

Next Steps workshop in...

Sunshine Coast



When: October 5th, 2005

Who: 27 youth, 13 adults

**Where: Sechelt Indian
Band Hall**

At the *Next Steps* workshop, 27 youth and 13 adults met to: discuss and identify community health priorities; give youth of the Sunshine Coast 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 ideas for action that the youth came up with at this workshop were all strikingly similar. It was very clear that the priority for youth was to have more activities in the Sunshine Coast for them to take part in. This was made apparent when the youth broke into groups to create action plans; every group—independent of each other—worked on a strategy to start up a youth centre.

Follow Up:

The *Next Steps* workshop on the Sunshine Coast was used as a springboard to start Youth Advisory Councils in Pender Harbour, Sechelt, and Gibsons. The youth have already given direct input into local government planning of recreation centres and strongly advocated for dedicated youth space. As well, public health has contributed funds so that some of the projects that youth came up with can be carried out.

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.

Top Health Priorities Youth Identified in the Sunshine Coast

1. Lack of Activity
(we need things to do!)
2. Transportation
3. Impaired Driving
4. Better Sex Education
5. Abuse
6. Drug Abuse
7. Suicide
8. Bullying
9. Alcohol
10. Condoms
11. Driver Training
12. Self Awareness and Critical Thinking

- 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.

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.

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|---|---|
| Community Goal: | To generate more activities for students to take part in. |
| Our Action Project Is: | A recreational centre for each community in the Sunshine Coast. |
| What We Would Do: | <ul style="list-style-type: none"> • Fundraise • Create a petition to show it's importance • Go to city council meetings • Start immediately by providing pool, fooze ball, badminton etc. at community centre, show that it would be popular and wanted. Hold rec nights, youth concerts etc. Push the point all the time. |
| How will your project improve community health? | <ul style="list-style-type: none"> • Youth will be more in shape • It will eliminate boredom • Lower drug use • Builds community by involving all community members |
| How would you know you were successful? | <ul style="list-style-type: none"> • When the building is up and running! • If people go • Lowered substance use |
| Who and what would you need to get involved? | Transportation, money, grants, people, youth, politicians |

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

"It was great realizing the whole coast wanted the same thing."
-Youth participant

"The kids are motivated, they need the outlet for communication."
-Adult participant

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.

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:

- The message against drinking and driving is now out there more
- The driving laws changed

Youth said they chose 2003 because:

- Alcohol is easier to get now
- There is more peer pressure

What percentage of students volunteered in the last year?

A: 54% | B: 63% | C: 81% | Correct answer: C, 81%

Youth said they thought the percentage was lower because:

- It seemed that way
- Didn't think of themselves personally
- They hear that youth aren't involved
- Youth have lots of other stuff to do like jobs or school

Youth said they chose 84% because:

- Mandatory CAPP hours
- People are caring

Action Plan #2

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|---|---|
| Community Goal: | To create a positive environment for teams. |
| Our Action Project Is: | A drop in sports night once a week. |
| What We Would Do: | <ul style="list-style-type: none"> • Arrange for transportation (buses, car-pools) • Find a place like a rec centre or gym • Make it cheap • Also host dances, live bands or DJs, and karaoke |
| How will your project improve community health? | <ul style="list-style-type: none"> • Gets teens together without using substances • Opportunity to meet people from different places • Leadership opportunities • Get kids caring |
| How would you know you were successful? | <ul style="list-style-type: none"> • People showing up • Surveys |



“Youth have the skills and passion to create what they want, adults need to be there to help and support. The time is now to provide more for youth.”
-Adult participant

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 they chose girls because:

- There is pressure from media
- Girls face more self-esteem issues
- They have pressure on their personal body image
- Girls will be depressed longer without attempting

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:

- Smoking is not cool, marijuana more cool
- It costs too much money
- You can't smoke in many places
- People that smoke now are ones that hung out with older kids
- The health risks are more known
- There is more advertising of the associated health problems
- Death—if you know someone who died from it you won't do it
- In movies no one smokes, or if they do they're told to quit
- There are good commercials against smoking

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 chose Grade 8 because:

- They're going from biggest to smallest
- They hear and believe scary stories, like getting shoved in lockers

Youth said they chose Grade 9 and up because:

- It's exciting, you are trying different things
- More politics with friends

"Not enough participants, it seemed schools or teachers did not understand the importance of this. Imagine thinking some class is more important than health!"

-Adult participant



Action Plan #3

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|-------------------|---|
| Community Goal: | Create a dynamic youth run youth centre. |
| What We Would Do: | <ul style="list-style-type: none"> • Build a youth centre which includes a cafeteria/bakery, newspaper (written by youth), gym hall (for sports and dances) • Create a society and board of advisors (mentors) • No drugs or alcohol • Advertising for fun activities |

"I liked how the ideas of everyone were taken in"

-Youth participant

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 chose 2003 because:

- It's in media all the time
- It was looked down upon more in the past, now people more open, aware, not looked down upon as much

Youth said they chose 1992 because:

- There is more sex ed. now
- Women have more career options
- Women today look more sexual but are less so, the image is there but behaviours not
- People in 1992 were at the same level of horniness but were not informed about the issues

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:

- It's easier to get
- It's almost legal, not so much stigma
- There is a lot around, not charged for personal use, not a lot of consequences
- More kids selling pot in schools
- It's in music videos, clothing lines. A lot of talk about BC Bud. A lot of peer pressure
- Parents might have done it so kids think it's not so bad
- People think it's a safe drug because they won't overdose
- It's used as medication

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 they chose 78% because:

- People have big families, there must be someone
- Some consider close friends family

Youth thought the percentage was less because:

- Some kids don't have anyone to talk to
- Parents can be pretty strict, can't talk to them

At school, where do students feel safest? In the...

- A: Classroom
 B: Washroom
 C: Library
 D: Outside on school property | Correct answer: C, library

What youth had to say about...

Classroom:

- A teacher is there to watch and protect
- People are busy doing homework, hanging with friends
- It's easy to block out negative people
- Some disagreed, saying they feel they'll get shot down or picked on in class

Washroom:

- The washroom isn't safe cause it's small and enclosed

Library:

- It's a quiet place, people would notice if there is a commotion
- There is always a teacher there

Action Plan #4

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| Community Goal: | To reduce the amount of teens addicted to drugs or alcohol. |
| Our Action Project Is: | Make an activity drop-in centre that youth can go to, with counsellors and easy transportation options. |
| What We Would Do: | <ul style="list-style-type: none"> • Make a centre for those who want/ need help • Collaborate with schools and community members • Make petitions • Get donations for food/transportation/activities • Make teens feel loved, wanted and warm • Make sure its services are confidential |
| How will your project improve community health? | <ul style="list-style-type: none"> • Drug and alcohol use decreases • Teens are not hanging out in an unsafe way |
| How would you know you were successful? | <ul style="list-style-type: none"> • Less teens would use drugs • If less teens think drugs are cool • Use of the facility • Positive feedback |
| Who and what would you need to get involved? | <ul style="list-style-type: none"> • A petition • Supportive speakers • Counsellors/doctors/nurses • A plan • Help from people who have been through this |

"It was great and we should keep it up until something is done about youth problems"
 -Youth participant