

Next Steps workshop in...

# Fernie



**When: March 8-9th, 2006**

**Who: 21 youth**

**Where: Fernie Secondary School**

Twenty-one youth participants from three different communities, Fernie, Elkford and Sparwood, participated in this workshop. Each community brought approximately 7 youth, and 1 adult. These participants met to: discuss and identify community health priorities; give youth of Fernie 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.

The feedback from the student participants was positive and that they enjoyed the action planning parts of the workshop more than discussing issues. The opposite was true in most of the other communities who held a workshop. This illustrated the youth's desire to get active and explore solutions, rather than only focusing on problems. This sentiment was reflected in the excellent and well thought out ideas that they came up with for projects, as you will see in the next pages, they are practical, obtainable and something that the youth participants have said should be pursued.

## 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 Fernie

1. Educate about suicide and depression
2. Encourage youth to open up about their problems
3. Promote peer respect
4. Reduce bullying and stereotyping judgements
5. More peer groups for youth to talk to if they need help
6. Issues of self-harm
7. Stop kids from doing drugs
8. Making the school environment safe
9. Raise awareness about sexual health, promote safe sex

## 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:	To educate teens about suicide and depression.
Our Action Project Is:	To educate teens about suicide and depression and show them that these problems effect more people than they think.
What We Would Do:	We would organize group discussions for students and parents separately. The goal would be to make students and parents more aware of the seriousness of teen depression and suicide among the youth of our community.
How will your project improve community health?	By making students, parents, and teachers more aware about depression and suicide there would be more people looking out for one another.
How would you know you were successful?	By talking to counsellors to see if anyone came to them with questions or asked about getting help.
Who and what would you need to get involved?	We would need one or more faculty advisors to get involved with our project as well as some current info and statistics.

## 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 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 organizations organized against it
- There are more restrictions

Youth said they picked 2003 because:

- All the education is helping but still some ignore
- Some people think its still not a big deal
- The attitude that people can handle it and things wont happen to them

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 they thought Grade 8 because:

- It is the first grade of high school, you are small
- Grade 8s are an easy target

Youth said they thought Grade 9 because:

- Grade 9s are trying to be cool so they won't go talk with counsellors

"I really liked how we broke the ice, and everyone got to meet and understand everyone"  
 -Youth participant



### Action Plan #2

Community Goal:	To promote safe sex and helpful information about it and also dispensing condoms and tampons.
Our Action Project Is:	To add dispensers and bulletin boards in the school's single bathrooms.
What We Would Do:	Add multiple sources of information in each bathroom about drugs, alcohol, safe sex, pregnancy, STDs, depression, suicide, gay and lesbian issues and help line numbers. We would also dispense condoms, and in female washrooms tampons and pads.
How will your project improve community health?	It will help teens get easier access to information and help lines, plus condoms.
How would you know you were successful?	If the information and condoms were disappearing and not showing up in the halls.
Who and what would you need to get involved?	Counsellors to provide items. Ankors, safe spaces and other support groups. Permission from the principal.

### 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:

- It's girls because they are ferocious, take things more seriously, and are not able to deal well with bullying
- It's Boys because girls are able to talk more easily about their problems

As to why the statistic has not improved in 10 years, youth say:

- Being a teenager hasn't changed

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

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

Youth said they thought it was lower because:

- Many work and don't try to find time to volunteer
- Volunteering is not cool
- Selfishness

Youth said they picked 84% because:

- Youth need resume stuff, portfolio to graduate
- Scholarships require it sometimes

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

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

Youth said 1992 because:

- Back then less educated, more rebellious
- There is more awareness about STIs today

Youth said 2003 because:

- Today kids are more exposed to sex info in grade 6 and 7

<b>Action Plan #3</b>	
Community Goal:	Healthy and fun activities for youth
Our Action Project Is:	U-Night youth group program; youth supporting youth.
What We Would Do:	<ul style="list-style-type: none"> <li>• We plan to have a youth night with a counselling program involved with it</li> <li>• The night will have fun icebreakers, games and activities</li> <li>• We will run two test nights to see if there is interest, if there is a good response from youth we will make it permanent and seek out more support</li> </ul>
How will your project improve community health?	Youth would be able to go to a safe place with no drugs.
How would you know you were successful?	If there was less drug use in our community. If people came out.
Who and what would you need to get involved?	<ul style="list-style-type: none"> <li>• Social workers</li> <li>• Youth</li> <li>• Counsellors</li> <li>• Adult supervision</li> <li>• A space</li> </ul>



### 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 guessed a lower percentage because:

- Youth are afraid of getting in trouble
- They don't want to be judged
- The horrible phrase, "not angry, just disappointed"
- Some youth are not close with their family
- The fear of being kicked out

Youth said they guessed 80% because:

- Some can talk to extended family, or relatives who are closer in age

**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:

- There was less knowledge back then
- There are more regulations today
- The price is higher
- There is a smoking ban in public places
- Smoking was cooler in past

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

A: 1%  
B: 6%  
C: 12% | Correct answer: B, 6%

Youth said:

- No comments, other than their community not being very multicultural

## Questions from the AHS Trivia Game

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

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

Youth said:

- Younger youth have to do PE
- Youth have more work to do at older grades, so you have less time to exercise

### 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 picked 58% because:

- It's common because it makes guys feel superior
- Some just use it as an insult
- It's said as a joke or teasing sometimes
- Some girls think it's okay

### 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:

- Education is valued
- You are unable to get a job without grade 12

### 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:

- The teacher and other students and friends are there
- No one can just wander around in class
- Something bad is less likely to happen in a group

Youth said about the library:

- You can be alone
- It is a relatively controlled area
- Trouble is noticed quickly
- It usually has supervision
- All the punks and jocks don't usually go to library

### 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:

- Pot is easy to get
- Small communities get bored easily