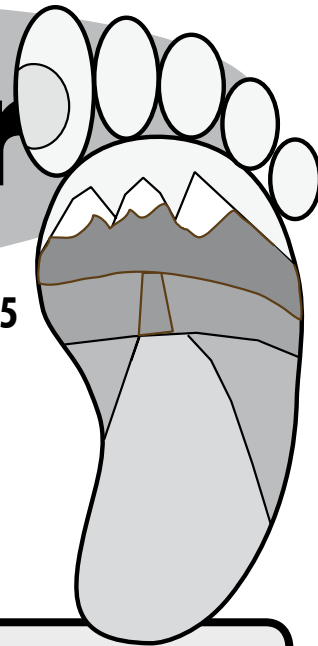


Next Steps workshop in...

Powell River



When: December 5th, 2005

Who: 50 youth

This workshop was organized by Powell River Public Health with support from many groups in the community. Fifty young people and a small group of supportive adults met to: discuss and identify community health priorities; give youth of Powell River 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.

Powell River Youth Advisory Council and Tla'Amin Youth Advisory Council played an important role in acting as hospitality and group leaders during the workshop. Their leadership and facilitation skills kept group discussions moving smoothly.

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 Powell River

1. Drugs
2. Suicide
3. Sexual Health
4. Underage use of drugs and alcohol
5. Grades
6. Drinking and driving
7. Media influence
8. Not accepting diversity
9. Physical fitness
10. Insecurity in school
11. Jobs
12. Dropping out
13. Violence
14. Not talking to parents about problems

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: | Teen depression |
| Our Action Project Is: | Create a youth centre |
| What We Would Do: | We would provide a comfortable place for young people to seek fun and help without having to be judged. |
| How will your project improve community health? | <ul style="list-style-type: none"> • It will help youth build self-esteem • It will show troubled youth that there are other people in the community that do wish to listen and are interested in what that individual is about |
| How would you know you were successful? | <ul style="list-style-type: none"> • If at the beginning youth started to tell their friends about it • If the place was over-flowing and you had to build another one |
| Who and what would you need to get involved? | <ul style="list-style-type: none"> • Municipal council • A space • Local businesses • A handful of volunteers and YAC members to keep order |

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.

"My brain got some exercise from thinking"
-Youth participant

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:

- School has had to make new rules because of increased pot smoking
- There is easy access
- It's very available
- Lots of peer pressure
- It's a distraction from problems

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 more students sexually active in 2003 or 1992?

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

Youth were surprised it was higher in 1992, they said they chose 2003 because:

- Peer pressure
- "Sex sells" in the media, more young people are getting involved because of hype
- More drugs/drinking
- Glorification of "pimpism"
- Poor role modelling
- Internet access
- "Perhaps we are thinking too locally"
- More explicit sex in movies, TV shows and music
- People are more open about it (talking about it)
- Youth learn about sex earlier

| Action Plan #2 | |
|---|---|
| Community Goal: | Reduce drinking and driving. |
| Our Action Project Is: | An ad campaign for drinking and driving awareness (like "Truth" for smoking). |
| What We Would Do: | <ul style="list-style-type: none"> • Photograph crash scenes • From these photos colour posters would be made and posted in all bars, restaurants and stores where alcohol is available • Multimedia presentations at high schools and at office buildings |
| How will your project improve community health? | <ul style="list-style-type: none"> • People are not going to be in so many crashes • People will be drinking less so their livers will be less dead |
| How would you know you were successful? | Statistics, before campaign and after. If numbers are down then we'll know we were successful. |
| Who and what would you need to get involved? | <ul style="list-style-type: none"> • City council • Liquor outlets and manufacturers • Advertising company • Government (funding) • Public • Volunteers for seminars |

| Action Plan #3 | |
|---|---|
| Community Goal: | Better student-teacher relationships. |
| Our Action Project Is: | One-on-one meetings (student/teacher). |
| What We Would Do: | <ul style="list-style-type: none"> • Hold a school community discussion to gain support • Identify allies • Explore current resources –5 week, reading periods, flex time, lunch/after school • Identify time limits, stitch to an agenda |
| How will your project improve community health? | Regular meetings will bring awareness to issues and will prevent problems. It will create a better environment. |
| How would you know you were successful? | <ul style="list-style-type: none"> • Better grades • Self report better relationships • Better environment |
| Who and what would you need to get involved? | Teachers, students, and the school board. |



"I learned how cool it was to involve grade sevens"
-Adult participant

Questions from the AHS Trivia Game

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:

- Youth have responsibilities like pets
- P.E. is mandatory
- Lots of youth go to the gym to work-out
- Sports, hockey, soccer
- There is pressure to be fit
- It's easier to get around by walking or bike than car
- Locally there are cool things to do (hiking, kayaking etc.)
- People are promoting activity because of the high obesity rate

Youth said they thought the percentage was lower because:

- People are spending more time on computers than out with friends
- There is a greater amount of obese people
- There are more video games

Action Plan #4

| | |
|---|---|
| Community Goal: | More youth having protected sex. |
| Our Action Project Is: | Have real and graphic advertising about the effects of a STI on people. |
| What We Would Do: | We would put these ads in commercials, on buses, on posters at school, in magazines, and in sex shops. |
| How will your project improve community health? | <ul style="list-style-type: none">• More awareness of the effects• More people would use protection |
| How would you know you were successful? | <ul style="list-style-type: none">• Survey on what people thought of the advertising• Look at the statistics of pregnancy or STIs being spread |
| Who and what would you need to get involved? | Bus line, TV businesses, school, magazine producers, sponsors, money, artists. |

"I liked working with people that care about our community and want to make a difference"

-Youth participant



Questions from the AHS Trivia Game

What percentage of students volunteered in the last year?

A: 54%
B: 63%
C: 81% | Answer: C, 81%

Youth said they picked 81% because:

- Most youth help relatives
- You need to do a number of hours to graduate
- Grad portfolio
- It gives things to do
- Positive experiences
- Some people want to participate in other activities other than school
- It provides work experience
- It's an opportunity for personal development

Youth said they picked a lower percentage because:

- People think socializing is more important
- Some people are just lazy
- Kids tend to slack more
- You're not getting paid "money diggers"
- Youth don't have lots of money or time
- It's not "cool" for some reason
- Not aware of a lot of teenagers volunteering
- Youth only do it for incentive eg. volunteer credit

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

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

Youth said they guessed 1998 because:

- Youth wouldn't try it unless they wanted to start smoking
- The "huge" price increase
- It is not widely accepted any more
- Tobacco companies lie about side effects
- There is peer pressure to stop smoking
- There is government pressure to stop (eg. warnings on packs)
- Back then you could smoke where and when you wanted to, now you cant smoke in public places
- There is no question at all that it is bad for you
- Pot costs less, teens are spending their money on pot
- Everyone wasn't as aware of the health issues as now
- Anti smoking campaigns
- Better advertisement regulations

| Action Plan #5 | |
|---|--|
| Community Goal: | Delay young people from using drugs. |
| Our Action Project Is: | Give out pamphlets to advertise things to join like cadets, soccer, hockey, or volunteering. |
| What We Would Do: | We would run presentations on soccer, cadets and other activities so they can join to keep busy. |
| How will your project improve community health? | It improves community health by keeping them busy so they don't do drugs. |
| How would you know you were successful? | I know it would be successful, because by young people being busy they won't do drugs. |
| Who and what would you need to get involved? | I would need to get more people who are against drugs. |

| Action Plan #6 | |
|---|---|
| Community Goal: | Support for youth groups. |
| Our Action Project Is: | To provide many fun, creative and accepting ideas. Collaborative cartooning with musical jamming and silly dancing on the side. |
| What We Would Do: | Meet at many different locations around Powell River with creative tools. |
| How will your project improve community health? | Creating cartoon art, working together, and considering others' ideas all foster health. |
| How would you know you were successful? | When we see the cartoons, and when people from diverse backgrounds are playing together. |
| Who and what would you need to get involved? | <ul style="list-style-type: none"> • Interested people • Cooperation of places people want to go to create and collaborate • Artsy tools for everyone • Inspiration, acceptance |

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: 78% | Correct answer: C, 78%

Youth said that they guessed the percentage was lower because:

- Youth don't want to argue with their parents so they don't tell them things
- They feel they'll be misunderstood
- Some parents accept "teenage" growing changes and some don't
- They are not sure of how parents will respond
- Some parents don't care or are ignorant
- Parents can be hypocritical
- Youth are embarrassed, scared of disapproval
- Youth are more comfortable talking to friends

Youth said they guessed 78% because:

- Quite a few talk to their parents but not everyone
- Even if they don't, they may say they do have someone to talk to
- Some kids hide their emotions but some don't

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:

- Girls get picked on a lot by other girls
- There's lots of stress about sex
- Girls are more introverted
- Of the media influence, popularity status and pressure to look a certain way
- They tend to be more emotional

Youth said they picked boys because:

- Boys are more violent
- There's more pressure to be a certain way, to be "the man"
- There is a lack of social support for boys
- Stereotype – strong, not emotional
- Boys are made fun of for showing emotion

Action Plan #7

| | |
|---|--|
| Community Goal: | To decrease the influence of the media on younger students |
| Our Action Project Is: | Fairs and workshops with younger students. |
| What We Would Do: | <ul style="list-style-type: none"> • Aim program at younger students so we can catch them and guide them through school • Offer healthy alternatives: groups, clubs, sports, music • Not make a big deal about negatives • Peer listeners and counsellors • Play games, have follow up events |
| How will your project improve community health? | It is an investment in the future; by sparking interests in the children of today, hopefully we can promote a healthier attitude to the media when they get older. |
| How would you know you were successful? | If the youth responded and acted positive towards situations. |
| Who and what would you need to get involved? | <ul style="list-style-type: none"> • A team of youth from Brooks • Willing elementary school youth |

Action Plan #8

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|---|--|
| Community Goal: | Stopping negative media influence |
| Our Action Project Is: | Warning kids of the consequences of dressing a certain way. |
| What We Would Do: | We would go to schools in a group of two, one person dressed in a skimpy dress, the other in a sophisticated manner. Ask people who they respect more. |
| How will your project improve community health? | It will help people learn to not prejudge others on their clothes. It will help stop the spread of STIs and girls getting pregnant. |
| How would you know you were successful? | If younger kids started wearing more appropriate clothes. |
| Who and what would you need to get involved? | <ul style="list-style-type: none"> • Support from schools • Local media • Support from parents/community |

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 picked Grade 8 because:

- The younger you are the less educated you are about your rights
- Grade 8s are less likely to go tell on an older person because they don't want to seem like a wimp
- They might feel the problem may get worse if they seek help
- They are more immature
- Older kids intimidate younger kids
- They are fighting for higher status in school
- They are more susceptible to peer pressure
- New people, new school, new everything
- Shift in hormones
- "Lostness"

Youth said they picked Grade 9 because:

- It's when people start using drugs



"More agencies (MCFD, social services) should see the process"
 -Adult participant