youth said they guessed 2003 because:

- Everyone tries smoking at least once
- Maybe some kids think smoking is cool now

Action Plan #4	
Community Goal:	Help youth get the info or help that they need
Our Action Project Is:	Fund raise money to build clinics or advertise a clinic.
What We Would Do:	<ul style="list-style-type: none"> • Help sell stuff to raise money for condoms or any other items needed for a clinic • Hand out brochures • Tell people about the clinic
How will your project improve community health?	<ul style="list-style-type: none"> • People will be more aware of safe sex • People will be more informed about AIDS/HIV • Less abortions
How would you know you were successful?	<ul style="list-style-type: none"> • More business in the clinic • Less people with AIDS • Less teen pregnancies
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Anyone who is sexually active • People who work at the clinic

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:

- Everyone smokes pot now
- Peer pressure
- It is not hard to get
- BC has lots of pot

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

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

Youth said:

- Cause some like it

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: 15% | C: 25% | Correct answer: B, 15%

Youth said they guessed it was 15% because:

- Everyone is a racist
- Teachers accept it
- No one reports it

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 they chose "dropped out" because:

- Friends want to see their friends [at school to socialize]
- Friends want friends to succeed

Friends said they chose "pregnant" because:

- Pregnancy is irresponsible, and it's avoidable

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

Correct answer: False

Youth said it's false because:

- Girls drive home with boyfriends
- Guys have cars, girls don't