

Next Steps workshop in...

# Pemberton



**When: Sept. 28, 2005**

**Who: 25 youth & 7 adults**

**Where: Pemberton Secondary School**

Pemberton Public Health organized a *Next Steps* Workshop hosted at Pemberton Secondary School. Twenty-five young people and seven supportive adults met to: discuss and identify community health priorities; give youth of Pemberton 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.

## 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 Pemberton

1. Sexual Abuse
2. Mental Health
3. Discrimination
4. Relationship With Parents
5. Drinking and Driving
6. Encouraging Volunteering
7. Sexual Health
8. Marijuana
9. Smoking
10. School Safety

## 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)

## 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:	Reduce the amount of peer pressure for youth.
Our Action Project Is:	A TV commercial.
What We Would Do:	<ul style="list-style-type: none"> <li>We would create a commercial about peer pressure</li> <li>We would have two scenes, a scene showing positive peer pressure and a scene showing negative peer pressure</li> <li>We would need volunteer actors</li> </ul>
How will your project improve community health?	<ul style="list-style-type: none"> <li>Less stress</li> <li>Less drugs and alcohol</li> </ul>
How would you know you were successful?	<ul style="list-style-type: none"> <li>Survey youth</li> <li>Ask around to get opinions on the commercial</li> </ul>
Who and what would you need to get involved?	<ul style="list-style-type: none"> <li>Volunteers</li> <li>Surveys</li> <li>Camera</li> <li>Someone to film</li> <li>Help from friends/teachers</li> </ul>

## Action Plan #2

Community Goal:	Raising awareness about homophobia and eliminating it.
Our Action Project Is:	A Gay/Straight Alliance at school
What We Would Do:	At my school I would create a club for homosexual people so they can have a safe place to be. Straight people are also welcome, so they can make friendships with each other.
How will your project improve community health?	<ul style="list-style-type: none"> <li>It will prevent potential hate crimes</li> <li>It would build friendships and eliminate hatred</li> </ul>
How would you know you were successful?	Good turnout to the program, less or no violence, positive feedback.
Who and what would you need to get involved?	<ul style="list-style-type: none"> <li>A space for the program to run</li> <li>Money for advertising about it</li> <li>Some influential speakers to reel in people</li> </ul>

## Questions from the AHS Trivia Game

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

A: 54%  
 B: 63%  
 D: 81%      Correct answer: D, 81%

Youth answered less than 81% because:

- They thought kids were lazy
- Youth need money and don't have time to volunteer
- They didn't think youth cared as much
- Youth would rather get money

Youth answered 81% because:

- Youth volunteer to get credits
- Youth get experience

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

Correct answer: Girls

Youth answered girls because:

- Girls think about it more
- Girls are more emotional
- Girls hold low opinions about themselves
- Girls are meaner

Youth answered boys because:

- Youth always hear about more boys actually committing suicide

<b>Action Plan #3</b>	
Community Goal:	Reduce suicide.
Our Action Project Is:	Wildlife help project.
What We Would Do:	People who are feelings sad should help out injured, orphaned, or handicapped animals. This will help the animals and make the people feel nice too.
How will your project improve community health?	It will help depressed people. It will give them a purpose to stay alive, and will make them feel better about themselves. It will give them confidence, a purpose, and self esteem.
How would you know you were successful?	Ask the participants if they are feeling better about themselves after caring for the animal.
Who and what would you need to get involved?	<ul style="list-style-type: none"> <li>• Injured animals</li> <li>• A vet who is willing to help mentor the people caring for the animals</li> <li>• Advertisements</li> <li>• A place for the animals</li> </ul>

<b>Action Plan #4</b>	
Community Goal:	To keep teens drug free!
Our Action Project Is:	TV Commercials
What We Would Do:	Create a commercial with a guy who wakes up on a street. People on the side walk past and wonder at him, and at the bottom of the screen it says, "What did he do last night?" It then flashes back to him doing cocaine.
How will your project improve community health?	It will voice out that drugs can really screw your mind and life up.
How would you know you were successful?	If there were less people using drugs, less people dying, and less drug busts.
Who and what would you need to get involved?	<ul style="list-style-type: none"> <li>• Money</li> <li>• Camera Crew</li> <li>• Creative minds</li> </ul>

### Questions from the AHS Trivia Game

**In which grade are students less likely to report feeling safe at school?**

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

Youth said Grade 8 because:

- They are in a new school
- They are going from big fish in little pond to little fish in big pond
- Kids are scarier

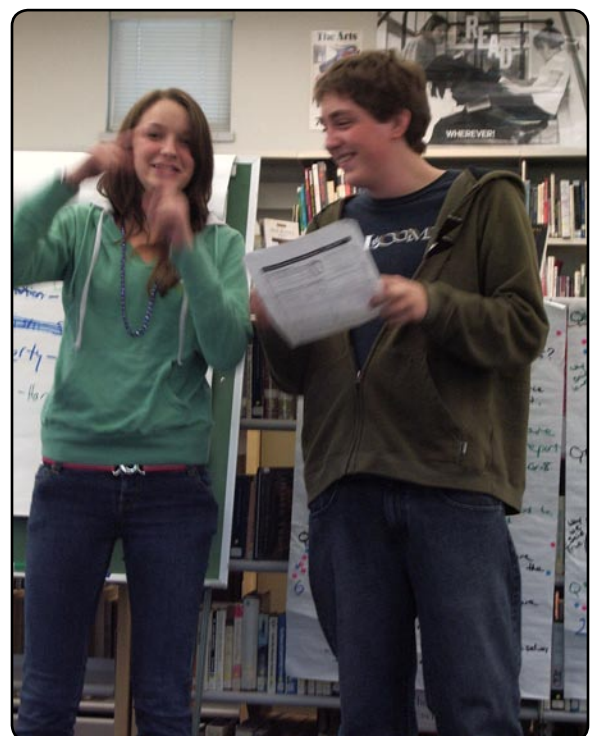
**In what survey did more students report driving after they had used drugs or alcohol; 2003 or 1998?**

Correct answer: 1998

Youth said the percentage is lower in 2003 because:

- There is more awareness
- Police did not enforce the law as much as they do now

"There were very distinct groups and various ages and levels of intellect; however, they respected and listened to one another"  
 -Adult participant





"I think we should do something like the 'Next Steps' once a month"  
-Youth participant

<b>Action Plan #5</b>	
Community Goal:	To have more youth activities in Pemberton.
Our Action Project Is:	An activity centre with a movie theatre, swimming, complete skating rink, and a skate-park.
What We Would Do:	<ul style="list-style-type: none"> <li>• We would find out what people want in an activity centre (e.g. movies, pool, homework help group)</li> <li>• We would find somewhere to locate it, or help other things that are happening speed up</li> </ul>
How will your project improve community health?	People will choose to do a positive activity rather than negative. There would be more social mixing.
How would you know you were successful?	There would be things to do so people would not just be wandering around town complaining of nothing to do.
Who and what would you need to get involved?	<ul style="list-style-type: none"> <li>• Volunteers</li> <li>• A building</li> <li>• Money and sponsors</li> </ul>

### Questions from the AHS Trivia Game

**True or False: More students said they tried marijuana in 2003 than in 1992?**

Correct answer: True

Youth said true because:

- It is readily available
- They know a lot of people who do it
- There are a lot of grow ops in the neighbourhood

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

Answer: 1998

Youth Said 1998 because:

- People are more aware of how bad it is
- There are lots of anti-smoking campaigns
- Smoking is taboo
- It's easy to discredit smokers

**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:

- It's low because kids don't trust their parents
- Youth would rather talk to friends or a counsellor, but some would talk to their parents

**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:

- It's the library because nobody can put people down there
- It's the classroom because youth are supervised more

## Action Plan #6

Community Goal:	To get kids to talk to their parents.
Our Action Project Is:	Hold a conference for kids and their parents to get them to talk to each other.
What We Would Do:	<ul style="list-style-type: none"> <li>• I would ask them questions</li> <li>• Get them to talk to each other</li> <li>• Describe the problems they have when talking to each other</li> </ul>
How will your project improve community health?	It will help reduce stress on youth and parents.
How would you know you were successful?	Kids will be more social and less dark and dim.
Who and what would you need to get involved?	<ul style="list-style-type: none"> <li>• Parents</li> <li>• Kids/Teens</li> <li>• Myself</li> <li>• A classroom or someone's help in finding a space</li> </ul>

This was one of three *Next Steps* workshops hosted in a community in the Sea to Sky corridor. An issue that was brought up in all three communities was that there is a fair amount of tension between youth from Squamish, Whistler and Pemberton.



## Questions from the AHS Trivia Game

**What percent of youth were discriminated against in the past year because of skin colour?**

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

Youth Said:

- People in general aren't that mean but there are still some who don't accept others
- In this school it doesn't seem too bad
- It doesn't seem like there are so many racial problems in BC

**True or False: More students were sexually active in 2003 than in 1992?**

Correct answer: False

Youth said they answered true because:

- More people are sexually active (eg. Oral sex) than actually having sexual intercourse
- Youth are having sex younger [note: AHS data actually finds that youth are waiting longer to have sex]
- Condoms are a lot more available than they used to be

Youth said they answered false because:

- Youth know the risks now

**Between 1992 and 2003 did the percent of girls who reported sexual abuse increase decrease or stay the same?**

Correct answer: It decreased

Youth Said:

- It decreased because people watch out for themselves more
- It decreased because people are more likely to die after sexual abuse so it decreases
- It decreased because people are more aware, they take better care of themselves