

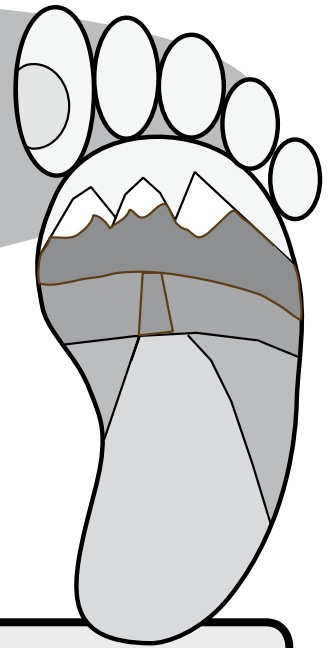
Next Steps workshop in...

Squamish

When: October 4th, 2005

Who: 30 youth

Where: Totem Hall



Thirty youth from three Squamish secondary schools were in attendance. Participants met to discuss and identify community health priorities; give youth of Squamish 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 Squamish

1. Depression, Self-Esteem and Suicide
2. Drugs and Alcohol
3. Peer Pressure
4. Sexual Activity and Sexual Health
5. Racism
6. Stress
7. Dropping Out
8. Family Conflict
9. Smoking
10. Community Awareness
11. Gang Activity
12. Job Issues
13. School and Home Safety

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 make people aware that we care and support them.
Our Action Project Is:	A camp
What We Would Do:	<ul style="list-style-type: none"> • 5 day camp • Different seminar meetings • Public speaker • Fun events and activities • Workshops
How will your project improve community health?	We will be providing youth with a place to go discuss problems and have fun.
How would you know you were successful?	If the kids go home happy with love and support.
Who and what would you need to get involved?	Cultus Lake, 100 youth, bus, trained counselors, cabins, event coordinator, a chef, moula (\$), a nurse

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.

"These should be done bi-weekly and open to many more young adults"
-Youth participant

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 picked 1998 because:

- There are more programs and awareness now
- It is not acceptable now

Youth said they picked 2003 because:

- There are more people drinking at a younger age

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

A: Girls | B: Boys | Correct answer: A, girls

Youth said they chose girls because:

- Girls obsess
- Girls take things more seriously, they feel like things are their fault or problem
- Girls are more emotional
- Boys keep feelings inside
- Stresses are equal but come from different places for boys and girls

Action Plan #2	
Community Goal:	Programs to help families.
Our Action Project Is:	A workshop.
What We Would Do:	<ul style="list-style-type: none"> • Have a workshop for the family • 1 hour to learn communication skills • 1 hour with family working on one family issue • Half hour working with other groups (optional)
How will your project improve community health?	<ul style="list-style-type: none"> • Happiness • New skills • Life skills • Bridge generation gaps
How would you know you were successful?	<ul style="list-style-type: none"> • Surveys • Follow up with family after 6 months
Who and what would you need to get involved?	Counsellors, trainer, refreshments, transportation, child care, space.



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 chose 81% because:

- You can get grad credits
- Youth just want to help somebody out

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:

- A lot more kids get ripped at lunch
- Kids who aren't going to school and doing drugs do not get surveyed

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:

- Dropping out would be throwing their life away
- Friends care about other friends and wouldn't get angry
- It is so easy to get birth control so why risk getting pregnant?

In what 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 they picked Grade 8 because:

- They're smaller and just came into high school
- They don't know how high school works

Youth said they picked Grade 9 and above because:

- It's a more intense time because kids get into partying

Action Plan #3	
Community Goal:	To reduce STIs in Squamish and spread awareness.
Our Action Project Is:	A play about STIs and healthy choices.
What We Would Do:	A Virginia the vagina and Peter the Penis play in the school gym. The plot: Have Virginia and Peter at a club, then they hook up then go home and have sex. One has a STI and the other doesn't know. One would ask the other but they would lie.
How will your project improve community health?	It will inform youth about STIs in a way they
How would you know you were successful?	<ul style="list-style-type: none"> • The number of people who went to the play • If people were talking about it after
Who and what would you need to get involved?	Good actors, lots of props. People willing to support us and let us perform.

Action Plan #4	
Community Goal:	Reduce Stress.
Our Action Project Is:	Something to do to release your frustration, like Yoga or something to make you laugh.
What We Would Do:	<ul style="list-style-type: none"> • Get a location near people's homes • Advertising saying, "Got stress? Come chill" • All youth run, every day • Get Comedians (Chris Rock, Russel Peters)
How will your project improve community health?	<ul style="list-style-type: none"> • It will reduce fighting • It will make Squamish a better and more fun place
How would you know you were successful?	Get people to fill out forms if they liked it.
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Bit of money • Youth sponsors • Involvement of youth • Brendan park, skate park, ice rink, swimming pool

Questions from the AHS Trivia Game

Were more students sexually active in 2003 or 1992?

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

Youth said they guessed 1992 because:

- These days sex is everywhere but before it was more okay to do it
- There weren't as many programs before

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

Answer: True

Youth said:

- A lot of kids don't want to be alcoholics
- Young kids at parties get pressured
- Older siblings influence younger siblings

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:

- More multicultural people live here
- More close minded people as well

Action Plan #5	
Community Goal:	Cut out drinking and driving.
Our Action Project Is:	Make ads to show what happens when you drink and drive.
What We Would Do:	We would gather pictures, facts, information, first-hand accounts and make them into an ad.
How will your project improve community health?	It will improve community health by warning people about drinking and driving, and it could save lives.
How would you know you were successful?	The amount of drinking and driving deaths go down.
Who and what would you need to get involved?	Pictures, facts, information and first hand accounts on drinking and driving.

Action Plan #6	
Community Goal:	To reduce peer pressure.
Our Action Project Is:	More peer pressure awareness.
What We Would Do:	<ul style="list-style-type: none"> • Set up workshops to increase awareness • Learn good ways to say “no” • How to talk to parents and teachers • Flyers, courses after school • Make posters, set a time and place and advertise.
How will your project improve community health?	It will boost self-esteem and prepare them for peer pressure.
How would you know you were successful?	Less people being involved in peer pressure consequences.
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Need to be willing to contribute to our community • Perseverance to follow through • Respect your choices

“It was cool to meet other kids from Howe Sound”
-Youth participant

Questions from the AHS Trivia Game

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:

- You can get condoms for free
- There are more diseases going around
- We need more sex ed. Not learning it until later grades (10/11) in some schools
- Some kids think they know stuff but they need to learn more in school

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 are so many programs that tell you not to
- They are more aware of bad health effects
- It’s cooler to smoke weed
- The campaign “just say no” made kids do it more, the style has changed, now they inform you and you make the decision

Action Plan #7	
Community Goal:	Promoting community support, hospitality and involvement. Encouraging a feeling of collective safety.
Our Action Project Is:	To encourage and promote different cultural celebrations.
What We Would Do:	<ul style="list-style-type: none"> • Have the Mayor involved • Have organizations volunteer • Group cultural leaders together • Advertise the festivals and spread awareness of cultures before grand event
How will your project improve community health?	<ul style="list-style-type: none"> • It will bring different parts of the community together • It raises awareness, reduces racism • Increases understanding, feelings of safety
How would you know you were successful?	<ul style="list-style-type: none"> • If a large number of the community shows up • If people want to have a repeat of the event next year • We continue to see respect in the community
Who and what would you need to get involved?	<ul style="list-style-type: none"> • Minority cultural leaders working together • Local sponsors • Volunteers

Questions from the AHS Trivia Game

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

Correct answer: False

Youth said they chose false because:

- Girls don't like walking home or are lazy
- It's not safe for girls to walk home at night -it's a safety issue
- They don't want to pass out on the way home
- Boys are bigger risk takers (they think they're invincible!) so they're the ones driving
- Guys drive more so girls go with them
- More peer pressure on guys to be the man
- The stats show guys drive faster and drink more

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:

- In the classroom everyone makes fun of others and gives each other a hard time
- You can't get beat up in the library
- Girls are girls in the washroom



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.

"Some of the ice-breakers were lame"
-Youth participant