

« YOUTH »

ENGAGEMENT REPORT



Sioux Lookout
First Nations
Health Authority

A RESOURCE FOR COMMUNITY YOUTH WORKERS

WHAT'S ? & ↓

Approaches to Community Wellbeing was developed by the Sioux Lookout First Nations Health Authority for 31 communities in Northwestern Ontario. The communities have identified the Raising Our Children section of the model as a priority, especially Youth Development. Between March 2015 and March 2016, the team hosted a youth art challenge, visited schools, and completed surveys with the purpose of engaging youth. From their feedback, we learned what health issues are priorities for youth, and what initiatives that promote health should be available to First Nations Youth in our regions. This infographic report is a summary of these findings.



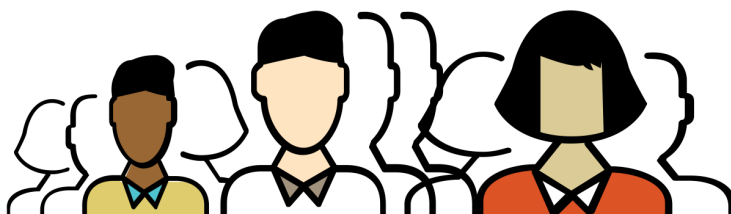
8 SCHOOLS
2 SURVEYS



16 YOUTH
ENGAGEMENT
SESSIONS



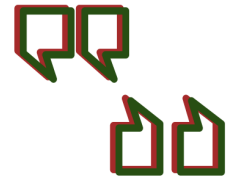
MARCH '15
TO
MARCH '16



OVER 300 STUDENTS
ENGAGED

REPRESENTING 21 DIFFERENT COMMUNITIES

WHAT THEY SAID



What are the most important health issues affecting youth in your community?



Smoking



Self-Harm



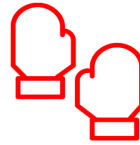
Addictions



Not eating the right foods



Low self-esteem



Bullying



Diabetes



Relationships

What is happening in your community to keep youth healthy?



Gym/Youth Centre is Open



Guest Speakers/Workshops



Healthy Eating



Sports



Land-based Activities

What can communities do to solve these issues?



Healthy Eating



Getting People Involved



More Sports



Culture Activities



More Programs



Youth-Elder Connection

Would you like to feel more connected to elders?



Yes (90%) No (10%)

What do you think would make youth healthier?



Professional Help



Programs



Help each other



Workshops



Improve Food Access

Listen to Youth



How do you think the youth could get involved in fixing these problems?



Workshops & Programs



Raise Awareness



Talk to Adults



Help Your Friends



MOVING

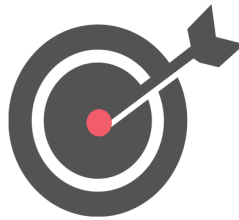
FORWARD



YOUTH-INSPIRED VISION

Anishinabe youth are connected to family, community, and culture through their engagement in activities that promote resilience and wellbeing.

YOUTH GOALS



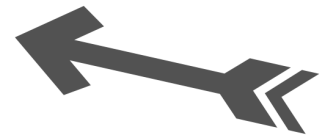
Youth are living healthy lifestyles

Youth have healthy relationships

Youth have a strong voice

Youth are following in the footsteps of their ancestors

Youth are engaging their minds towards a positive future

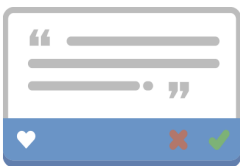


YOUTH VALUES

FAMILY
FRIENDS

EDUCATION, SPORTS

LAND-BASED ACTIVITIES, LANGUAGE, MUSIC, HUMOUR
wisdom, respect, health, happiness, truth, culture, honesty, freedom



We polled 110 students, and discovered students are using social media on a regular basis.

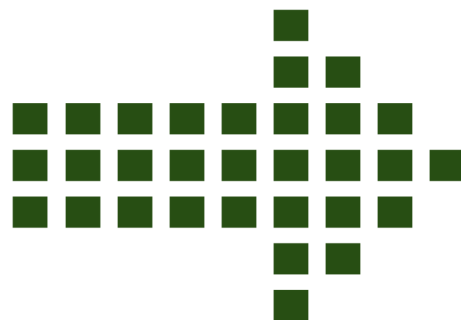


Youth had several suggestions in helping Elders and Youth connect, including doing activities together, cultural programming, teachings, visiting, and learning the language.



Youth identified a wide variety of skills and strengths, including: sports, artistic activities, life skills, parenting skills, workplace skills, teaching, and culture-based activities.

WHAT'S NEXT?



We created a Facebook page, "Anishinabe Youth Network", based on the results of the Social Media Survey. Most students (92%) listed Facebook as their most commonly used social media site. Almost all of the youth surveyed had access to the Internet and social media sites (82%). No students were aware of a site in existence specifically for First Nations Youth; however, many communities had some type of page that helped advertise programs and events. Most of the youth (76%) said they would use a social media site for First Nations Youth.



Youth want a voice. Not only did these results demonstrate that, but in a follow-up survey in November 2016, youth said they want to be heard -- both in their communities and on council. We have created two resources to help communities get started: Youth Council Toolkit for Youth and Champion A Youth Council Toolkit for Adults. We also are willing to work with communities and the youth by facilitating this process.



Furthermore, SLFNHA wants to hear the voice of youth by allowing them to share their opinions with us on a Youth Advisory Council. We're currently in the early stages of recruiting leaders for the coming year.



Experts helping experts is what we want to achieve in communities by establishing a Youth Workers Network in our region. Our goal is to connect Youth Workers with each other via teleconferences and conferences as we aim to build capacity in the 31 First Nations communities. These Workers will be the key crucial partners in helping the youth achieve what they have said they want to happen.



In addition, we are creating a Youth Workers Network in Sioux Lookout, connecting a handful of youth practitioners, including a Youth Transition Workers, Youth Probation Officer, Youth Centre Staff, High School staff, Counselors, and more. These experts may even contribute to the network of First Nations Community Youth Workers.



There's so much more to be done! Grant writing, workshops in communities and schools, new partnerships, and advocating for our youth. We want to see youth connected to their family, community, and culture through their engagement in activities that promote resilience and wellbeing. Please partner with us on this exciting new journey!