

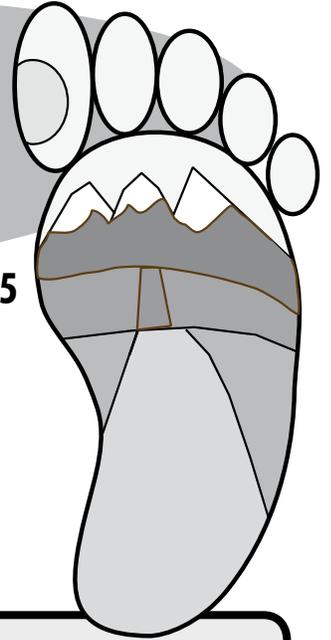
Next Steps workshop in...

# Whistler

**When: September 27th, 2005**

**Who: 25 youth**

**Where: Whistler Secondary  
Community School**



At this workshop hosted in a Planning 10 class at Whistler Secondary Community School, youth met to discuss and identify community health priorities and brainstorm project ideas around these issues. This is a summary of all the project ideas, discussion notes, and comments from youth during this workshop.

This workshop was modified from the normal agenda to allow for a much shorter amount of time than usual. At this workshop youth discussed health issues through the *Next Steps* trivia game, identified important issues, and brainstormed things already happening and new ideas to address these issues.

## 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 Whistler

Mental Health  
Sexual Health

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.

## 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)

# Whistler Project Ideas:

After identifying important issues, participants brainstormed examples of things already happening to address the issue, as well as new ideas.

## Issue: Mental Health

### Things Already Happening

- Kids help phone line
- Meetings, talks
- Dog parade
- Dance

### New ideas

- More dances
- Games to make people more aware of suicide
- Talk to a friend
- Have someone to talk to like an actual person who gets paid to talk to them
- Learn about suicide from a very early age
- Talk to youth centre adults
- Hugs
- Free services for people thinking of suicide
- Suicide classes with discussion groups
- More sports
- Newsletters

## Issue: Sexual Health

### Things Already Happening

- Health safety clinics
- Sex workshops
- Drug scavenger hunt where you find people acting like how you are on different drugs and alcohol
- Educational games about sex
- Sex ed. classes
- Free condoms

### New Ideas

- Look at sexual activity in a positive way
- Group discussions
- Have sex education more often
- Maybe make the teachers tell the truth about sexual activities instead of playing up to be worse than it is
- Dances with Pemberton and Squamish people
- More dances
- Escorts
- Group work

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 2003 because:

- People are more educated now as to the consequences

#### 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:

- In Grade 8 you are scared
- It's your first year in school, everyone is bigger
- You are leaving friends

Youth said they chose Grade 9 because:

- You are meeting more different people

#### 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 thought the percentage would be lower because:

- Youth are afraid of punishment
- They are afraid their parents will make a big deal of it
- Youth would rather talk to friends

## 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 picked girls because:

- They face more pressure from the media and fashion models
- Boys are a pressure
- Girls more emotional

Youth said they picked boys because:

- Girls talk more freely about emotions
- More boys commit suicide

### 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:

- There are limited volunteer opportunities at a single event, so not everyone gets to
- They don't see people doing it

### 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:

- More people think it's fun
- Peer pressure
- It is more available

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

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

Youth said they chose 1992 because:

- There is more education about STIs

### 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 chose 1998 because:

- It's not cool any more
- It's nasty
- Advertising has changed, there is not as much
- People know how bad it is and what is in it