

Thriving Youth, Thriving Communities

Risks, Challenges, Strengths and
Supports for Diverse Youth Groups in SK

Presentation Outline


- ▶ Who is SAYCW?
- ▶ How We Conduct the *Thriving Youth, Thriving Communities* Survey
- ▶ General, Preliminary Provincial Results
- ▶ At-Risk Students & Factors
- ▶ Knowledge to Action

Our Goals for Today

- ▶ There has been some discussion about needing to get beyond data and information. True, but it generalizes!
- ▶ How is data Presented? Where is it from? → Impact
- ▶ There is a difference between data in a library, created for a library, and data that is democratized

Our Goals for Today

- ▶ As such, our goal is to give Saskatchewan Youth a VOICE!
- ▶ Information → Knowledge → Understanding → Empathy
- ▶ Empathy is the difference between seeing a label and understanding a person.
- ▶ We will share a lot of information about labelled groups (e.g., LGBTQ2S)... We hope you get to know these kids.



COLLABORATE

What We Do

Learn



We survey youth in Grades 7-12 about their health & well-being:

- Data relevant to a specific school / division or authority / province

Connect



We connect with schools and communities to:

- Answer questions on survey results
- Broker partnerships (local response for local need)
- Translate knowledge

Act



We support knowledge to action through:

- Community Action Plan Guide
- Grant program
- Youth engagement strategy
- Curriculum connections

SAYCW Re-Branding

Youth Health Survey 2015



Thriving Youth, Thriving Communities
Survey 2019



Partner with Us!

Partnership with SAYCW ...

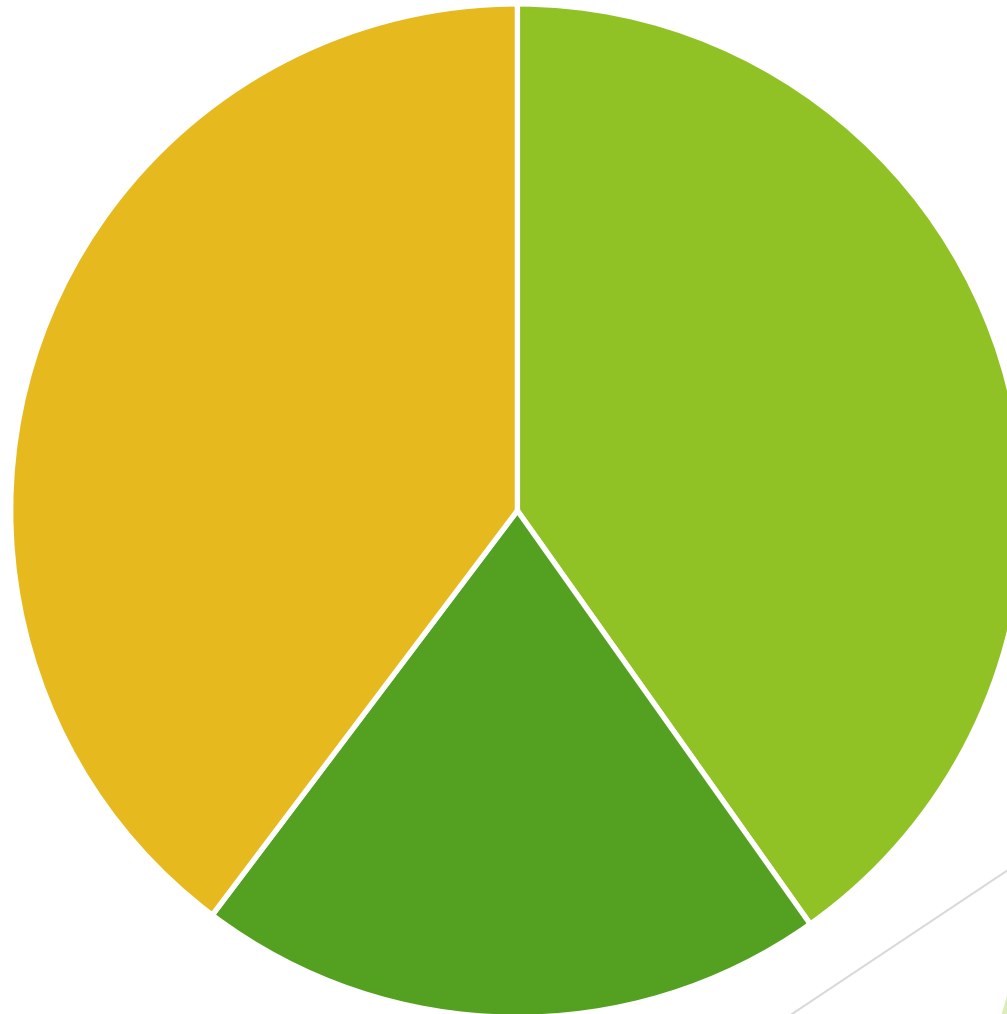
- ▶ **is not** merely survey participation
- ▶ **is** partnership with stakeholders
 - ▶ Learning, Connecting, Acting
- ▶ **is** turning knowledge into health promoting action
 - ▶ Knowledge is not a report “sitting on a shelf”

SAYCW TYTCS Question Breakdown

Old [40.2%]

New [39.7%]

Different [20.1%]



■ Original ■ Revised ■ New

Sections of the SAYCW TYTCS

- ▶ About You
- ▶ General Health
- ▶ Family, Friends & Community
- ▶ Culture & Identity
- ▶ Physical Activity
- ▶ Food & Nutrition
- ▶ School Support
- ▶ Mental Health
- ▶ Risk & Injury
- ▶ Substance Use
- ▶ Sexual Health

Sections of the SAYCW TYTCS

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Minor Changes

Sections of the SAYCW TYTCS

- ▶ About You
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Minor Changes Reduced/Efficient

Sections of the SAYCW TYTCS

- ▶ About You
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Minor Changes Reduced/Efficient Re-Developed

Sections of the SAYCW TYTCS

- ▶ About You
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- ▶ Substance Use
- ▶ Sexual Health

Minor Changes Reduced/Efficient Re-Developed New

New Survey Themes...Reinforcing HSC + CSH

- ▶ Understand Cultural Background & Identity
- ▶ Family Structure
- ▶ Injuries - Types, Mechanism, Driving, Helmet/Concussion
- ▶ Fighting, Weapons, Gangs
- ▶ Dating Violence
- ▶ Broader Mental Health (double the themes)
- ▶ Food Literacy
- ▶ More Family, Friends, and Community Support items

SAYCW TYTC Survey 2019 Protocol

- ▶ Grades 7-12
- ▶ Every school possible
- ▶ Special effort to recruit a representative sample
 - ▶ Indigenous Youth
 - ▶ Large & small communities
- ▶ Two components:
 - ▶ Survey (incl. meta-survey)
 - ▶ Teacher feedback
- ▶ Reports that matter

Consent

- ▶ Parent info only for G.11-12
 - ▶ G.11-12 Teachers can have youth who cannot consent provide parent consent
- ▶ Pushing for opt-out but want to be flexible (G.7-10)
 - ▶ So Opt-in or Opt-out determined by School Authority

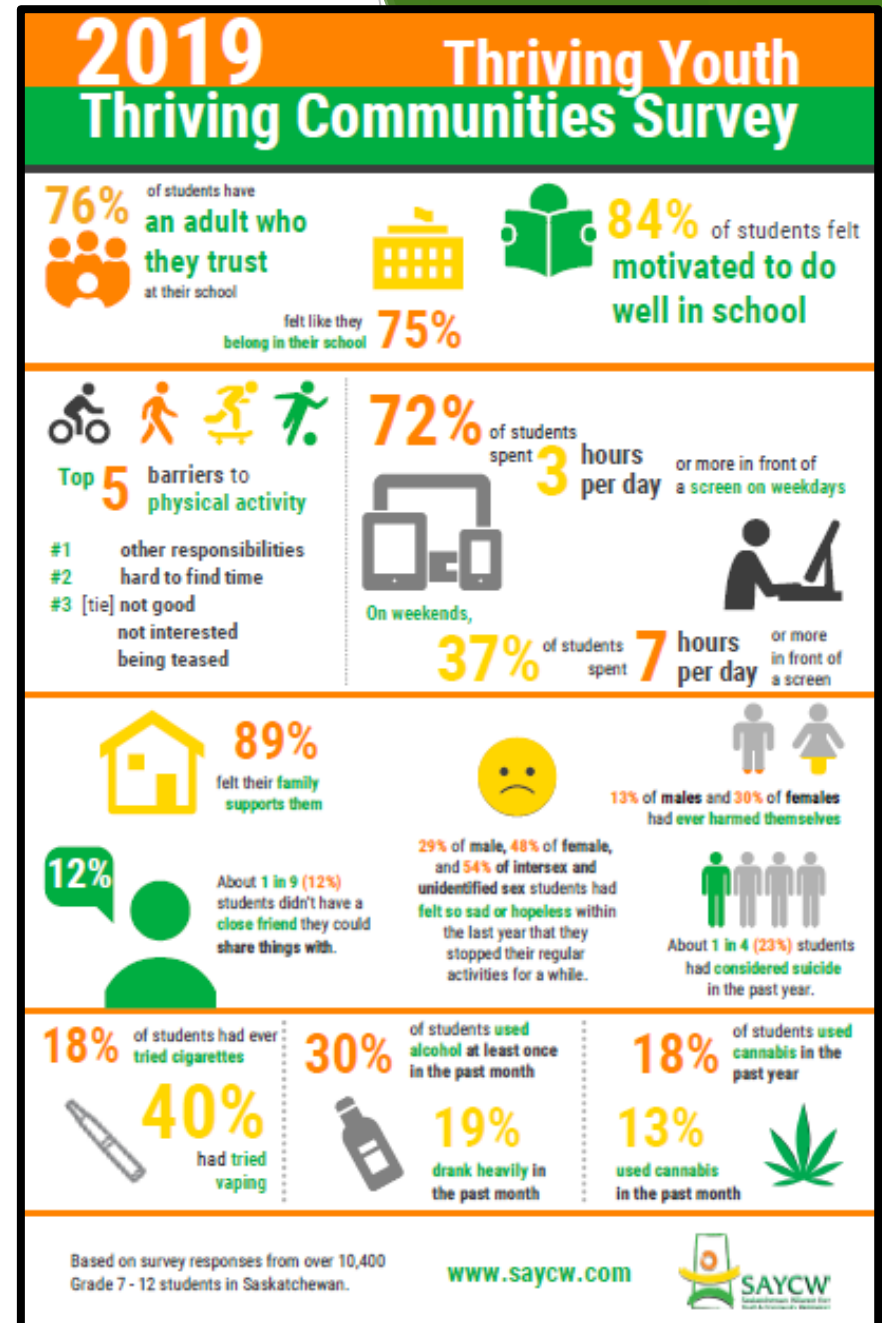
Survey 2.0

- Completed by:
 - 10,574 students
 - 162 schools
 - 22 school divisions and authorities...
 - Including 8 First Nations Schools



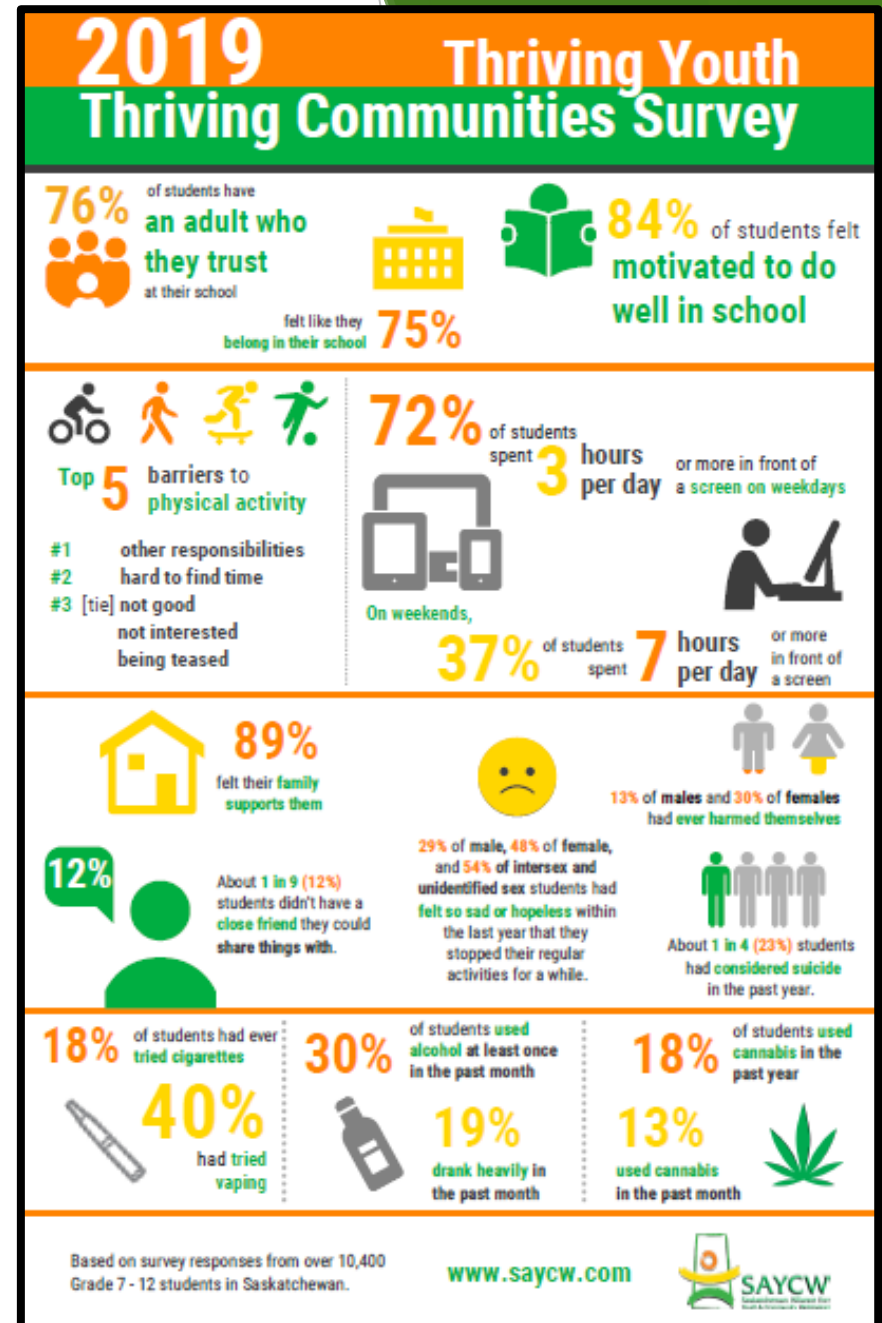
Survey 2.0

- ▶ Reports are **done** & **in progress**:
 - ▶ School risk reports
 - ▶ Overview Poster
 - ▶ School reports
 - ▶ School division / authority reports
 - ▶ School concern reports



Survey 2.0

- ▶ Later (early 2020):
 - ▶ Provincial report
 - ▶ Summary of provincial findings
 - ▶ 6 infographic posters
 - ▶ Special reports



Progress by the Numbers

- ▶ Expert Input = +55
- ▶ Analysis Experts = +24
- ▶ Meta-Survey & Teacher FB Data are Fully Analyzed
- ▶ Risk Reports = 143+SDs
- ▶ Suspicious Data = <1% ...

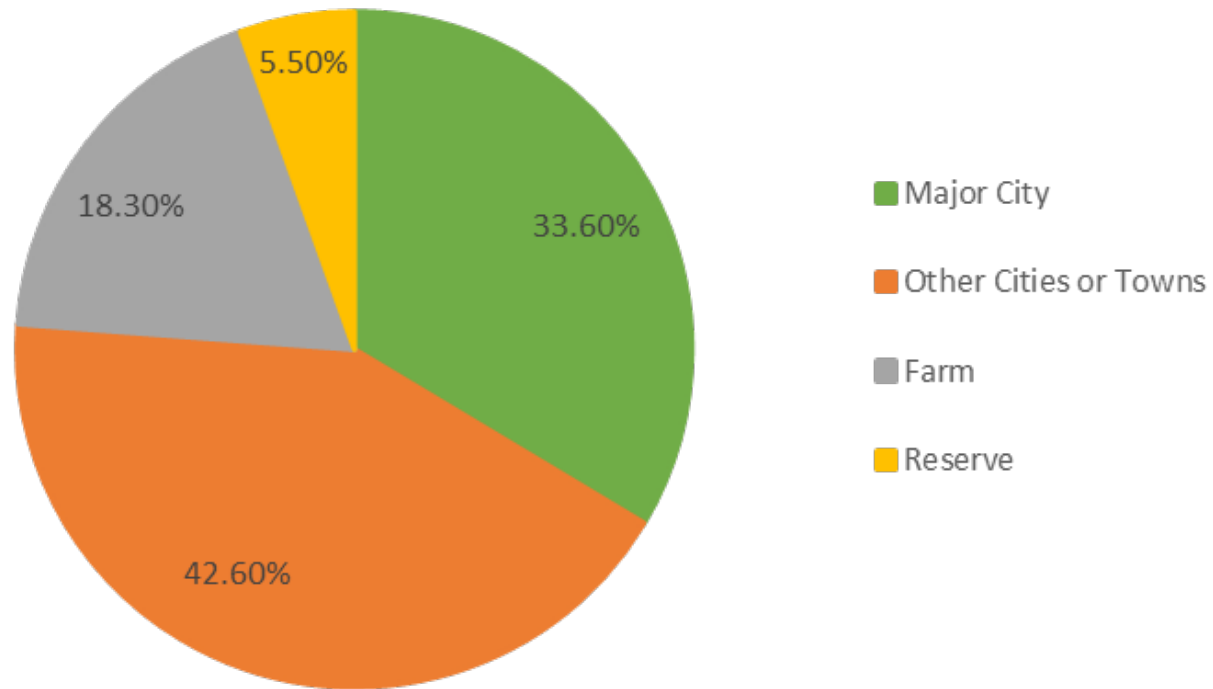
Provincial Results - General

Embargoed

Demographics

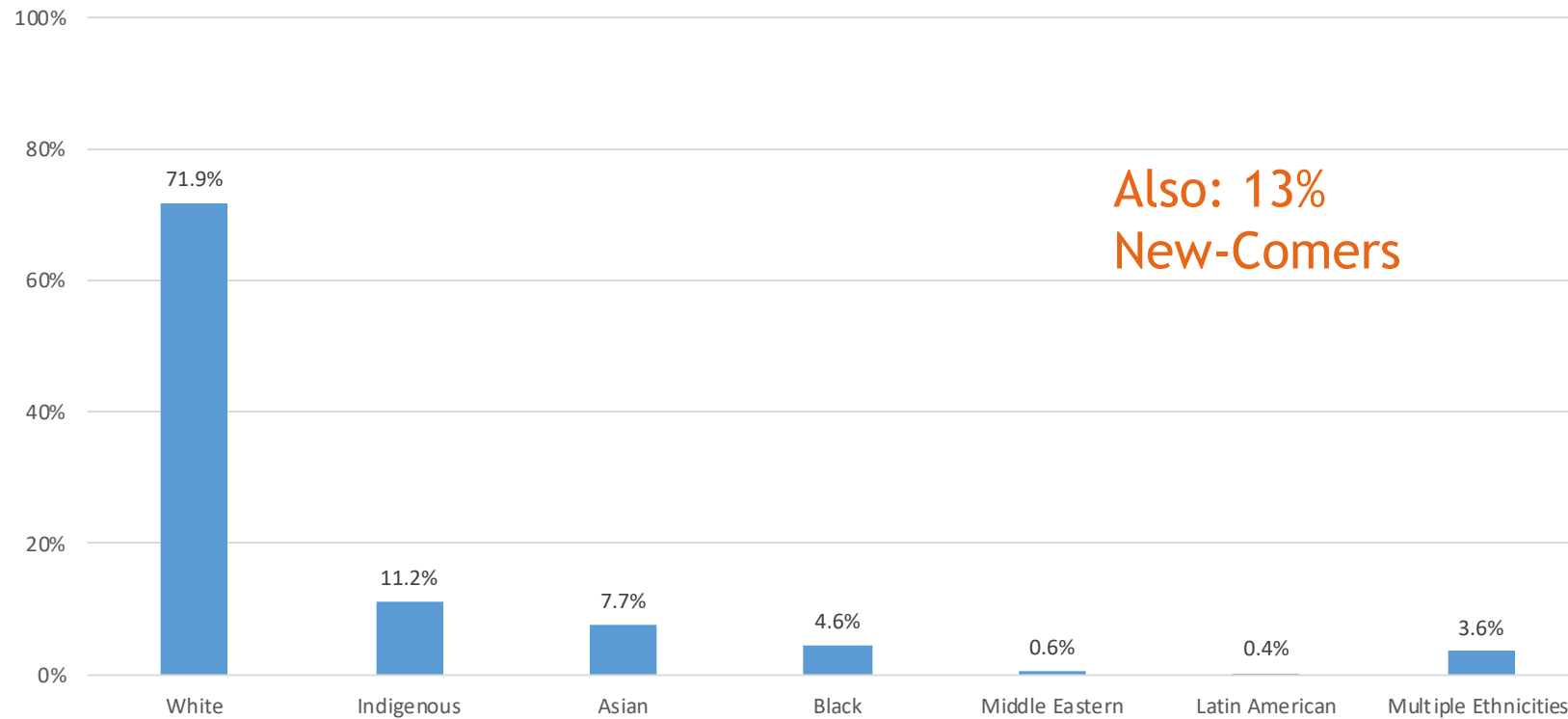
- 10,574 Grade 7-12 students participated, 162 schools, 19 school divisions/authorities
- 98.3% were between the ages of 12 and 18, $M = 14.6$ ($SD = 1.85$)
- 49.5% female, 48.1% male, 2.4% intersex or did not indicate

Where students are from (n=10,238)



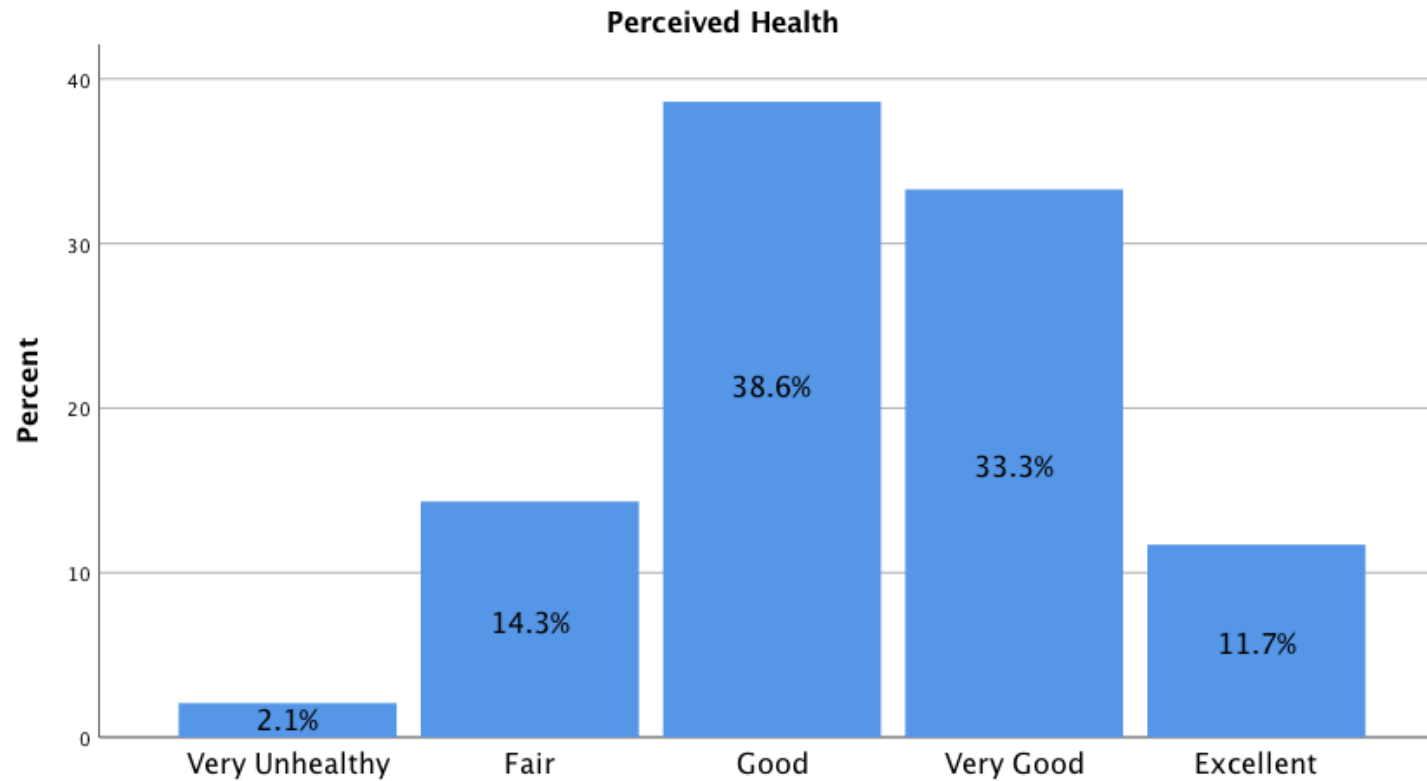
Demographics

Proportion of students by Race (N=6,974)



General Health

How do you describe your health (n = 10,447)



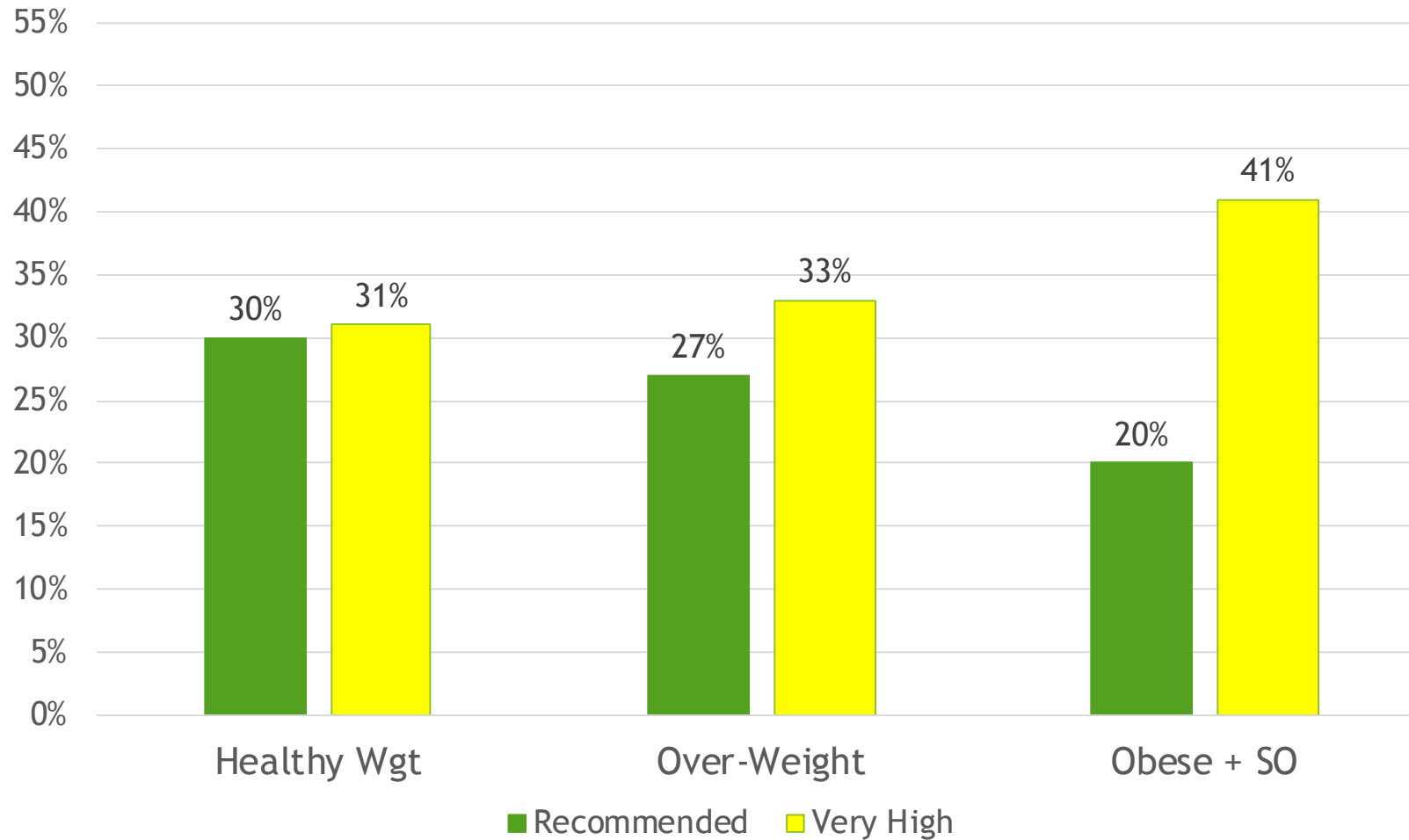
Provincial Results - At-Risk Groups

Embargoed

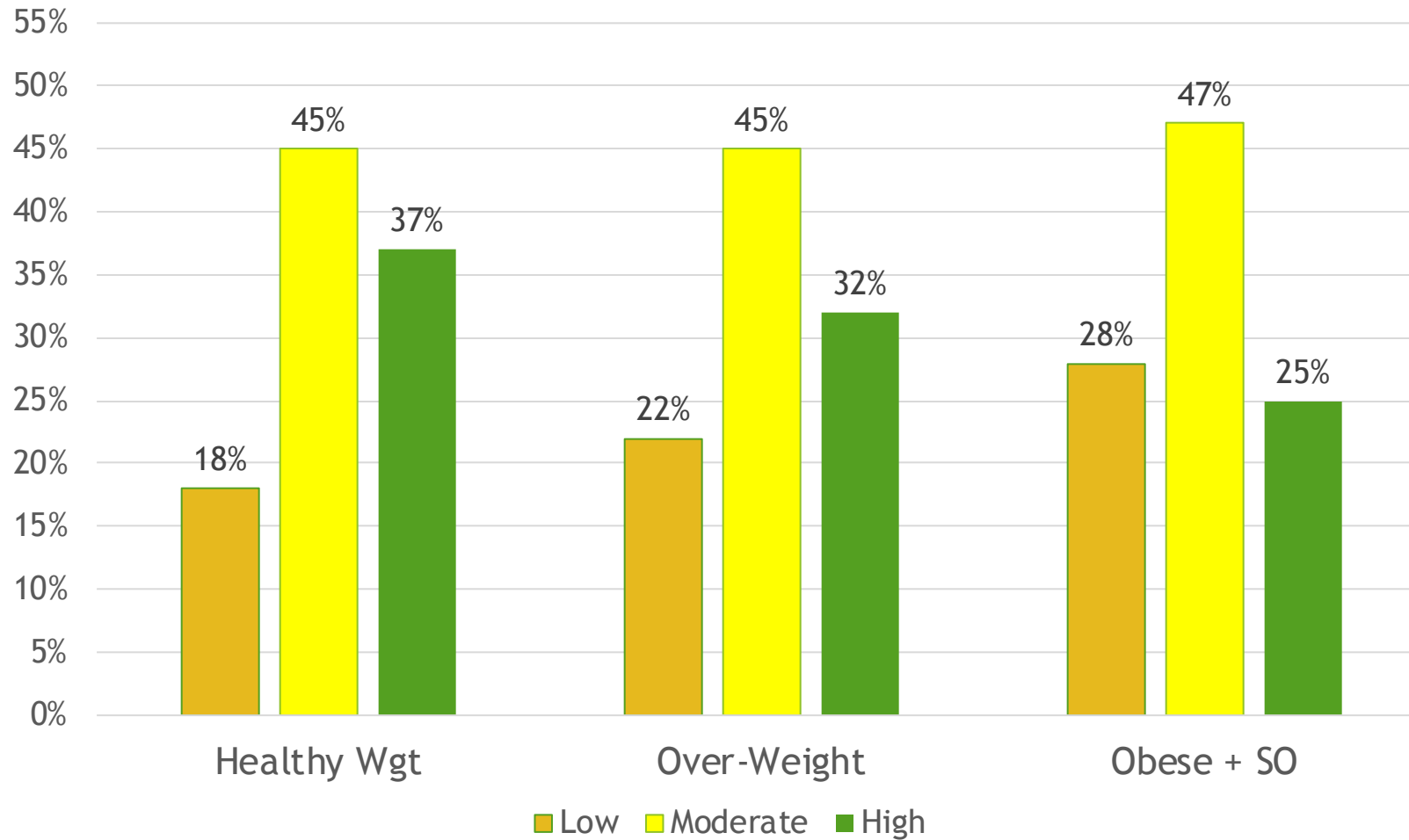
Over-Weight &
Obese Students
Female Students
LGBTQ2S Students
Minority Students

Physical Health

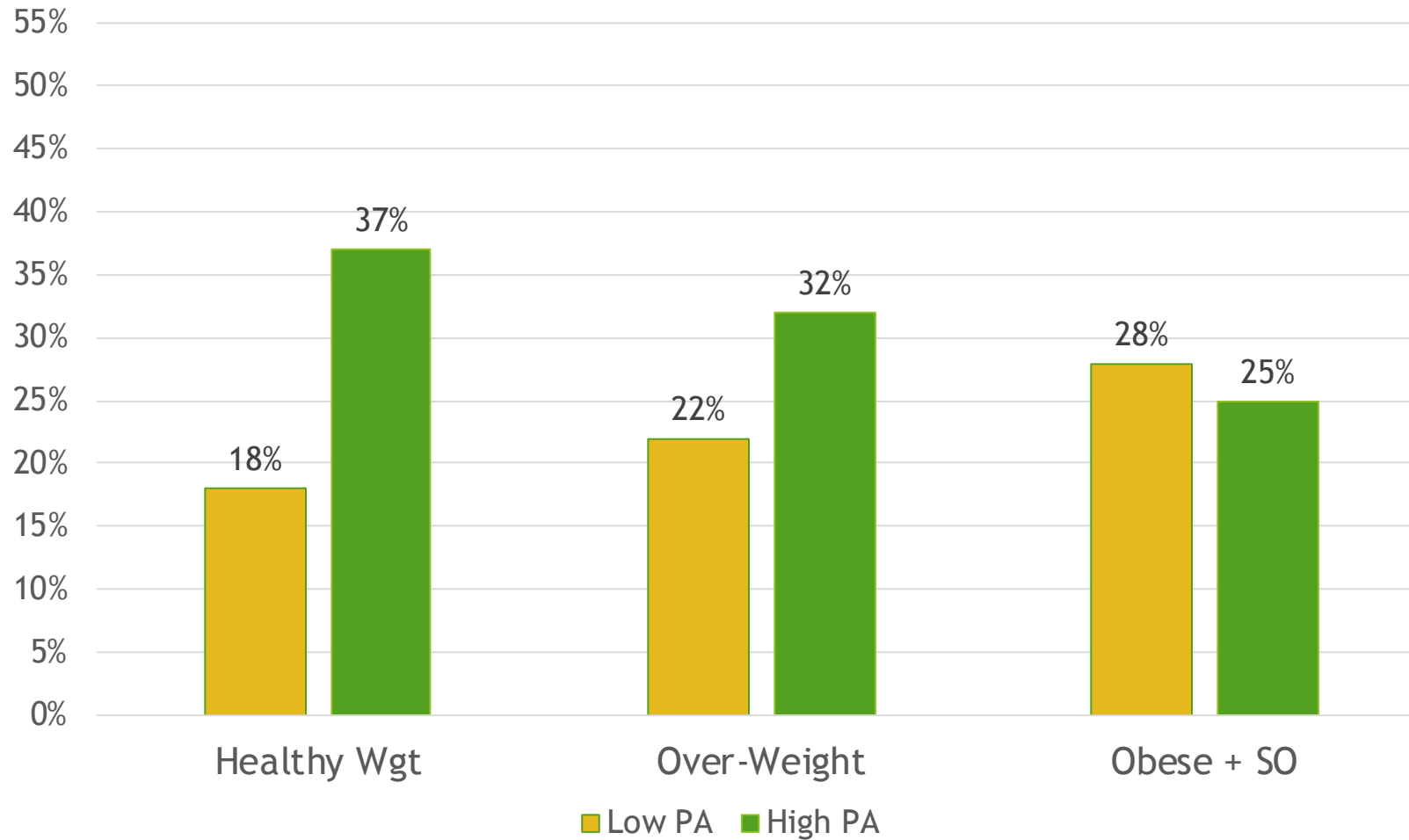
Sleep (No Differences) & Screen Time



Physical Activity - See Next...



Physical Activity



Nutrition & Food

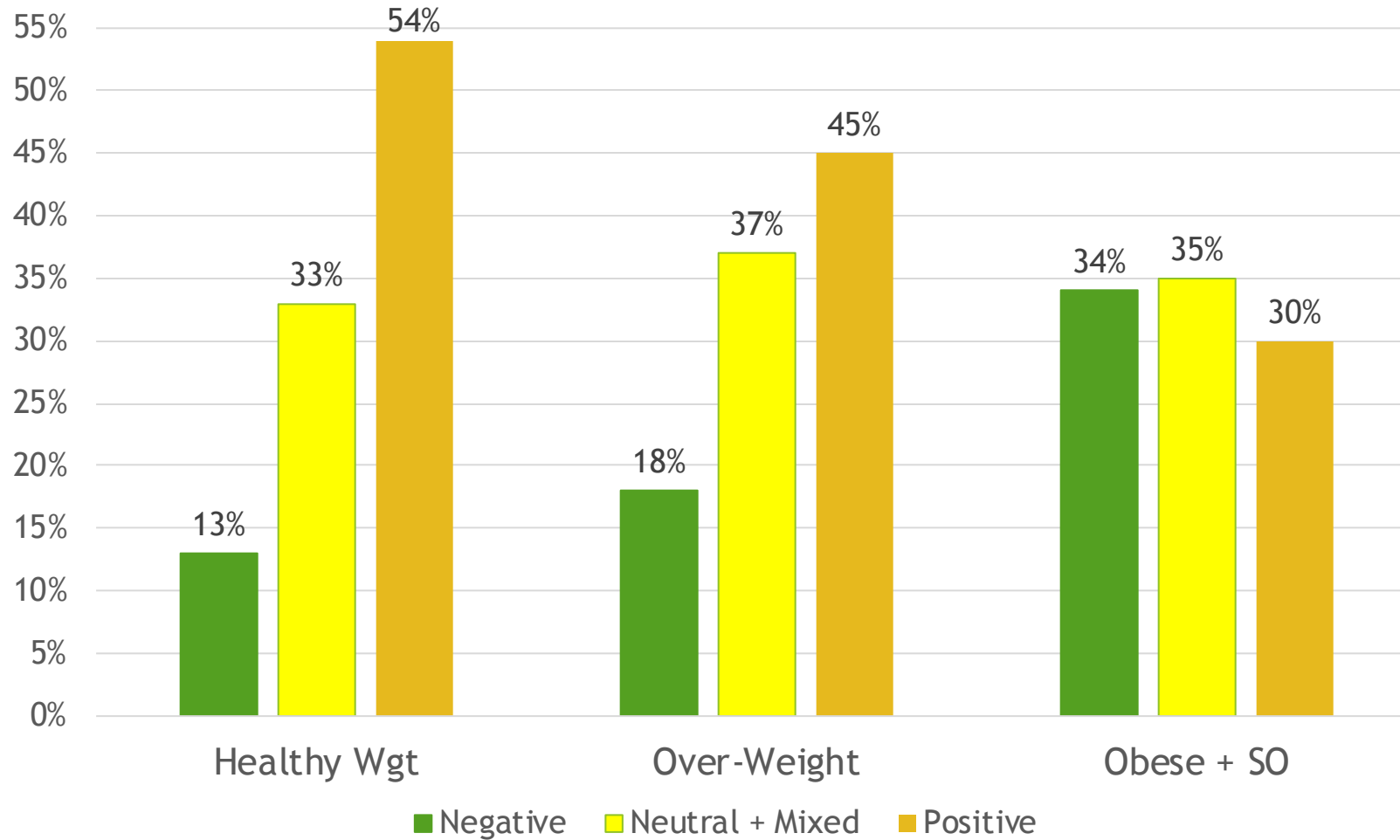
No Differences On...

- ▶ Dairy (under/at/over food guide)
- ▶ Meat (under/at/over food guide)

Statistical but not Substantive Differences...

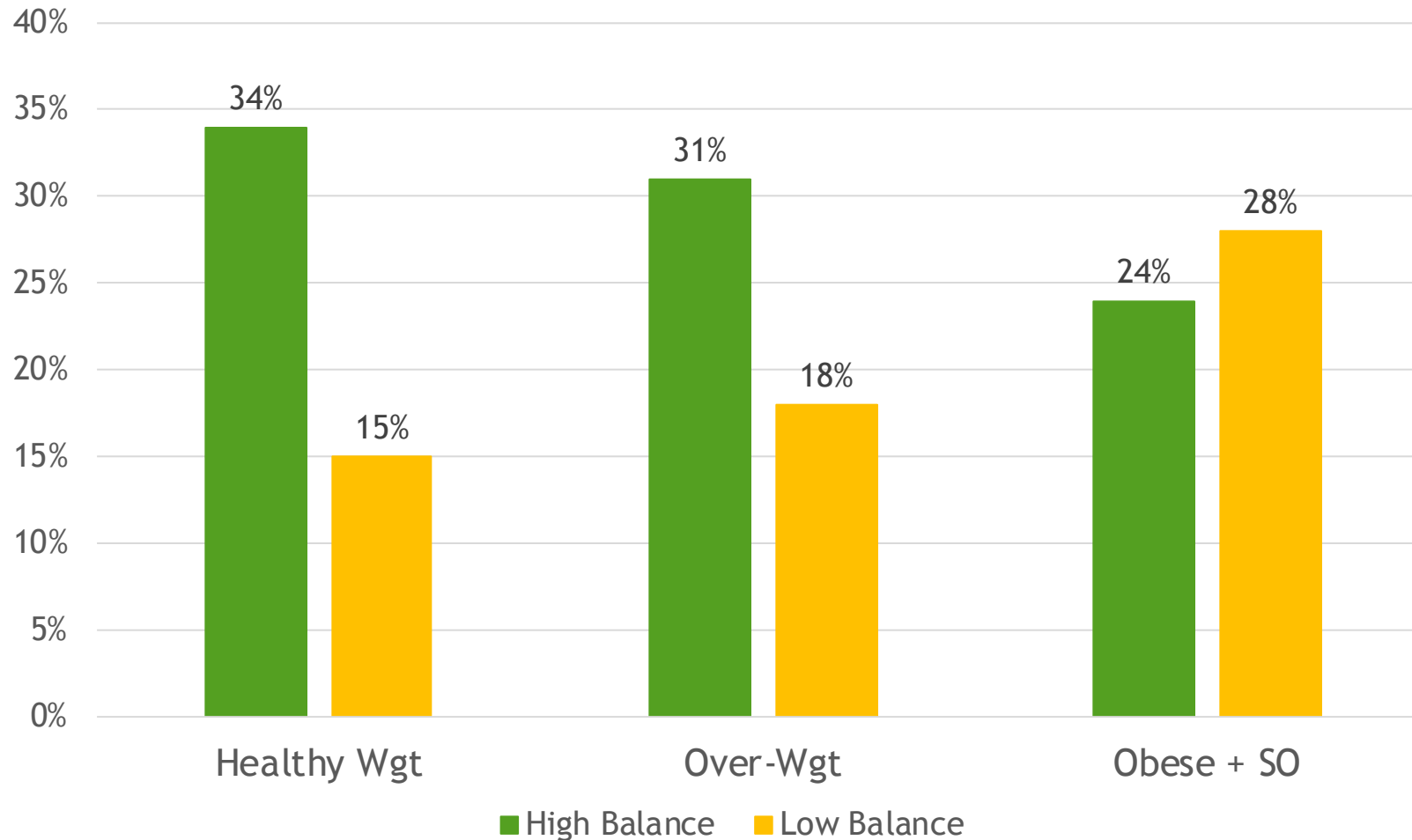
- ▶ Grains (under/at/over food guide)
- ▶ Fruits & Vegetables (under/at/over food guide)
- ▶ Have not yet explored differences in “junk food” and snacks

Body Image / Perception

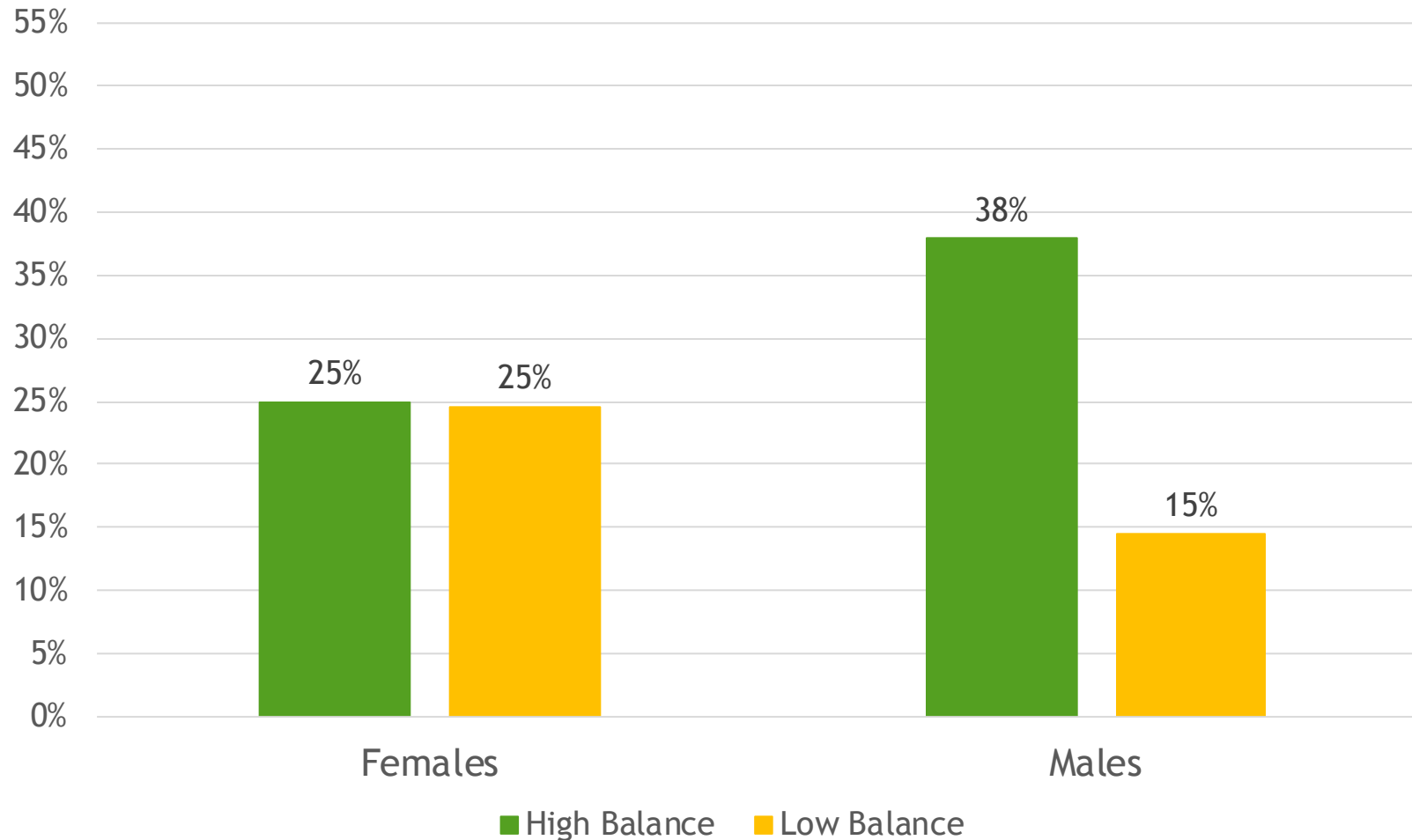


Mental Health

Wellness: Physical + Mental + Emotional + Spiritual



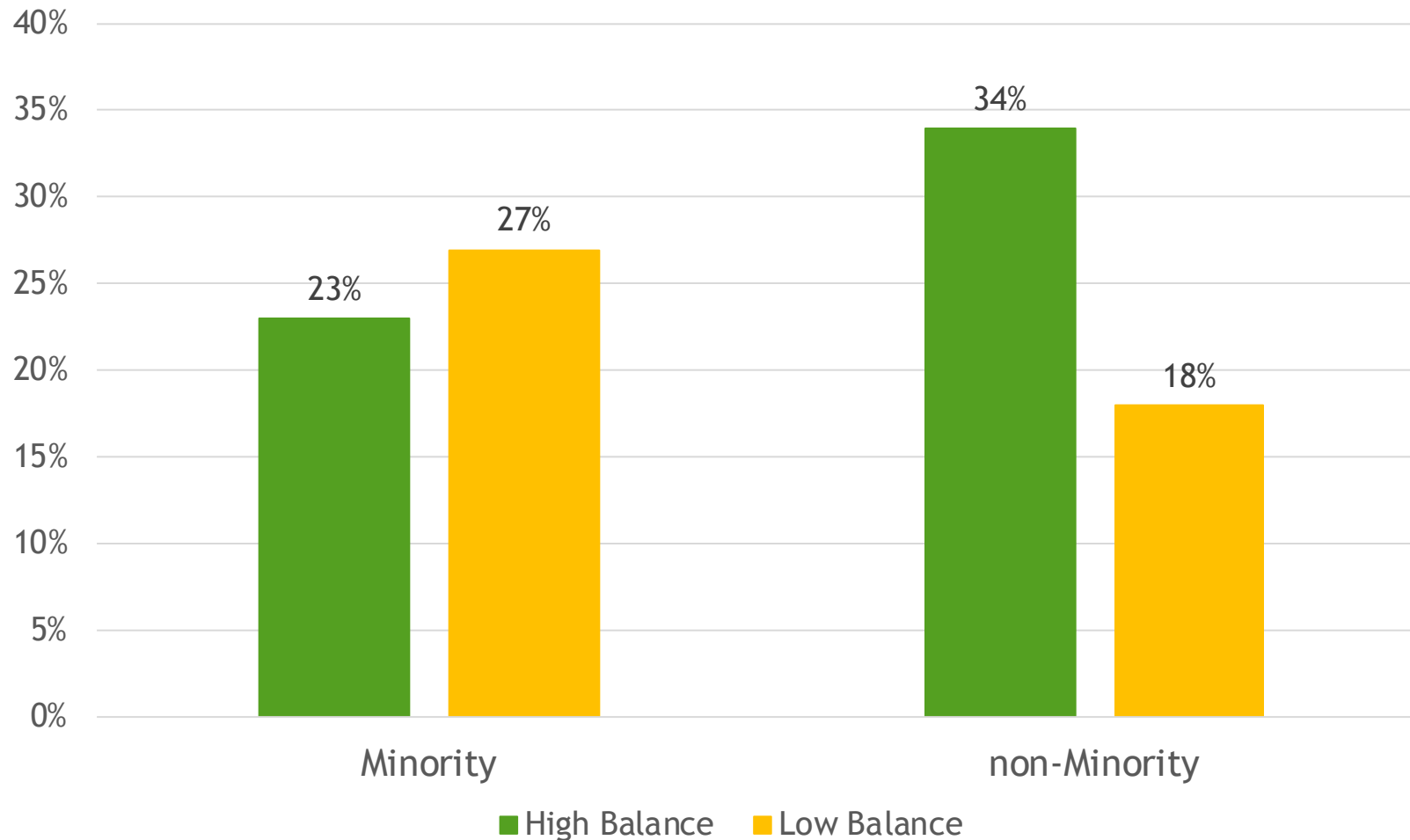
Wellness: Physical + Mental + Emotional + Spiritual



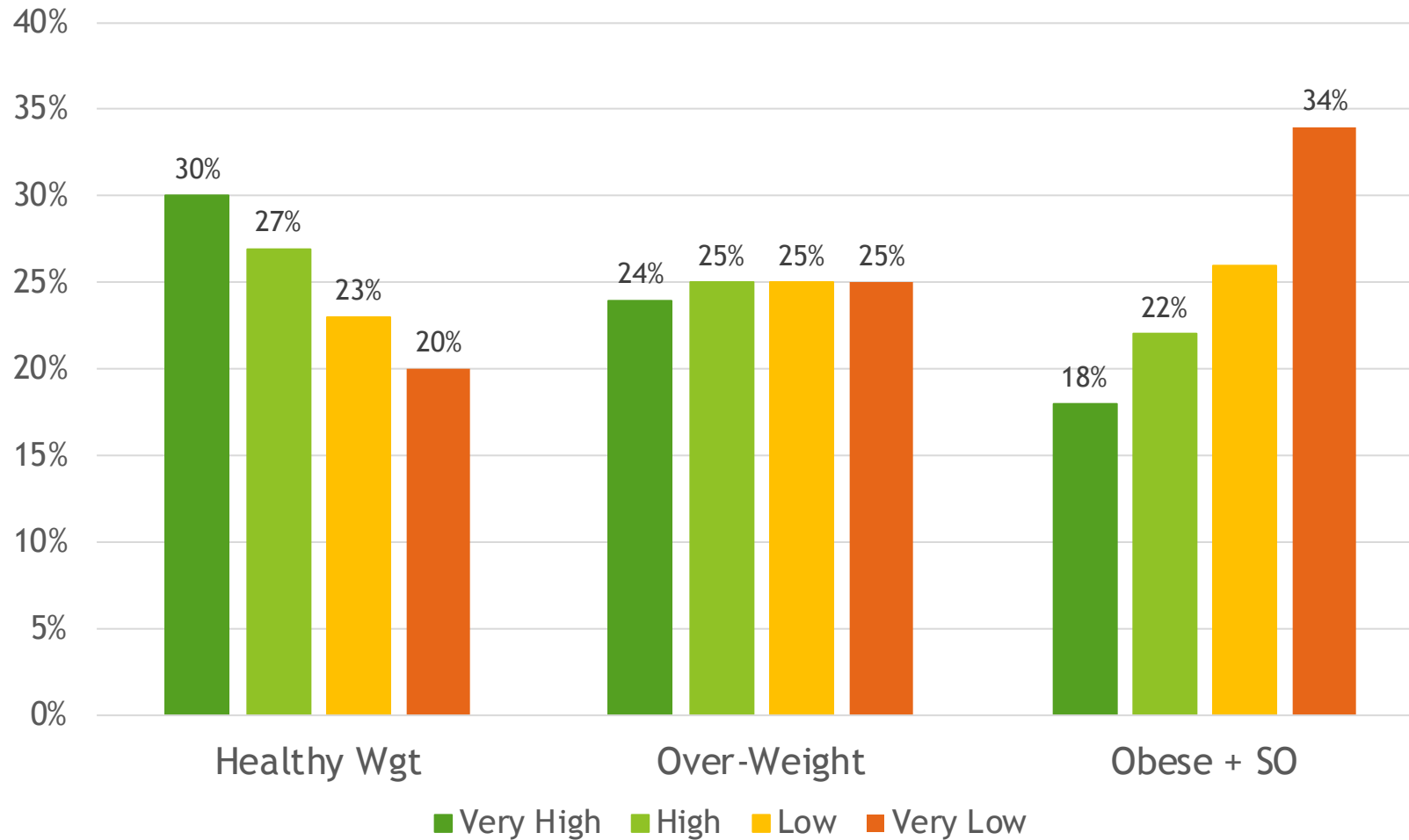
Wellness: Physical + Mental + Emotional + Spiritual



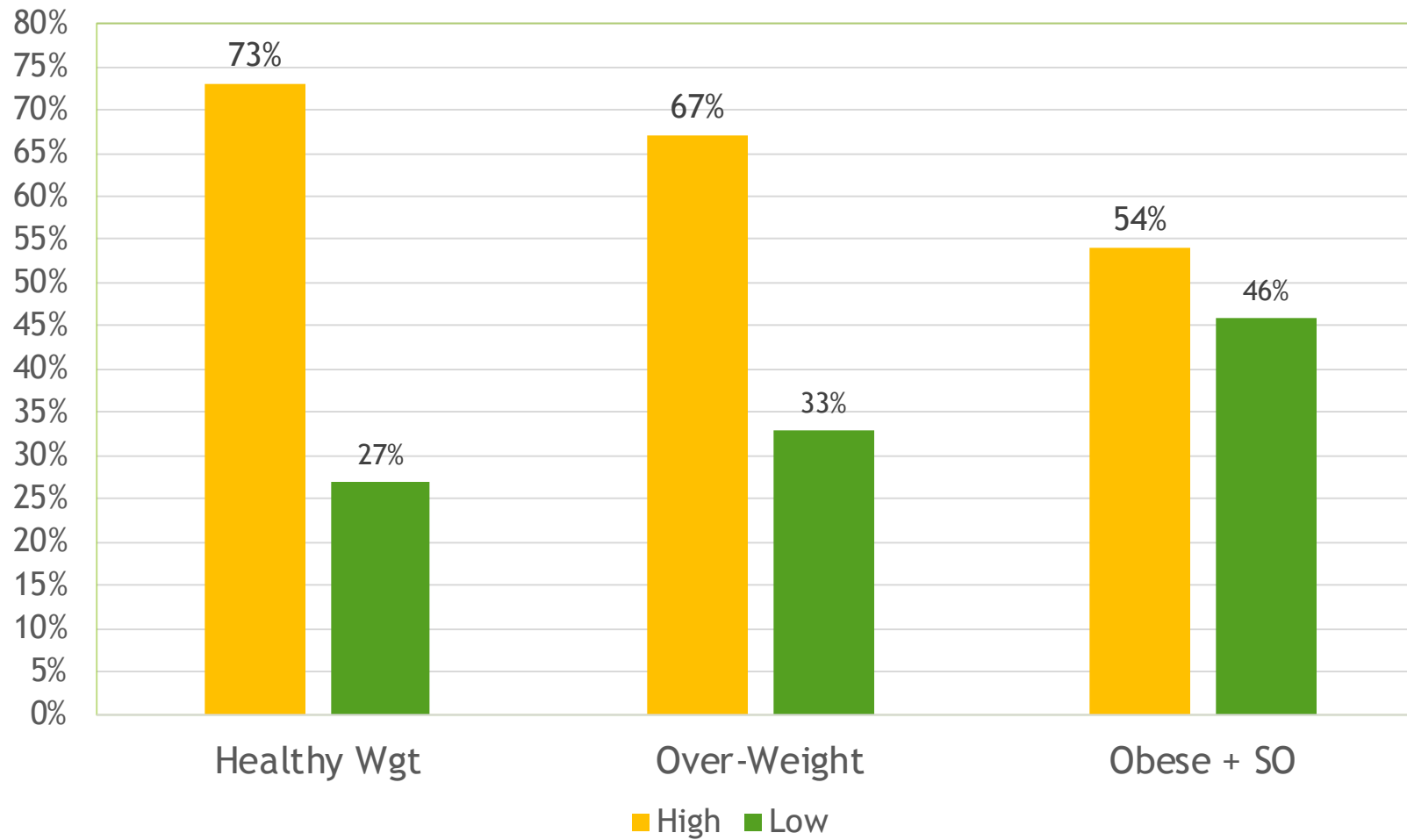
Wellness: Physical + Mental + Emotional + Spiritual



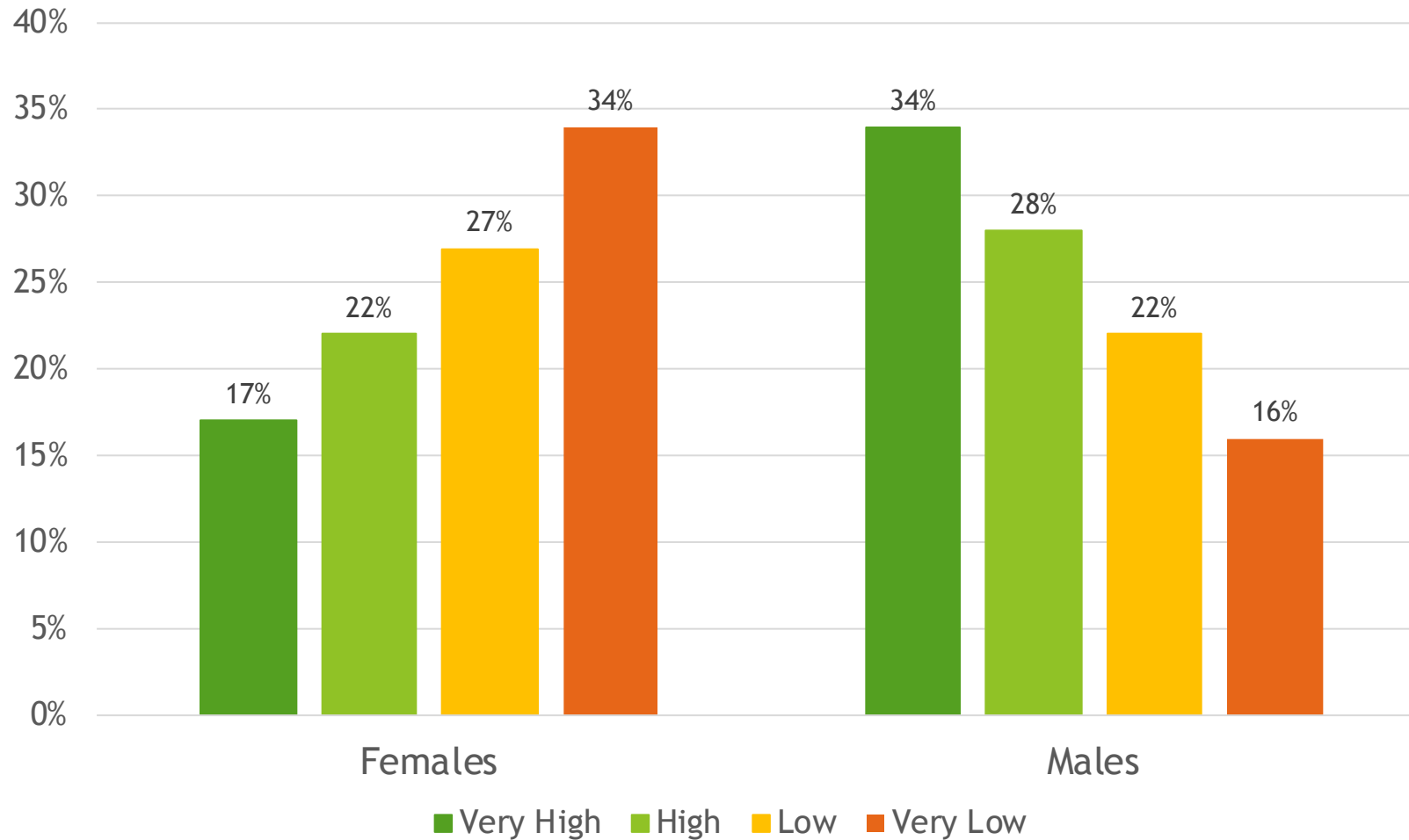
Mental Health: Worry + Esteem + Control Problems



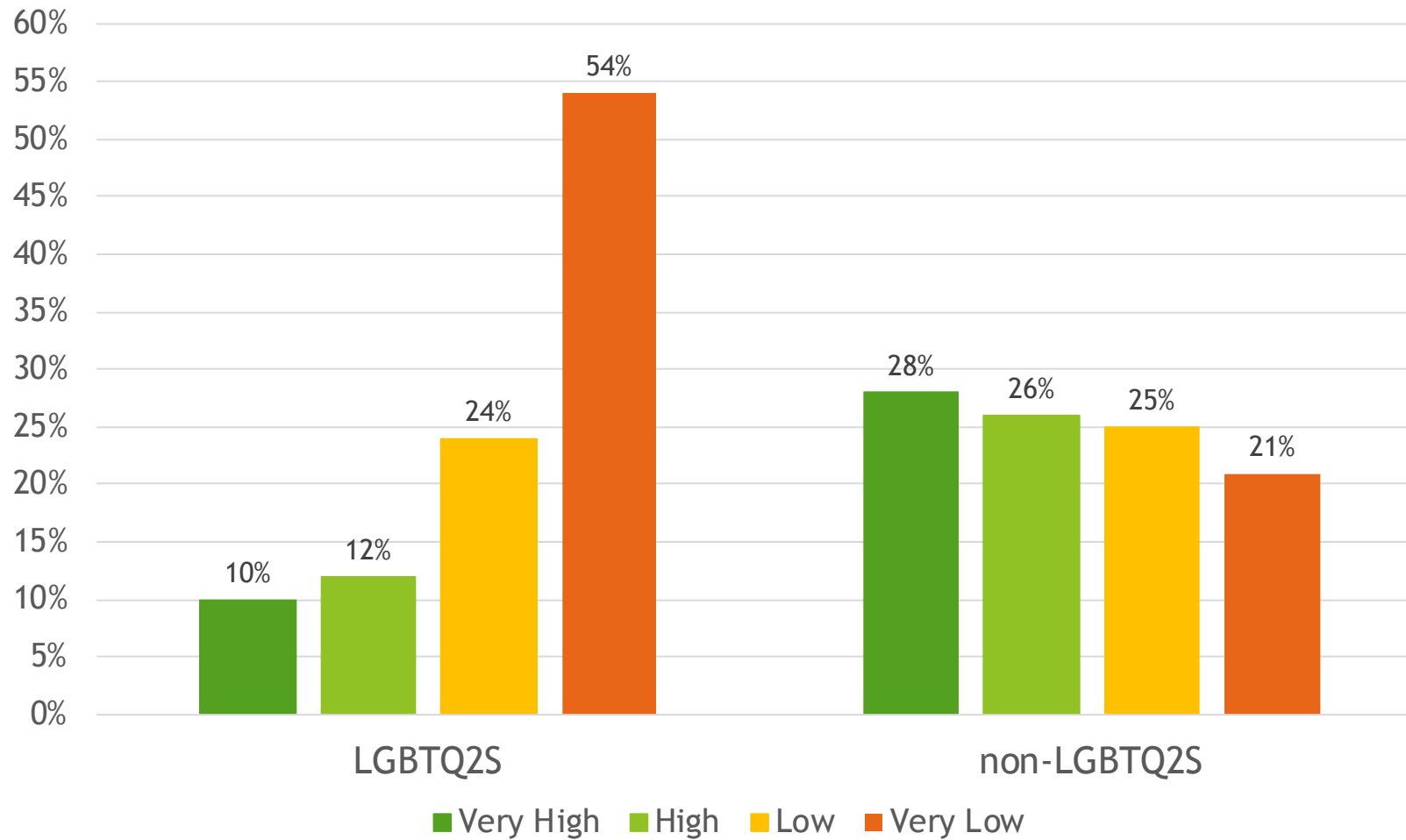
Esteem (1 of 3 MH Factors)



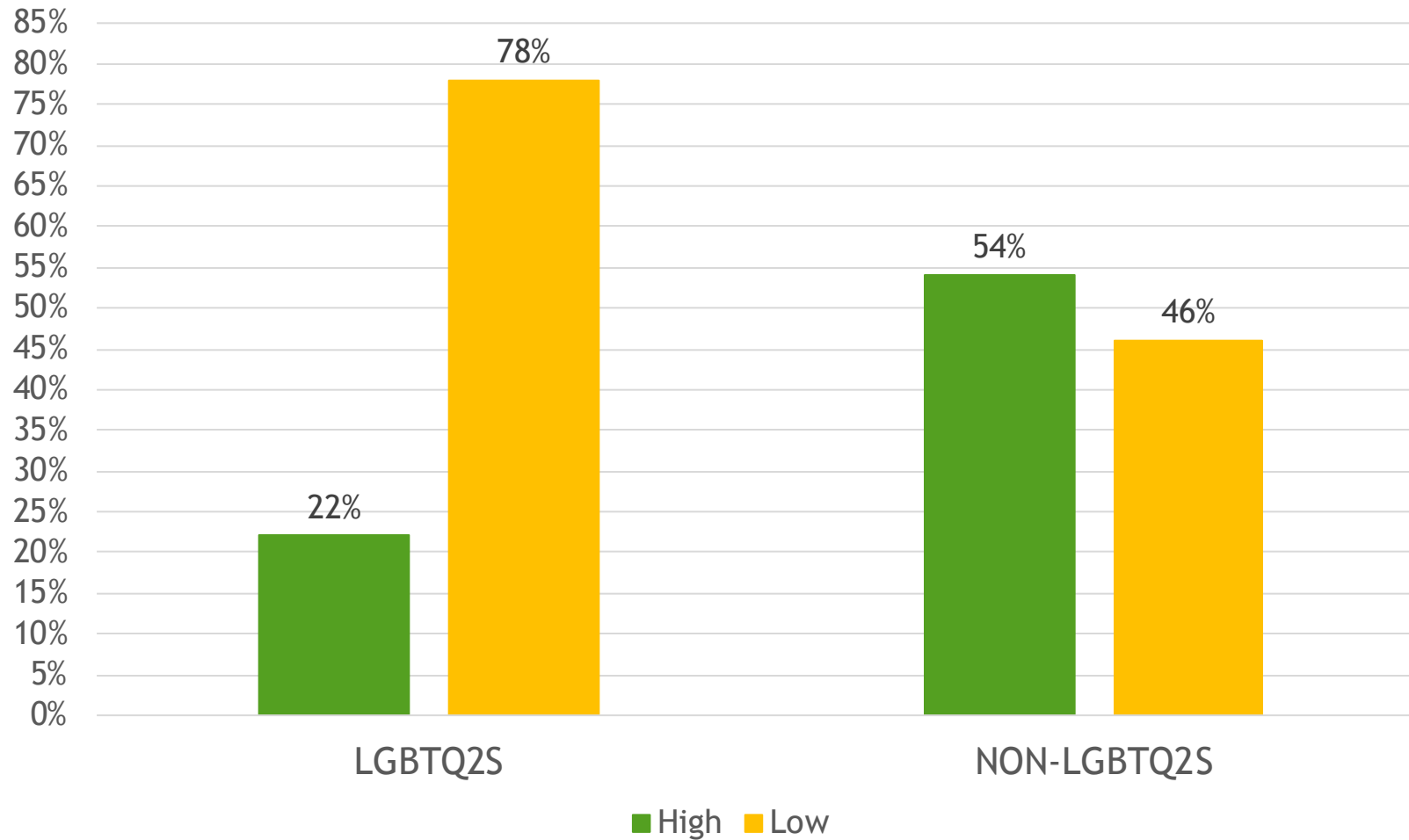
Mental Health: Worry + Esteem + Control Problems



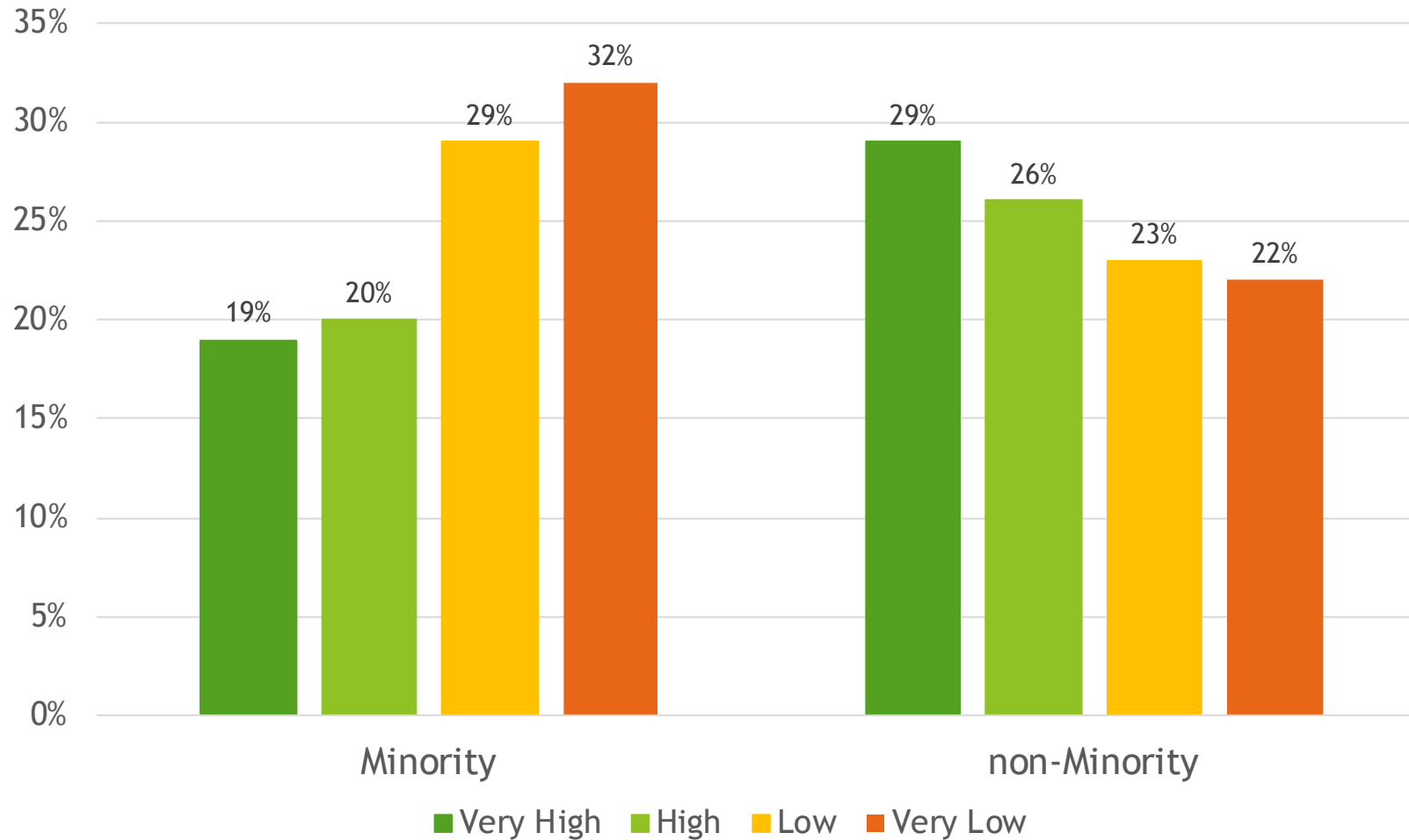
Mental Health: SEE NEXT!...



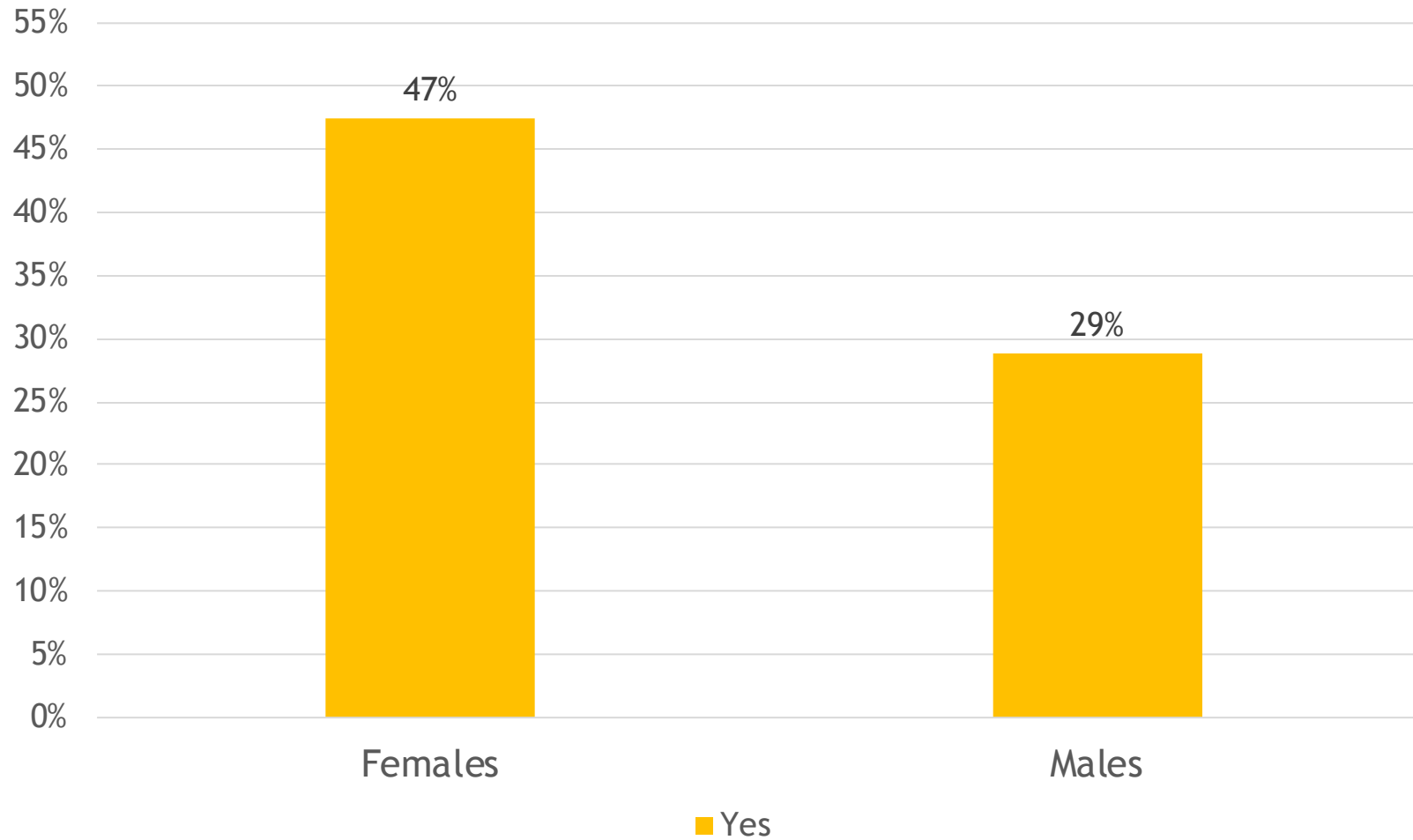
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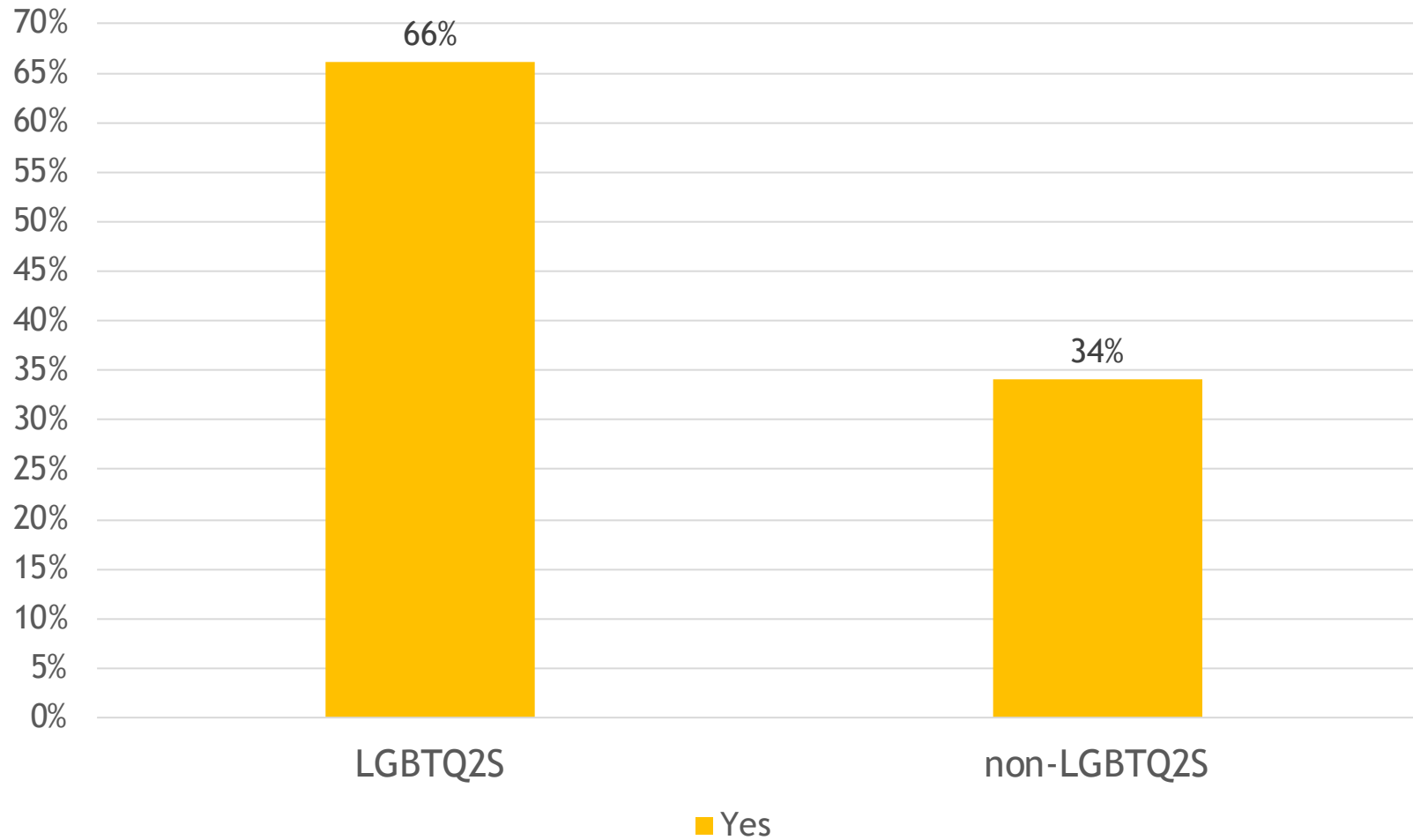
Mental Health: Worry + Esteem + Control Problems



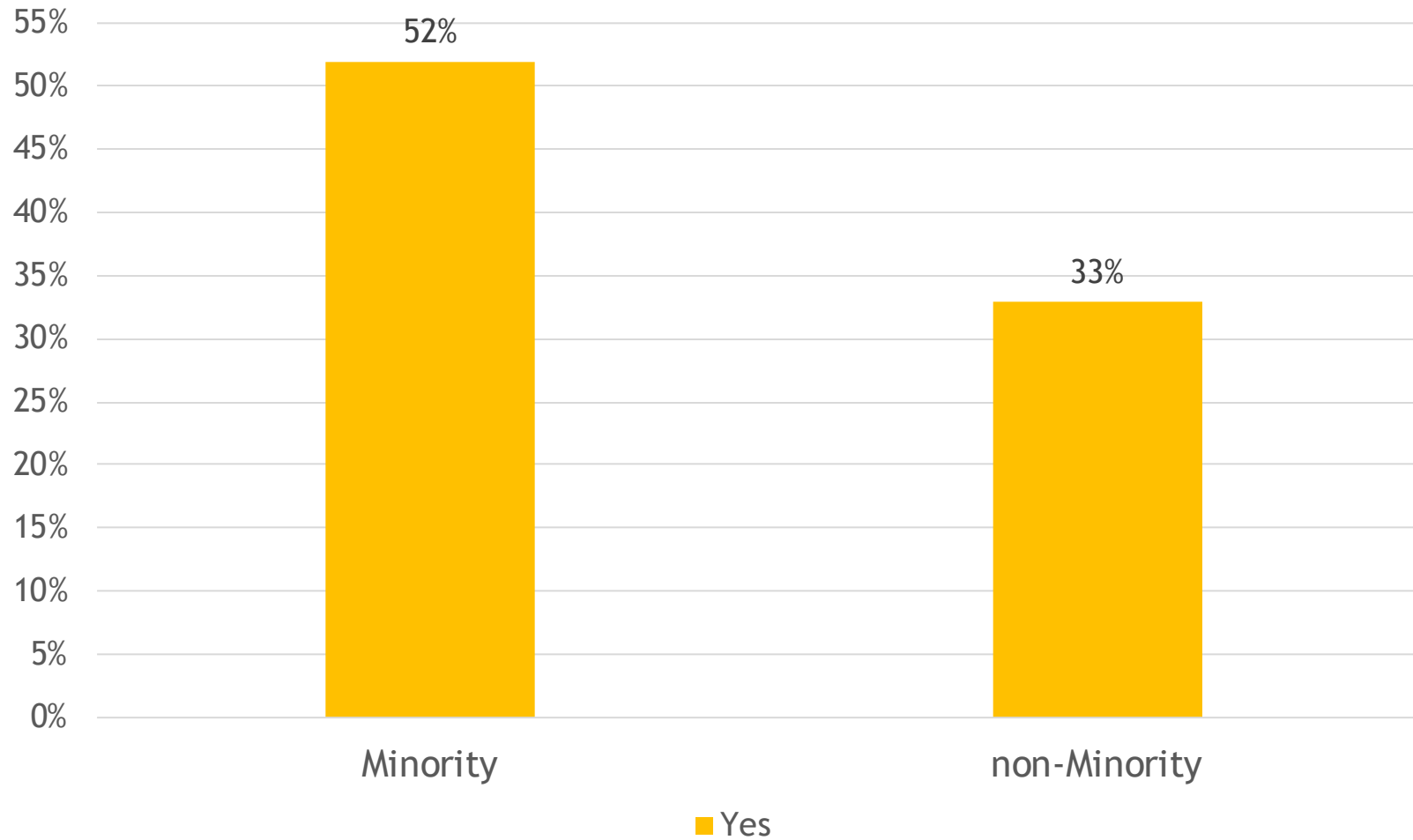
Symptoms of being Depressed



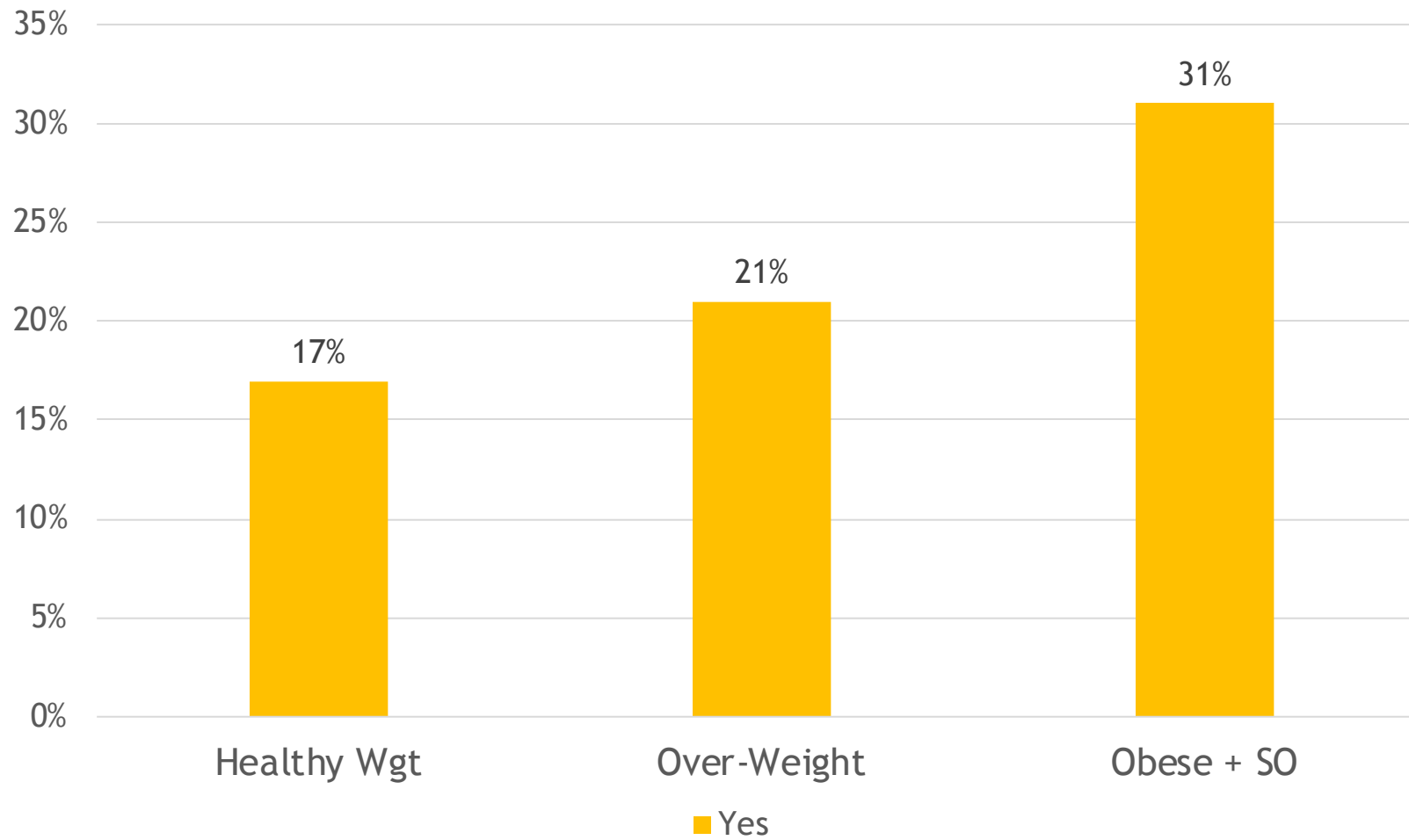
Symptoms of being Depressed



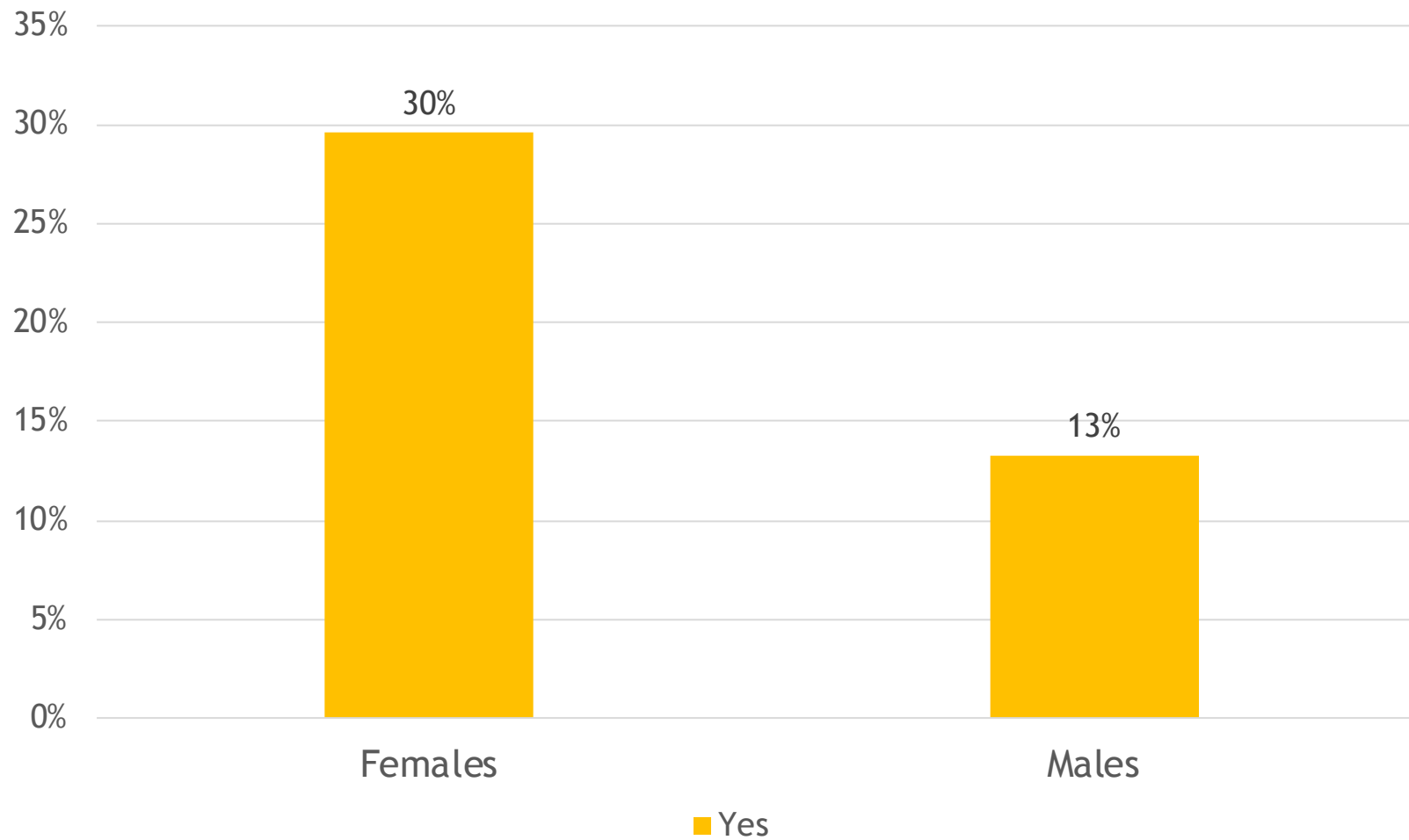
Symptoms of being Depressed



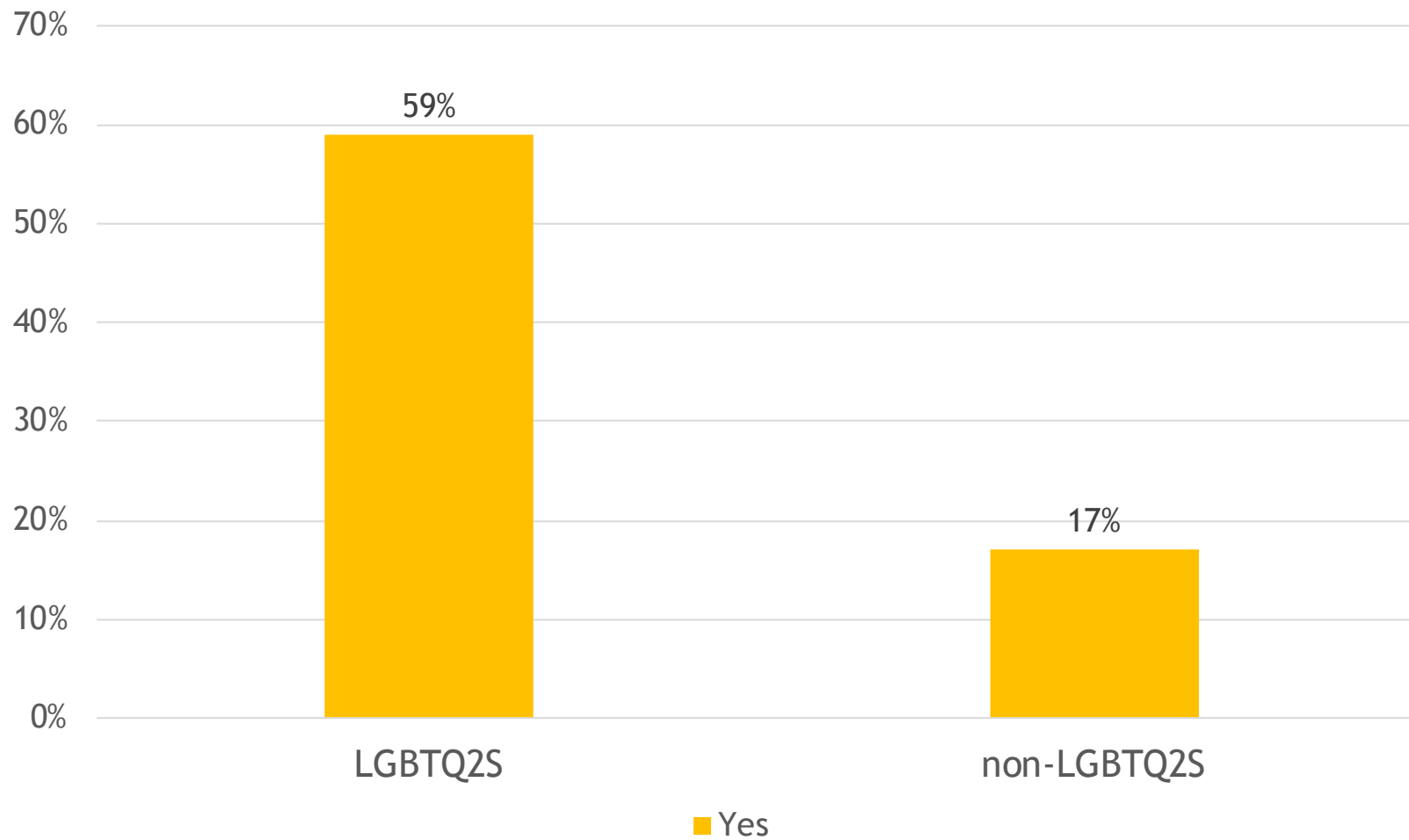
Self-Harm (Ever)



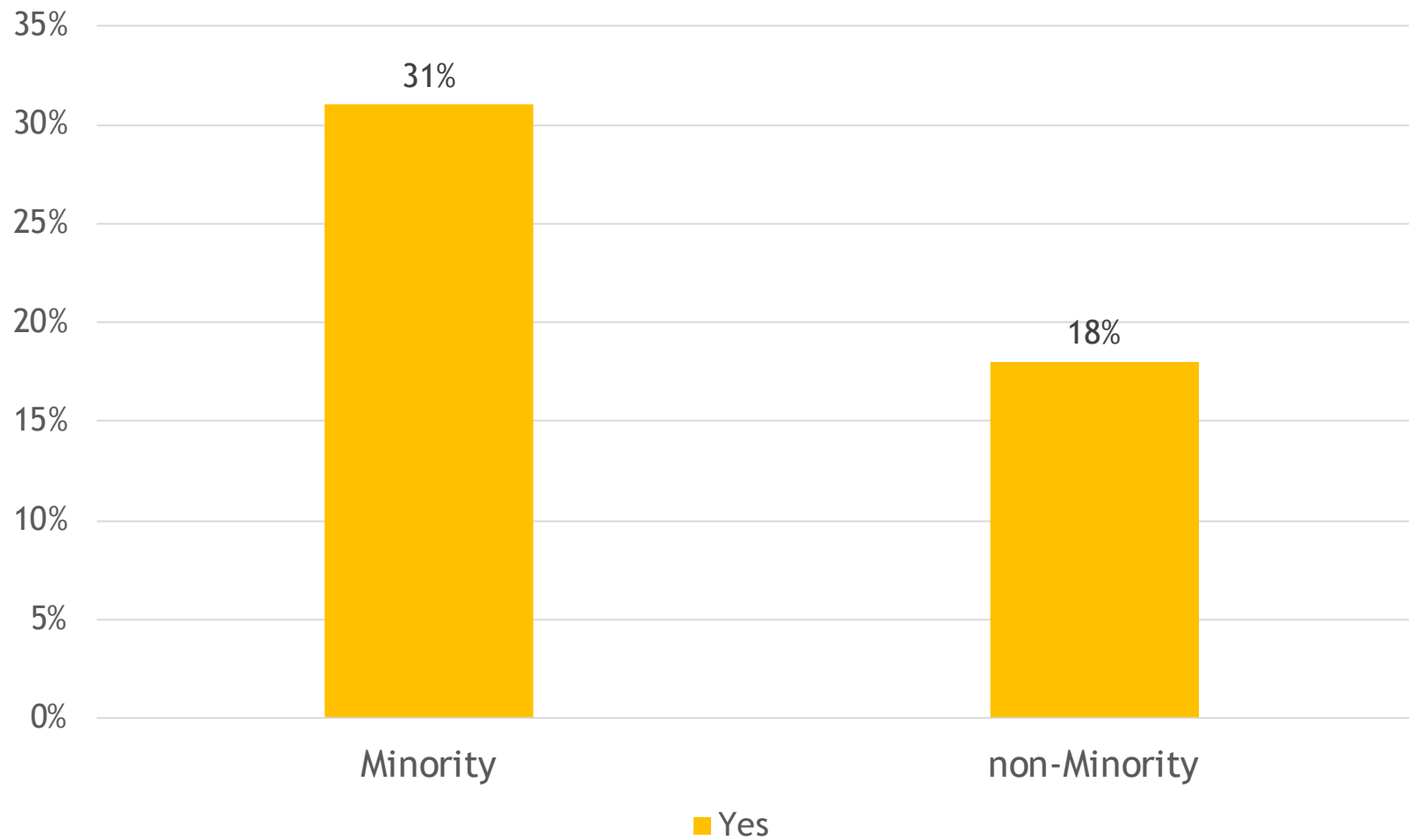
Self-Harm (Ever)



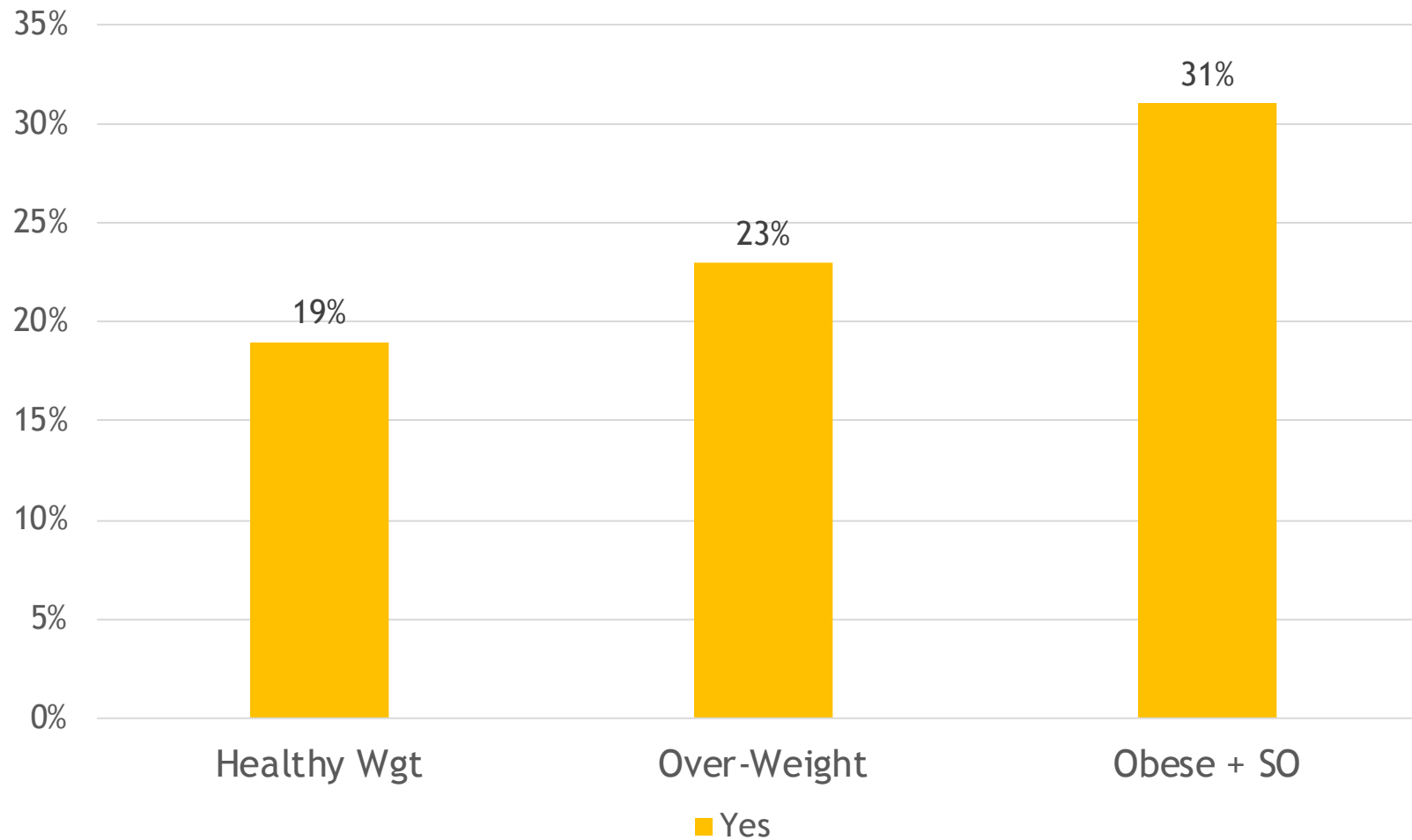
Self-Harm (Ever)



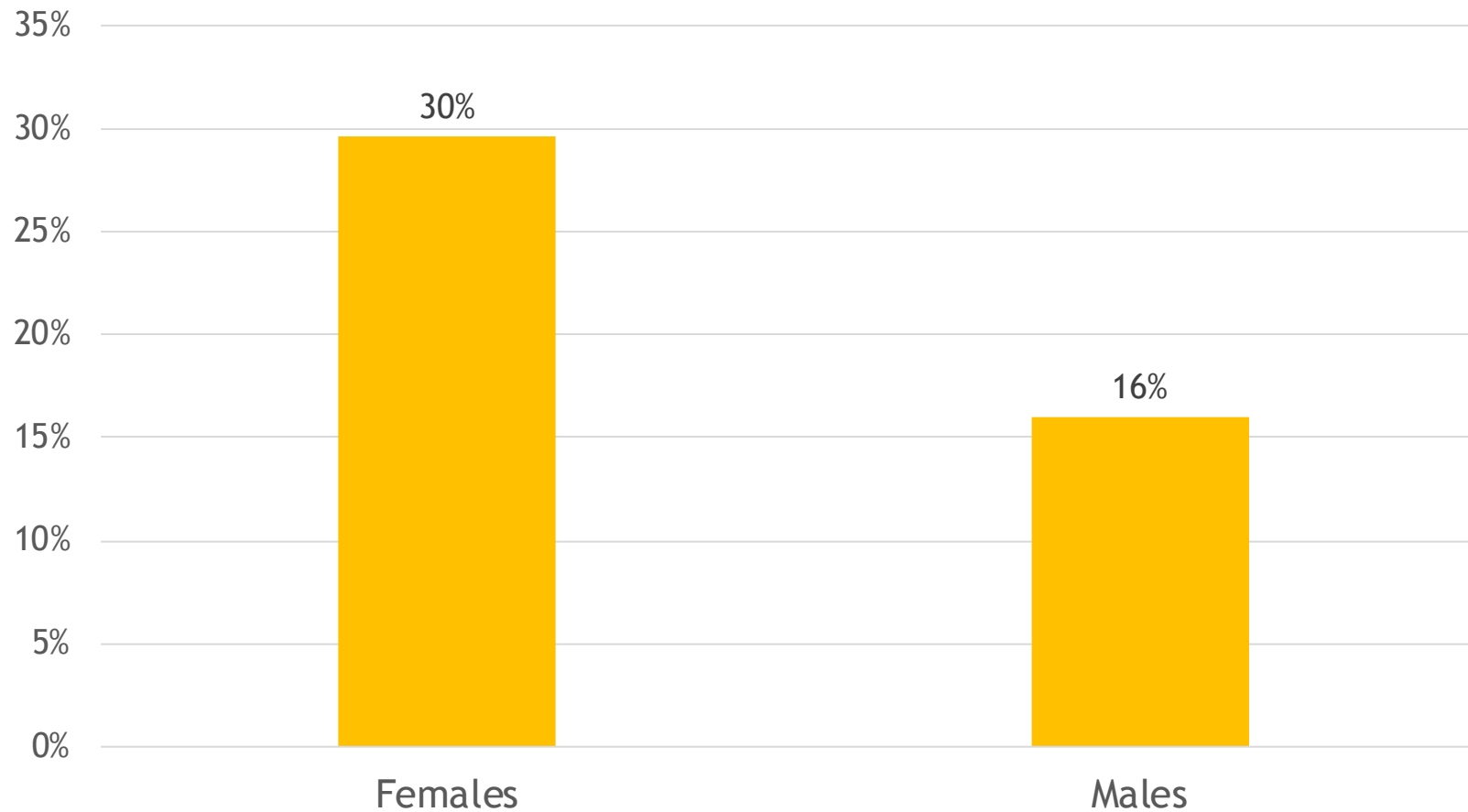
Self-Harm (Ever)



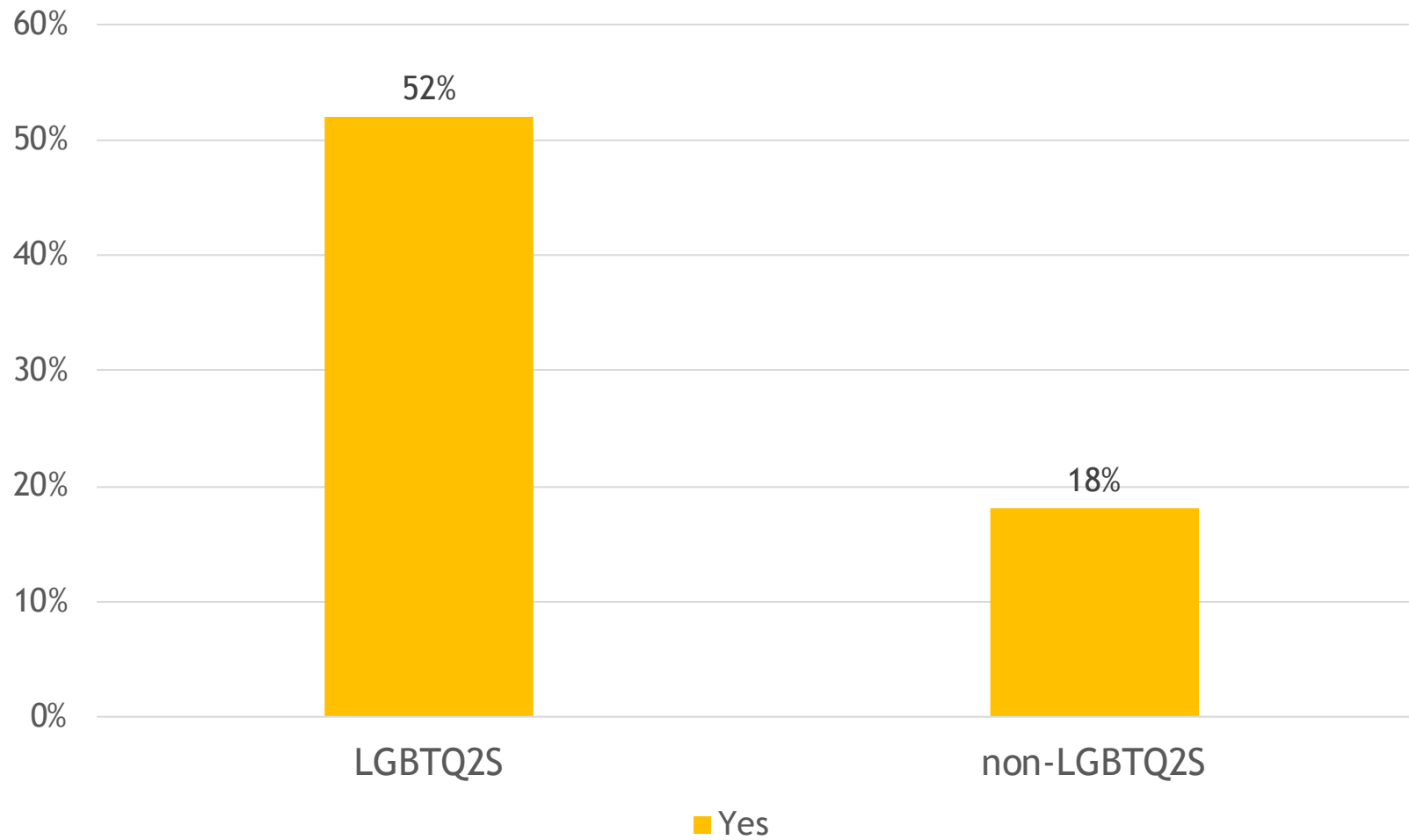
Considered Suicide



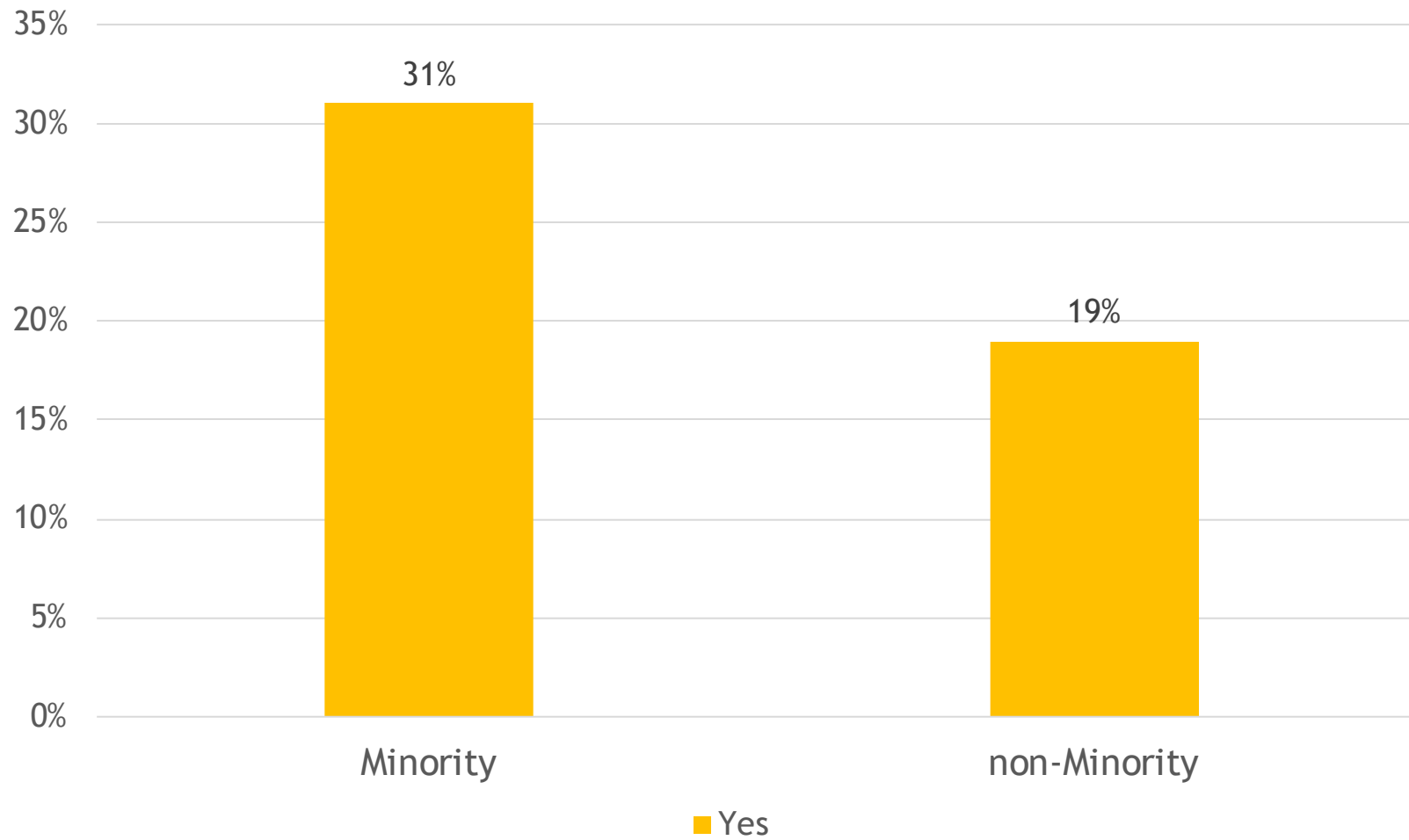
Considered Suicide



Considered Suicide

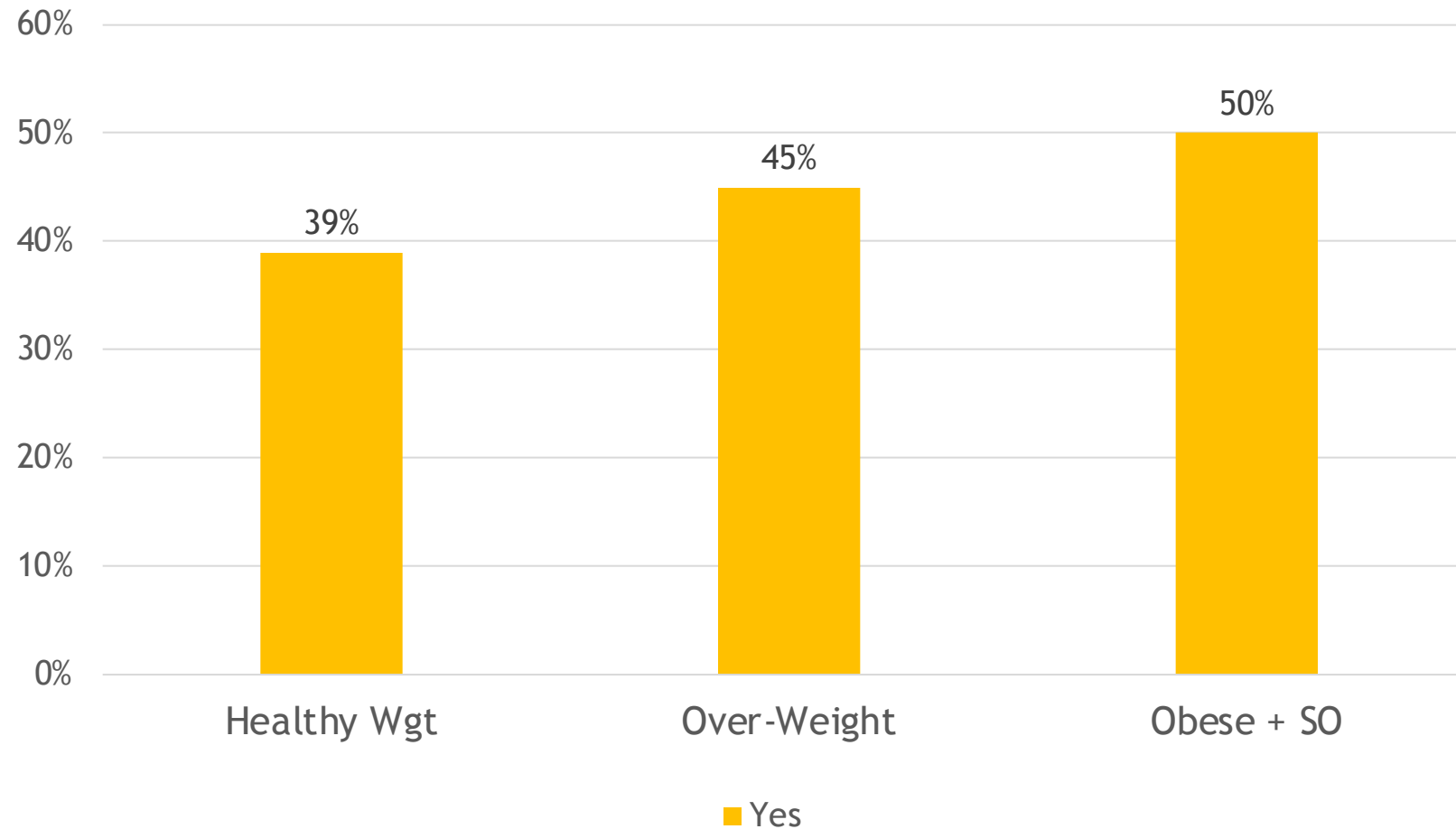


Considered Suicide



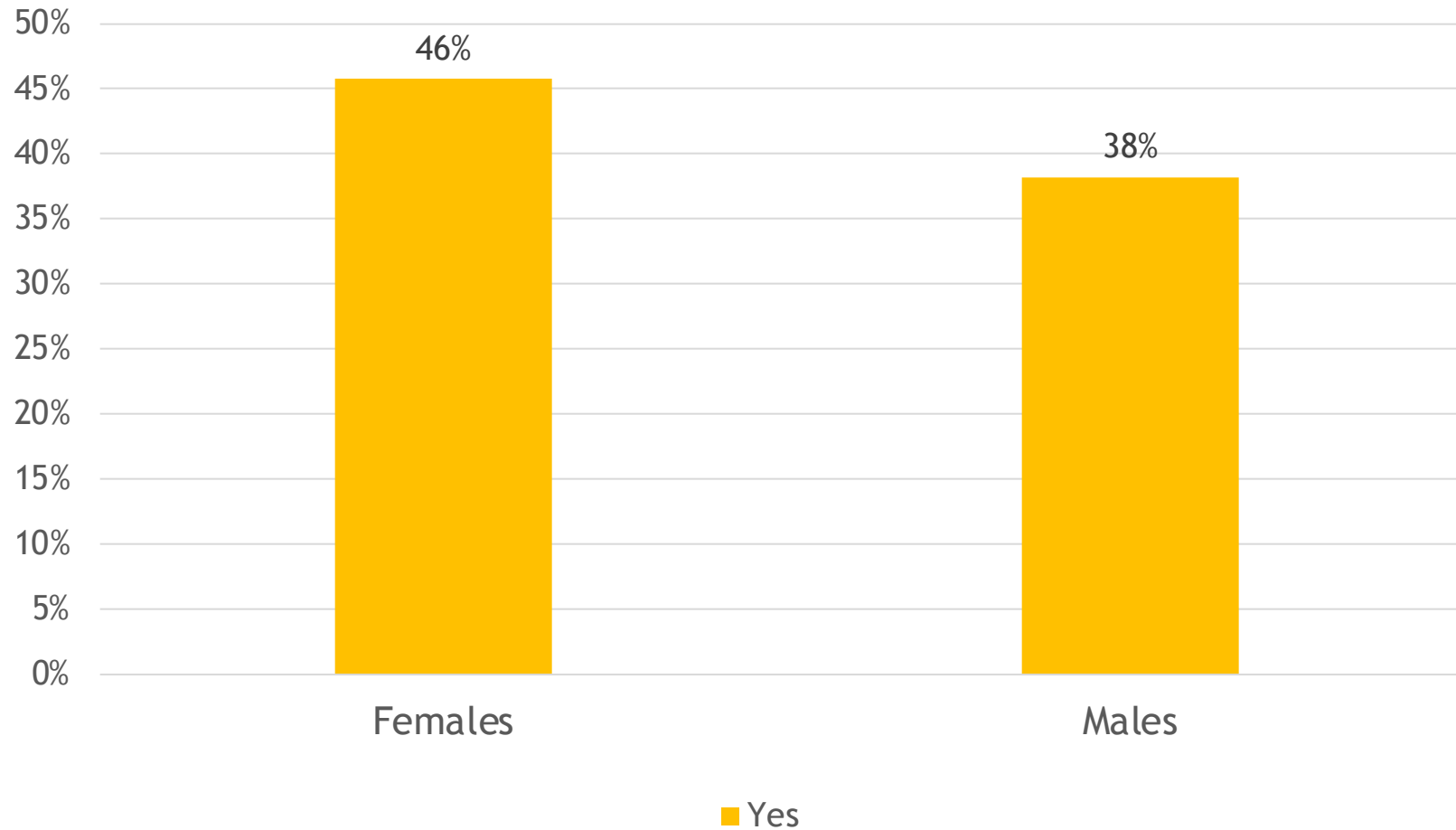
Planned to Die by Suicide

(of students who reported 'yes' they considered suicide)



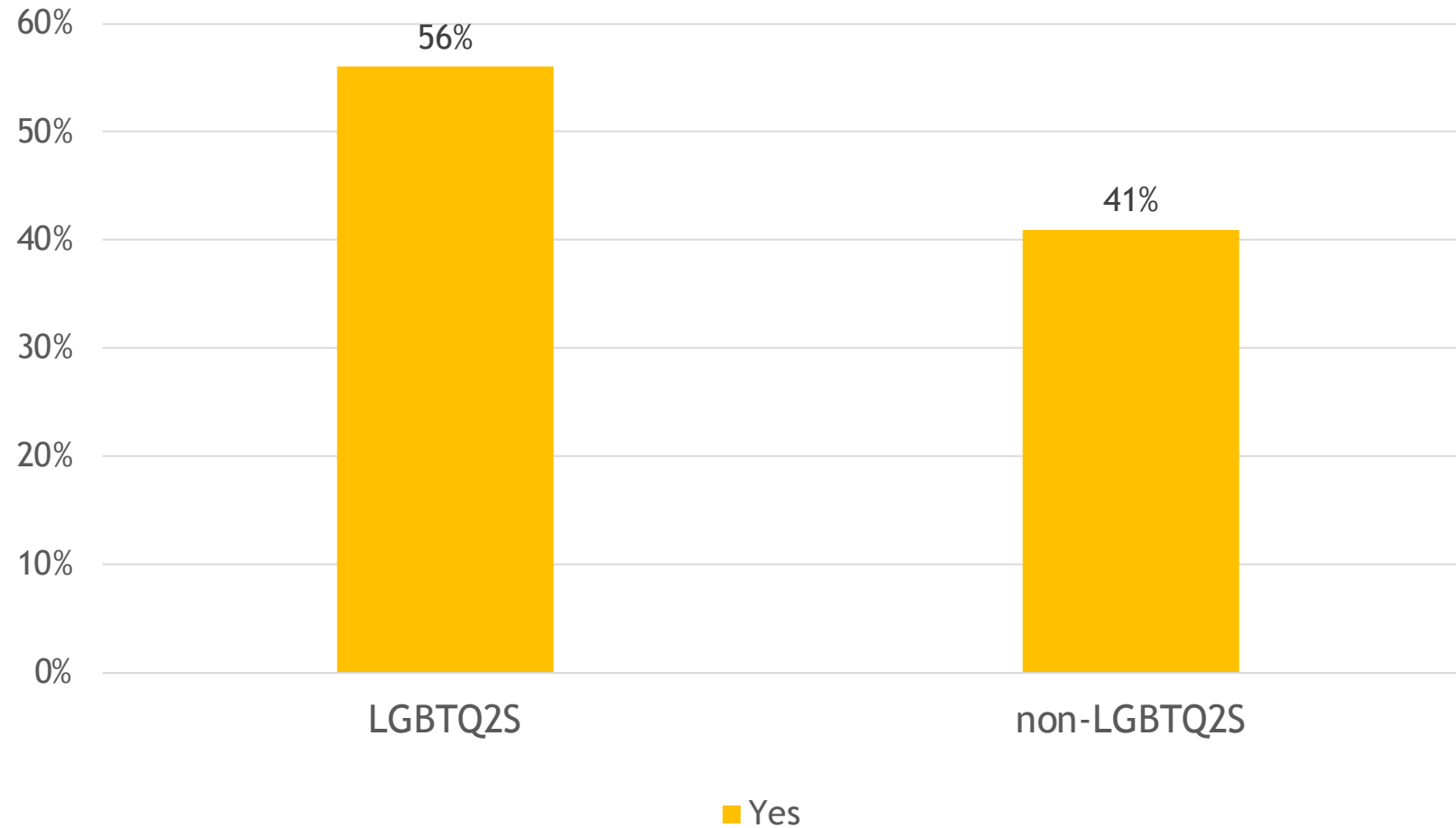
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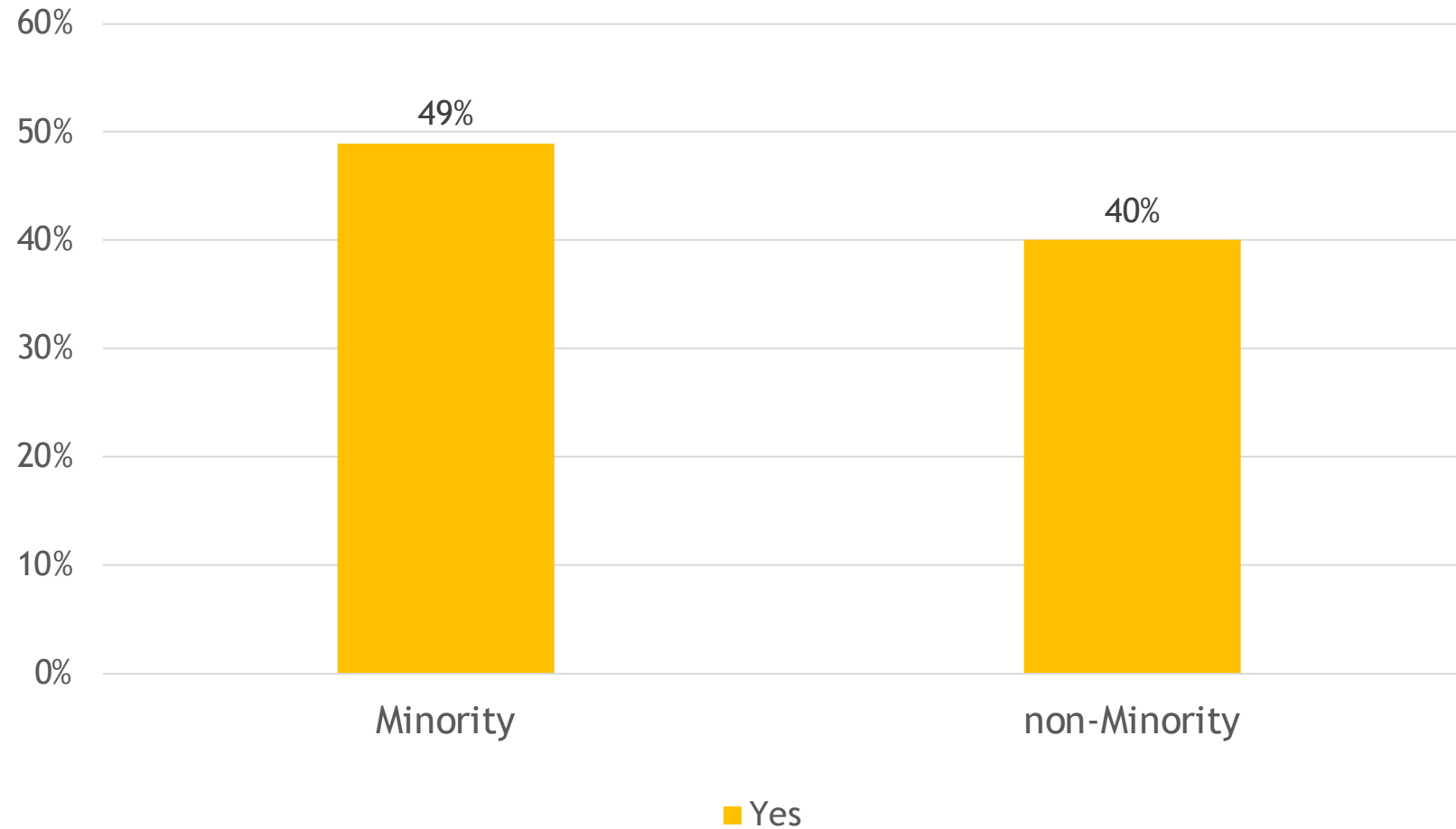
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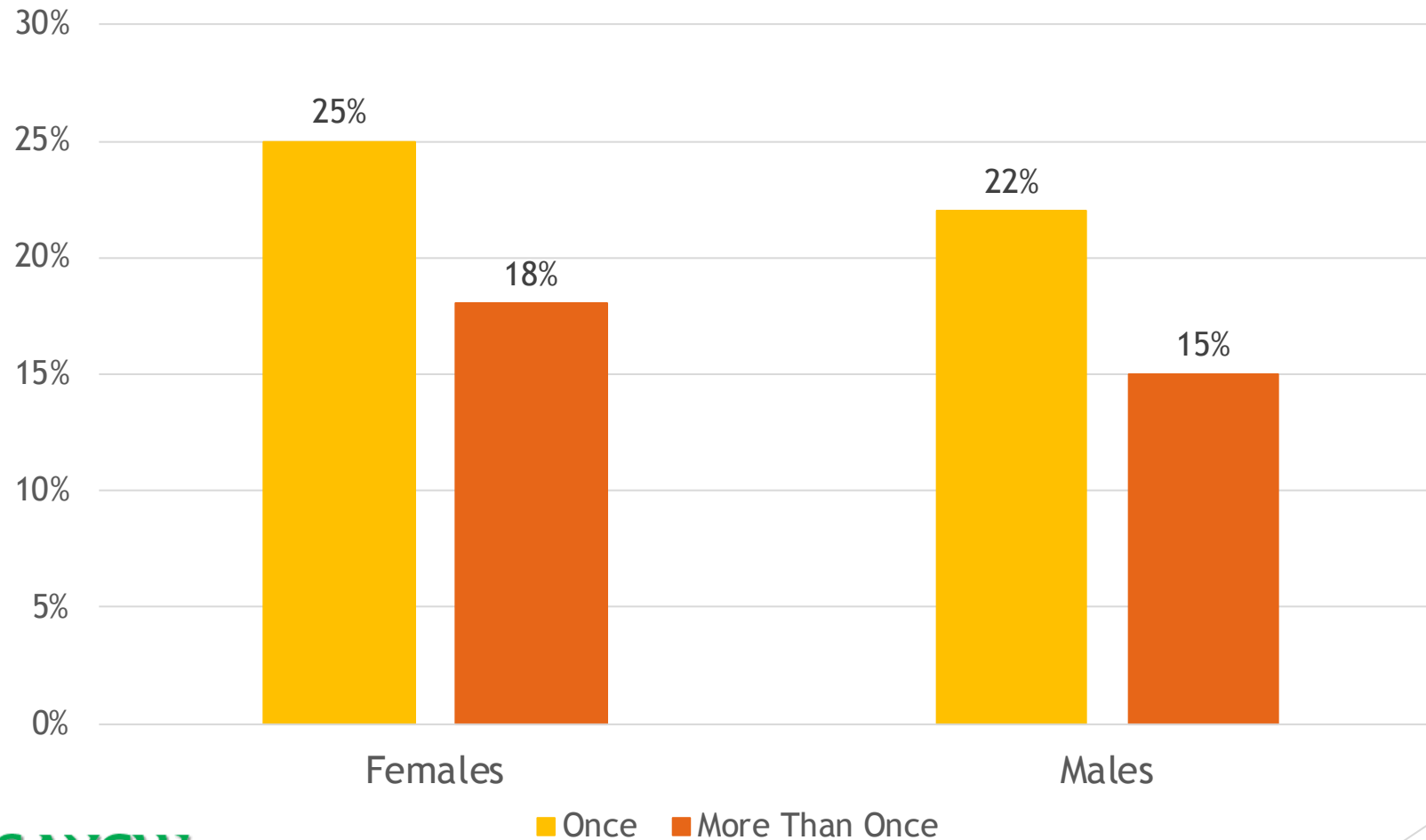
Planned to Die by Suicide

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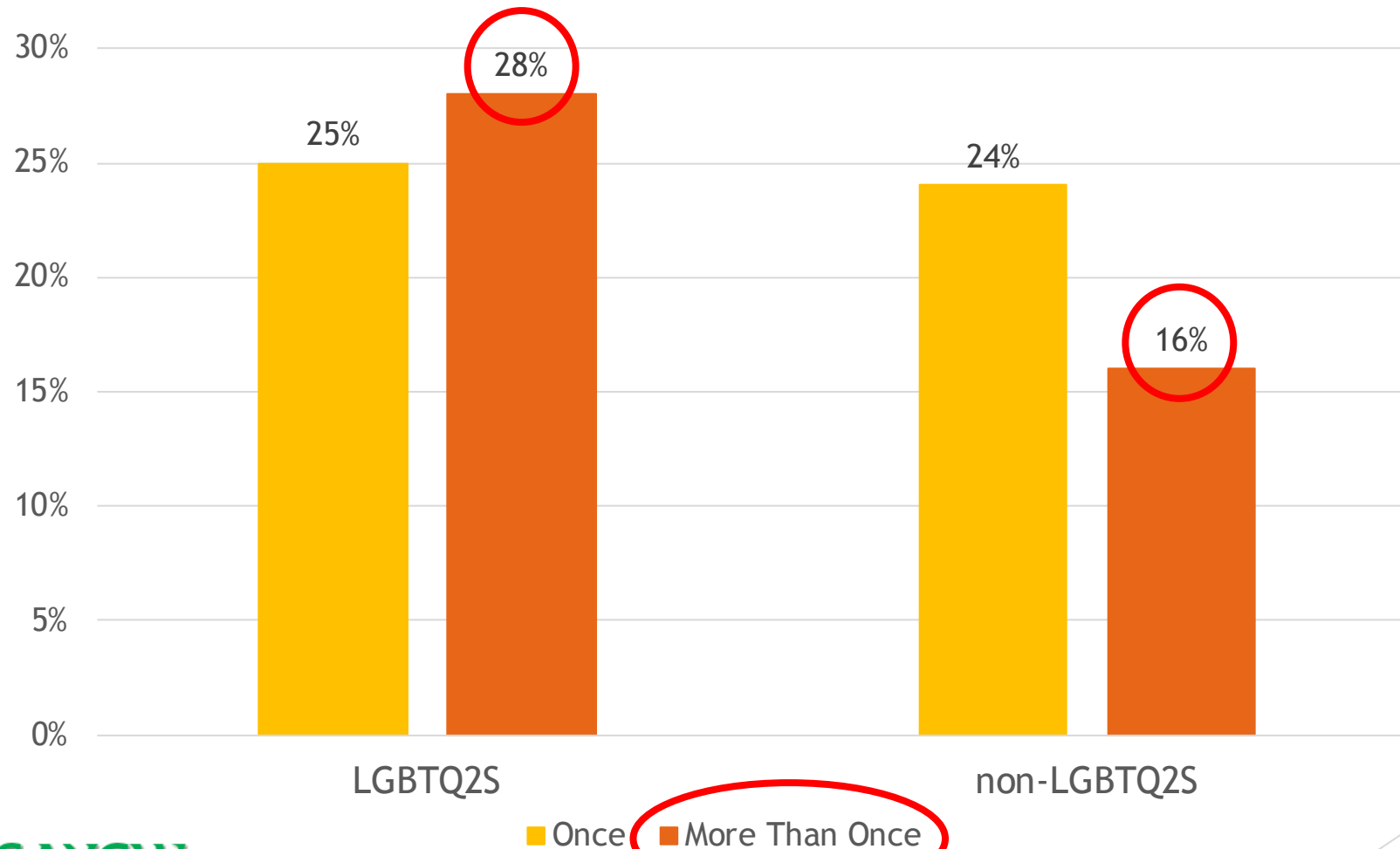
Attempted Suicide

(of students who reported 'yes' they considered suicide)



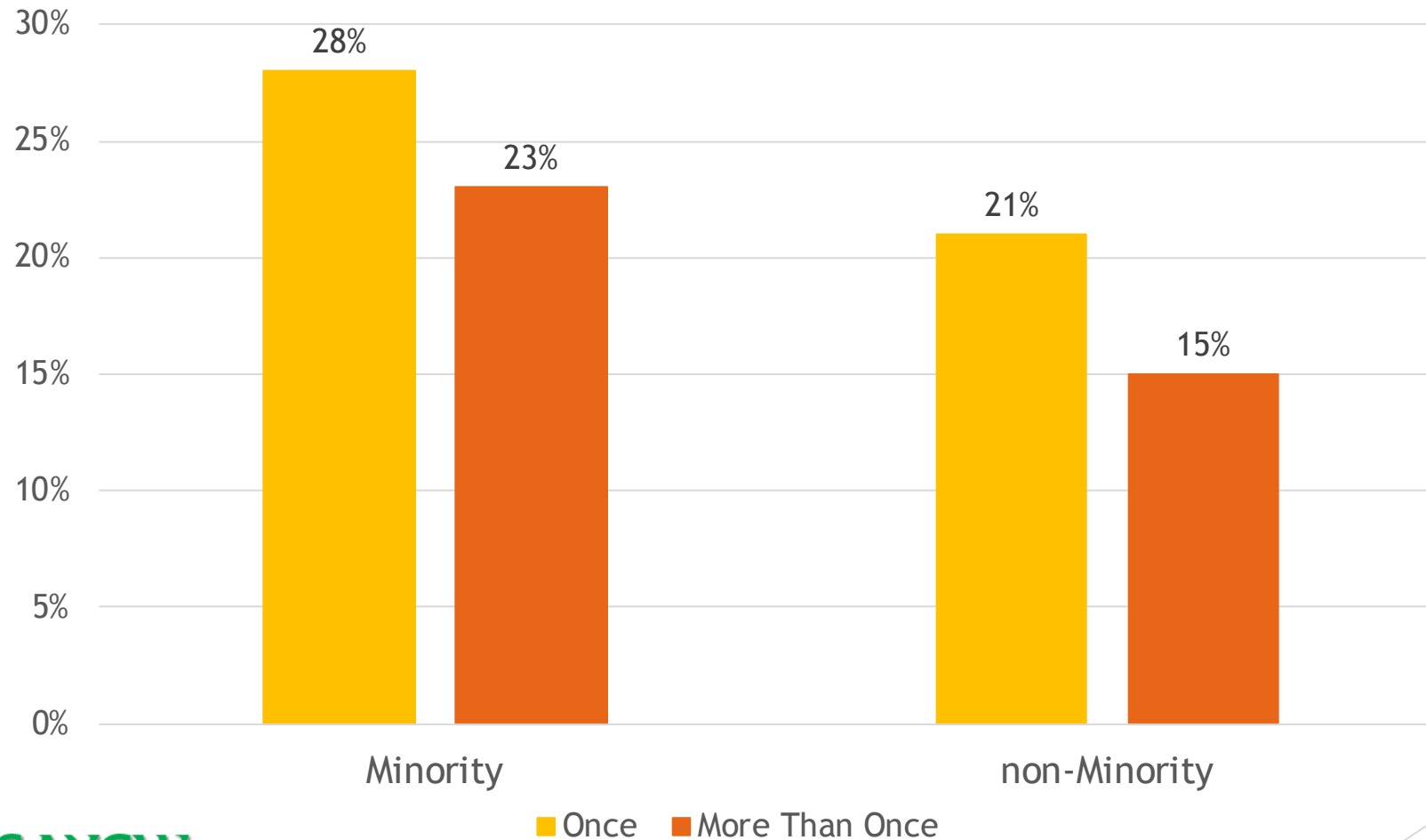
Attempted Suicide

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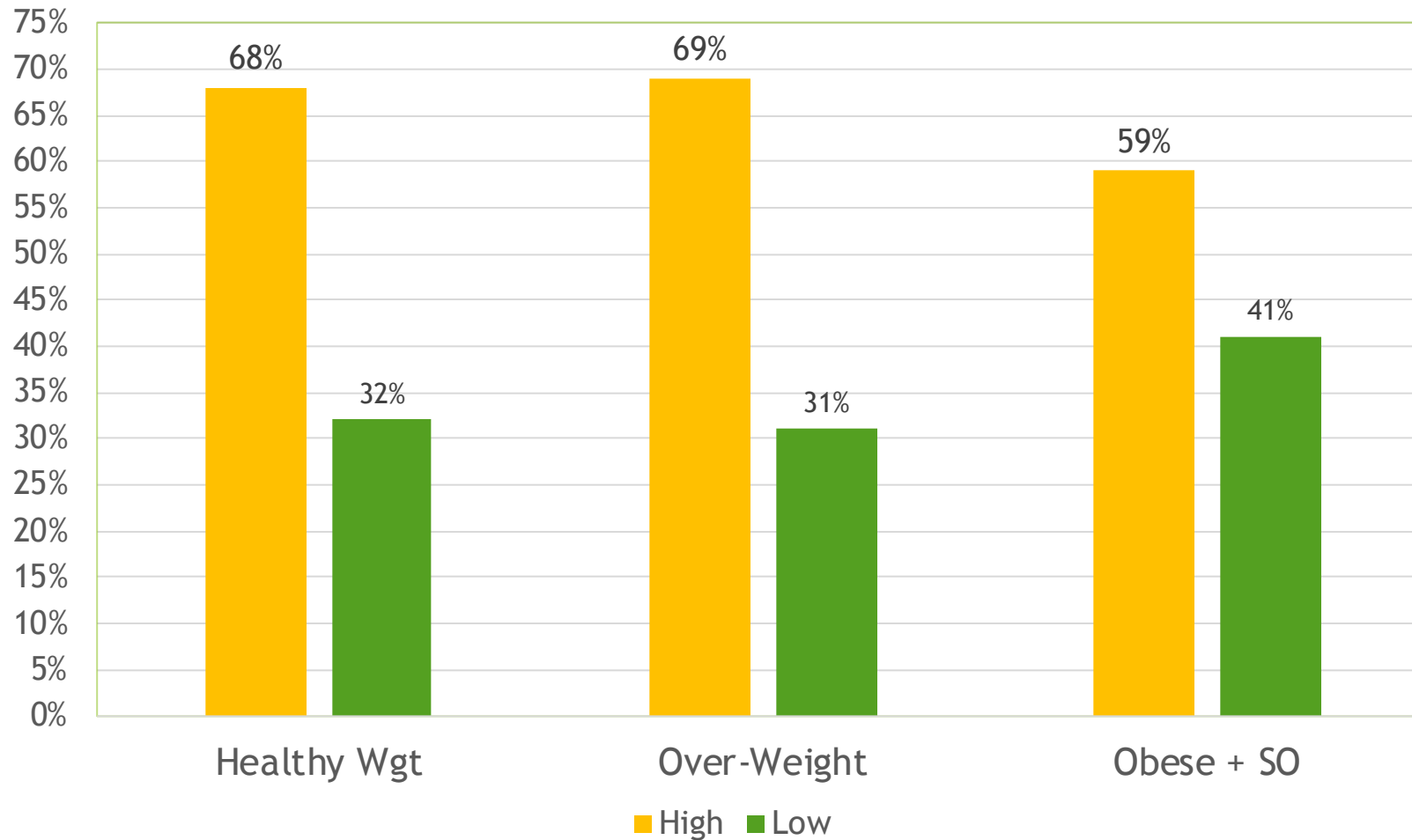
Attempted Suicide

(of students who reported 'yes' they considered suicide)

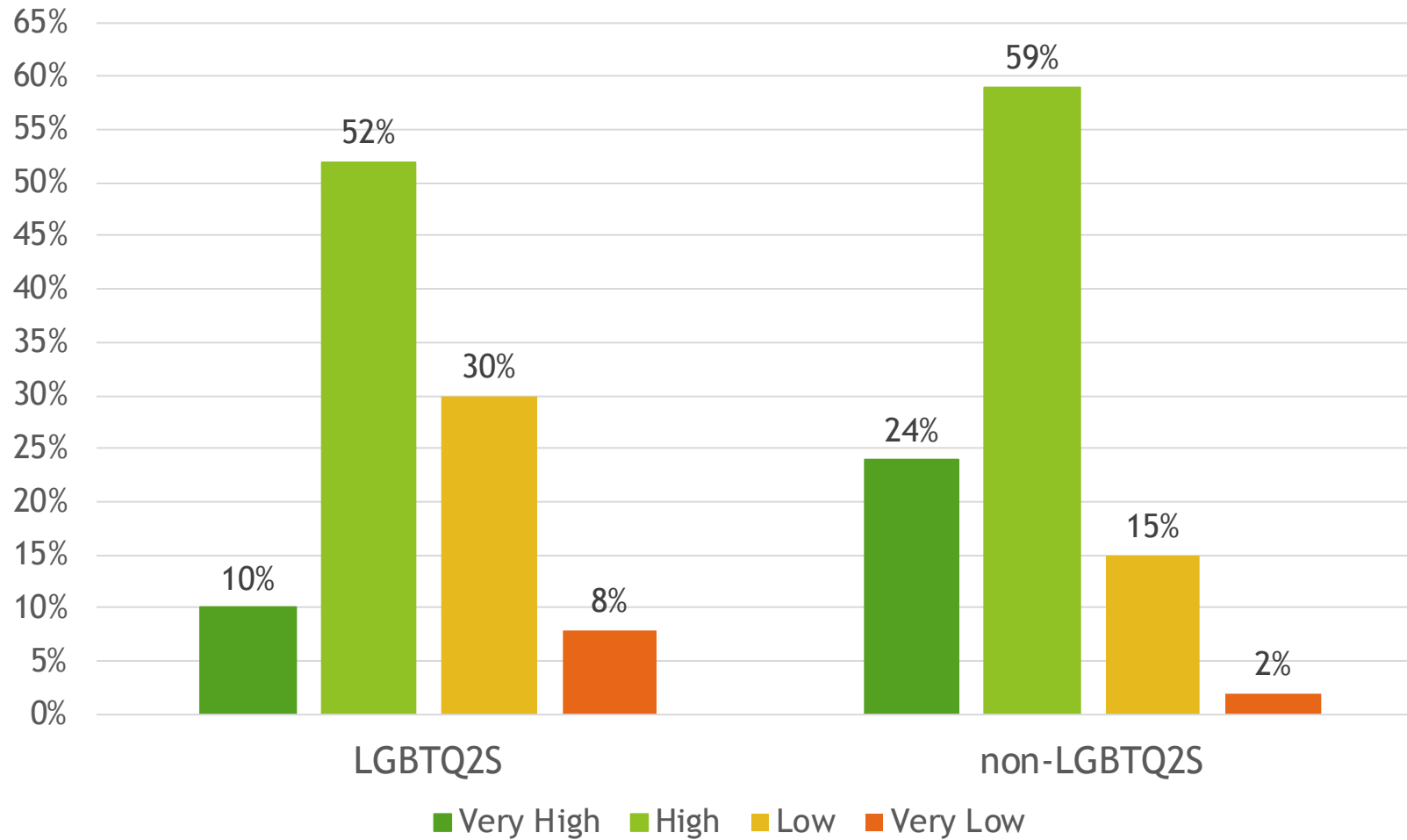


Education

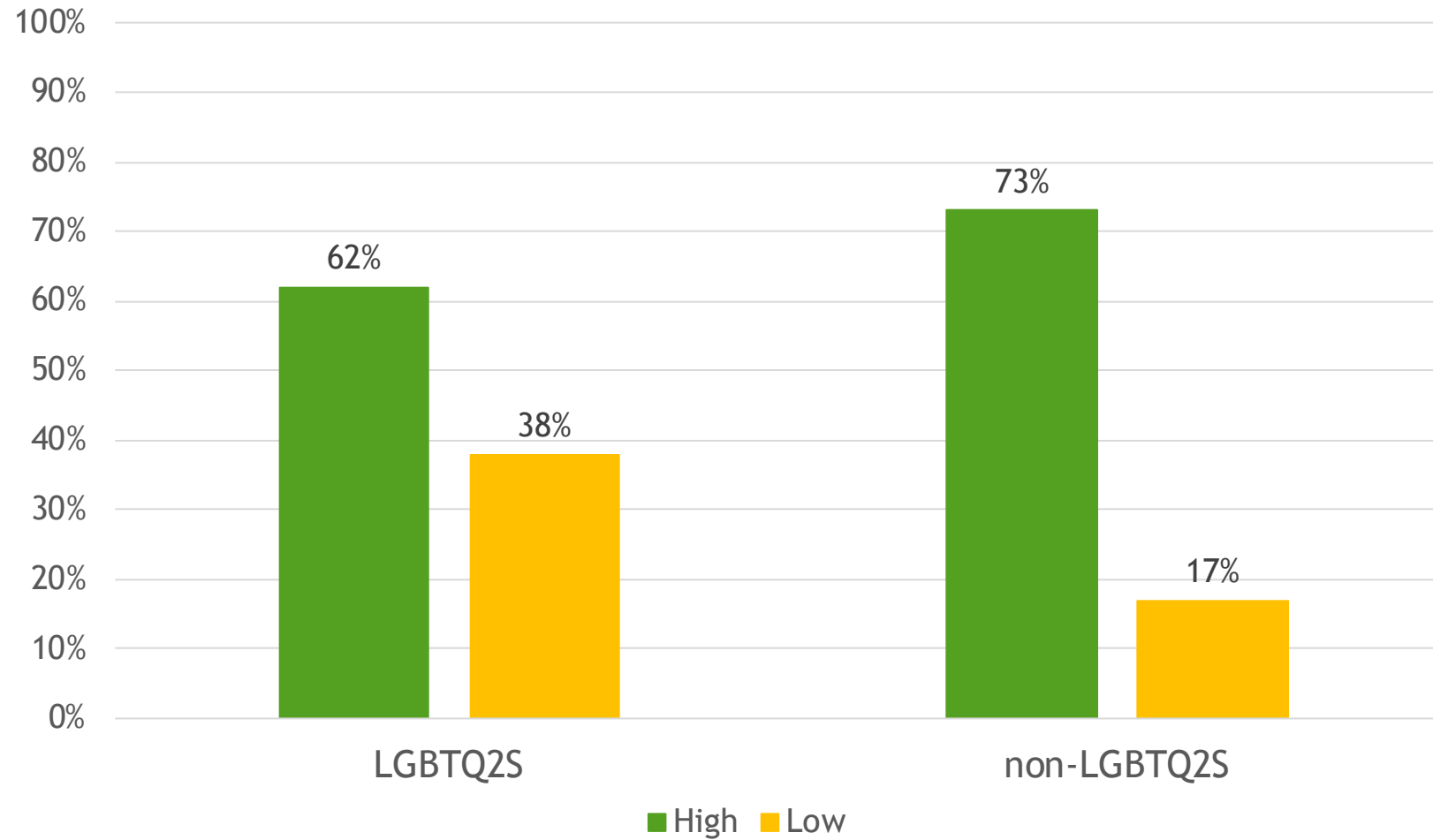
School Connection: Belong + Safe + Trust Adult



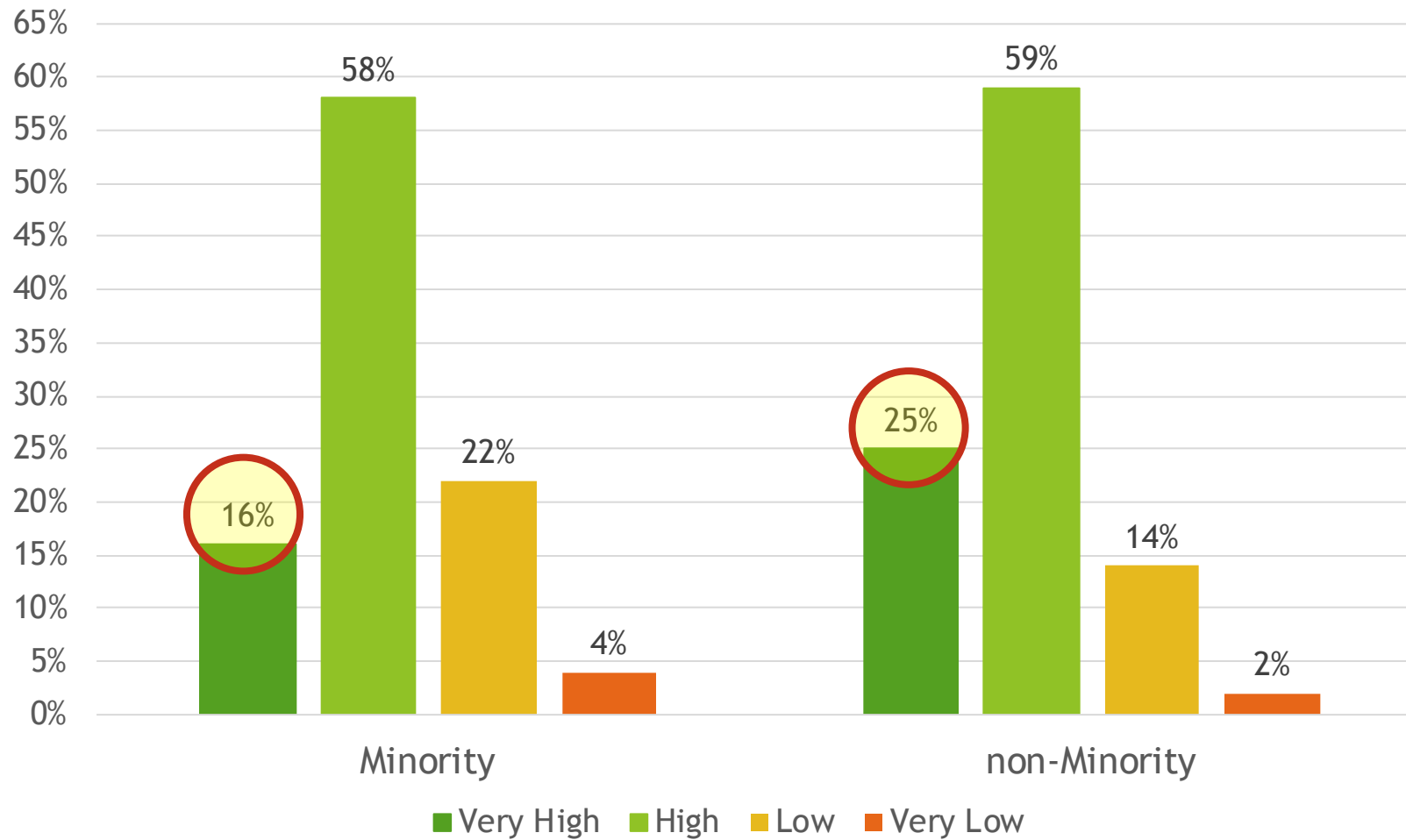
School Connection: SEE NEXT...



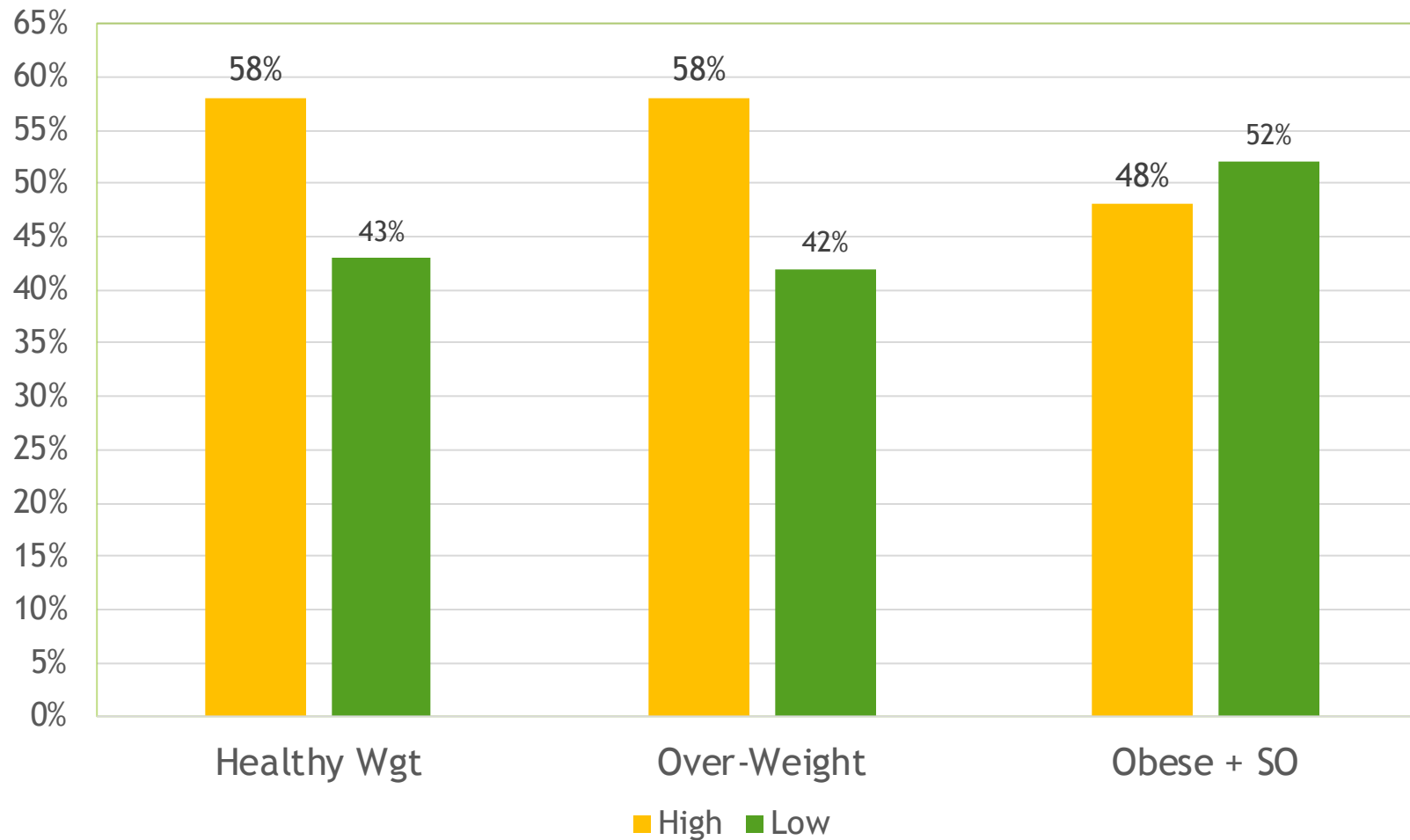
School Connection



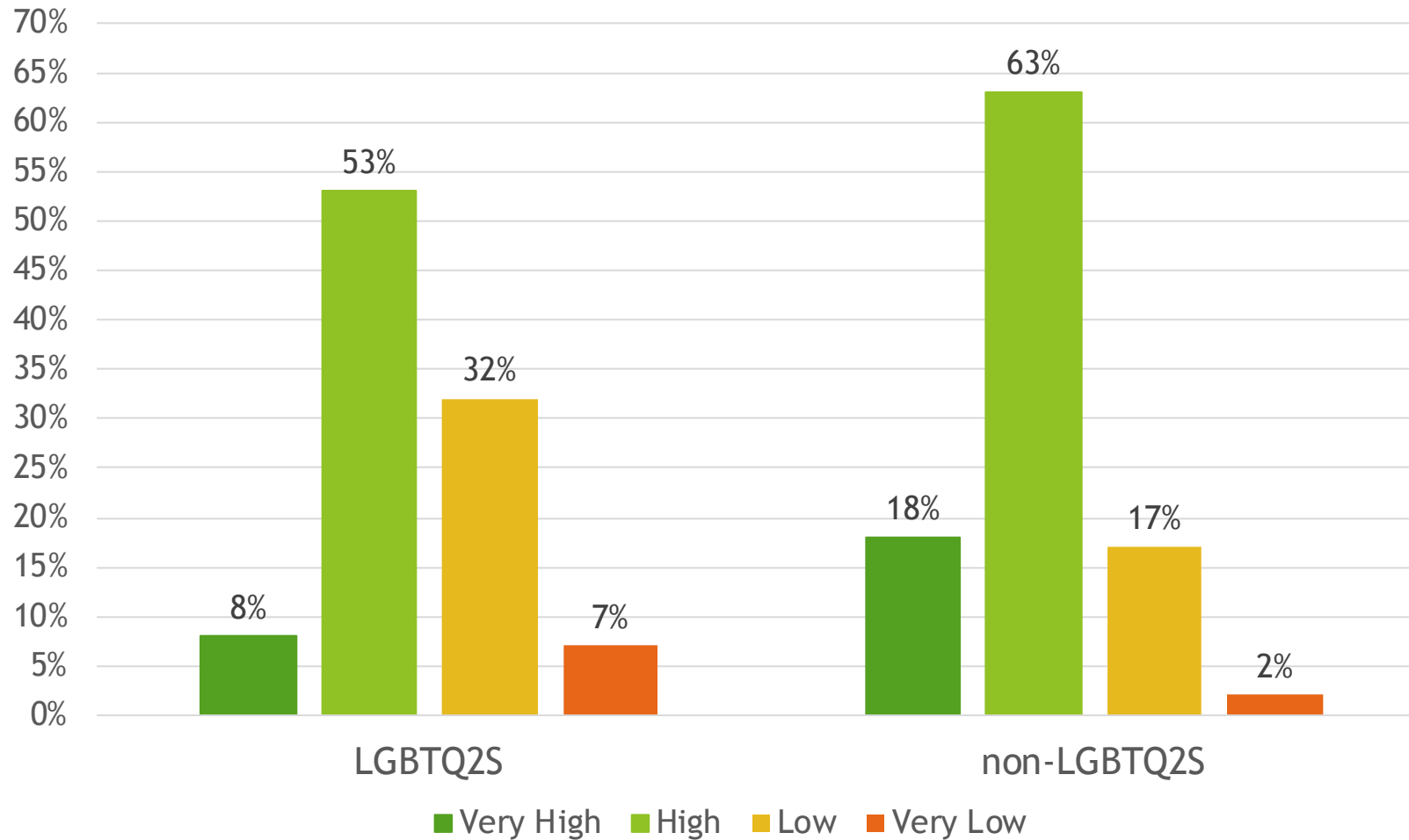
School Connection



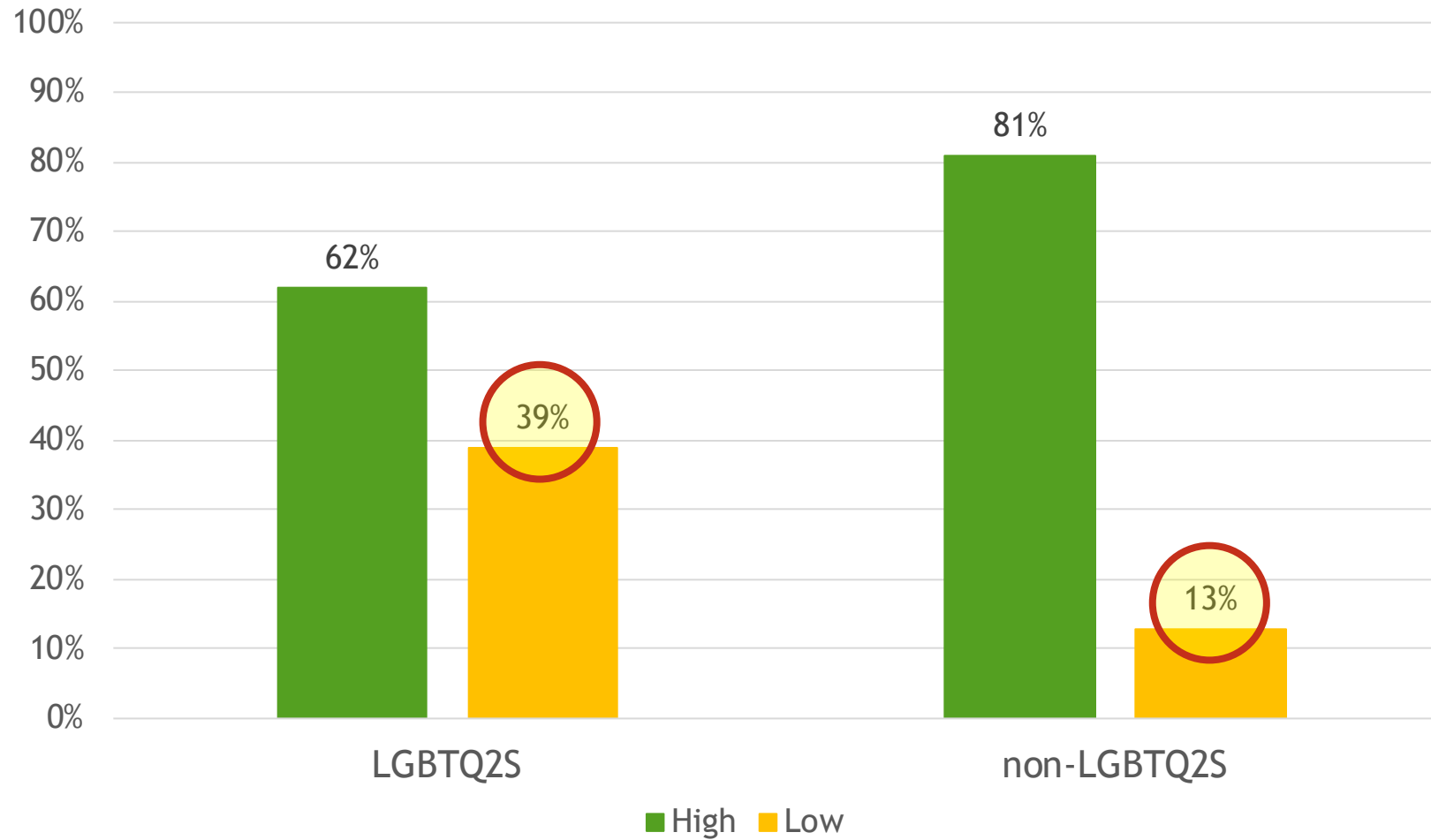
School Engagement: Mot'n + Focus + Connect'n*



School Engagement: SEE NEXT...



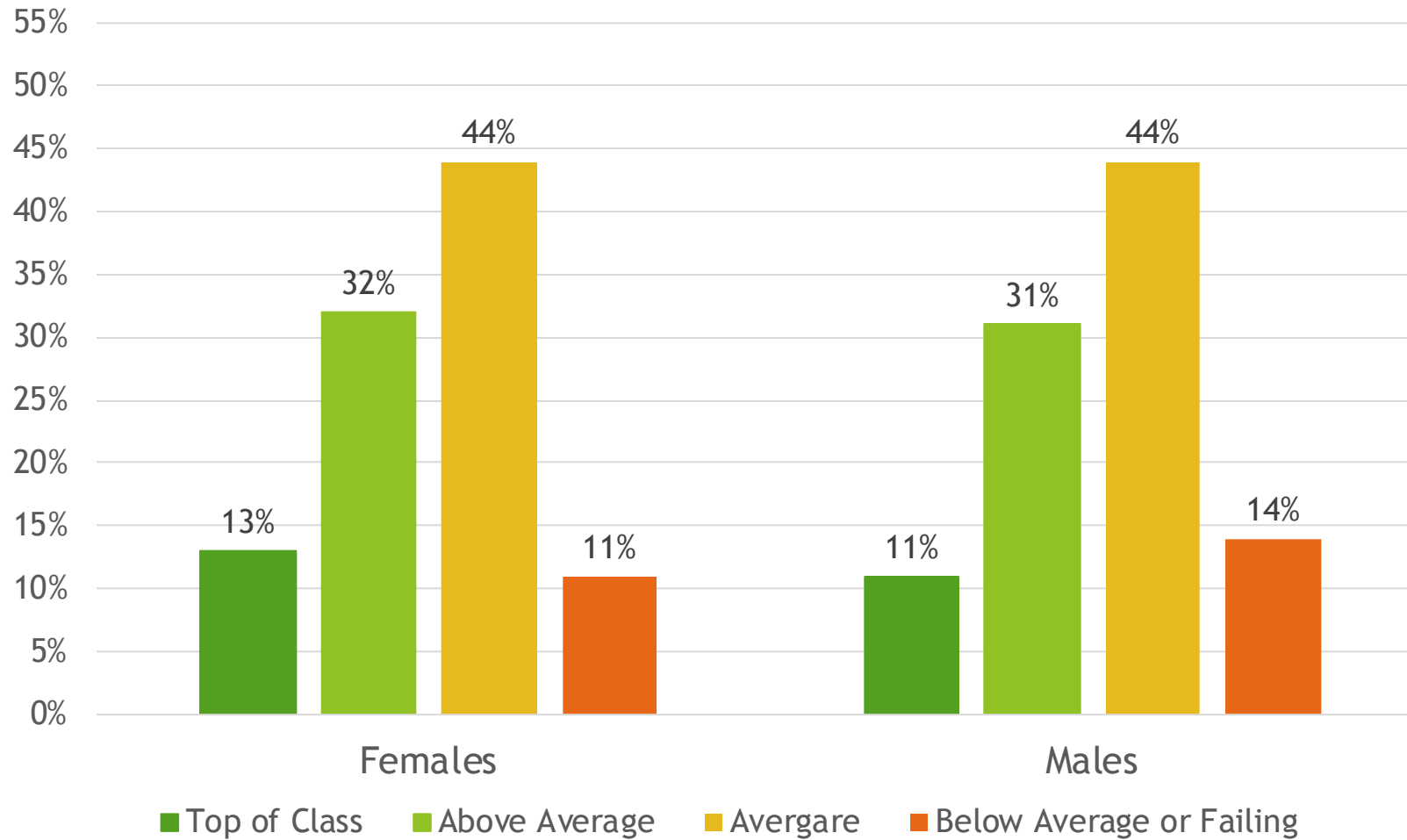
School Engagement



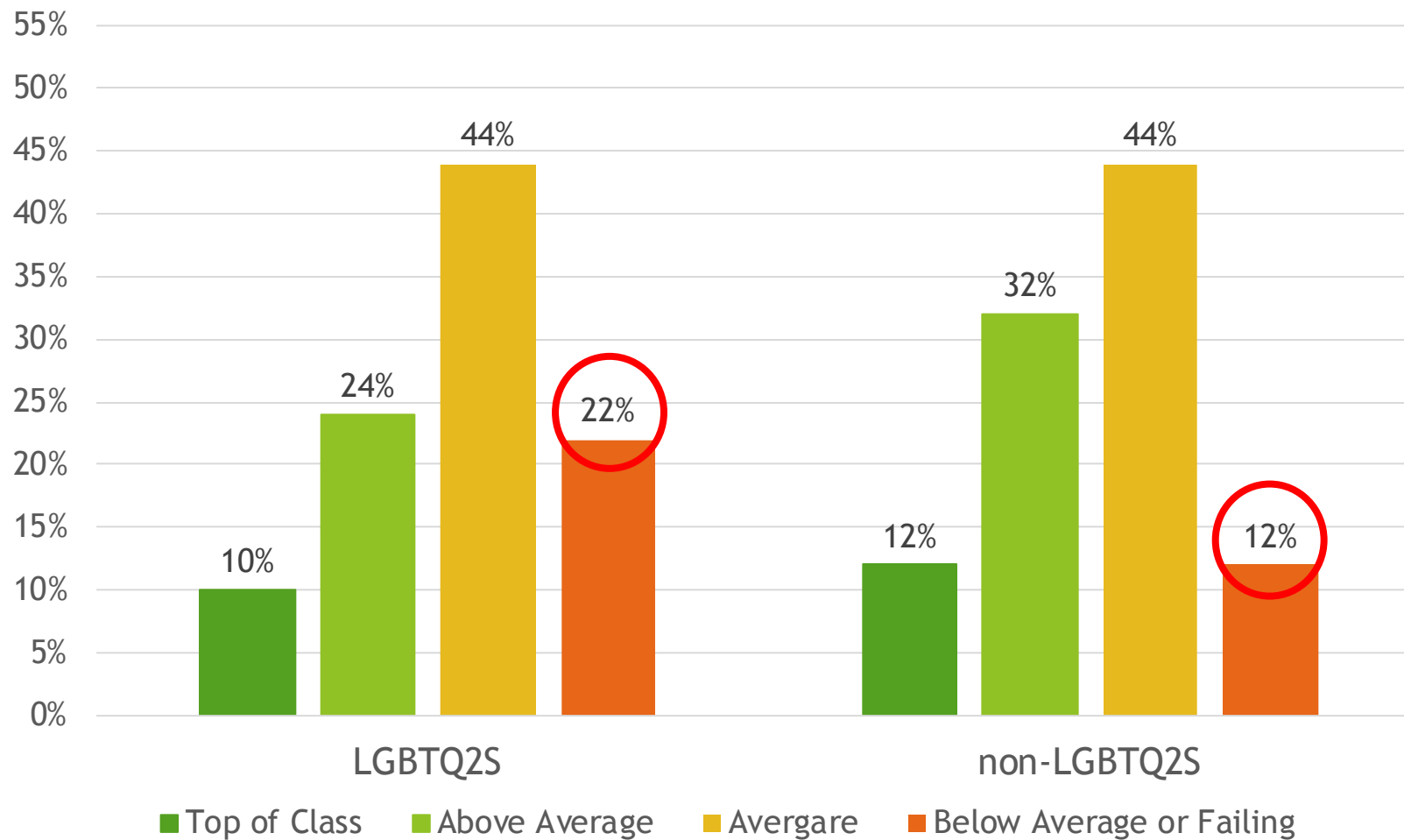
School Engagement



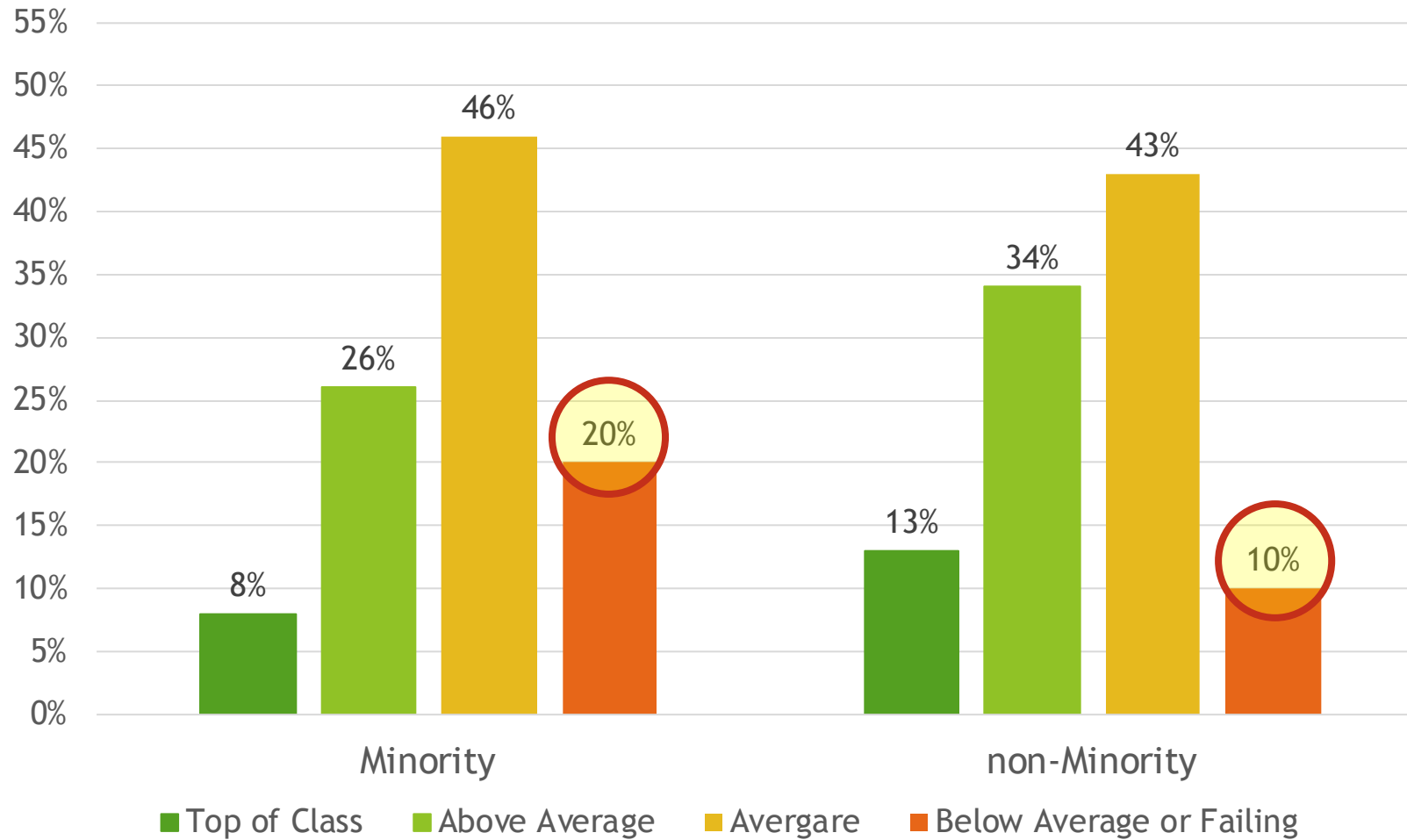
Self-Reported Grades



Self-Reported Grades



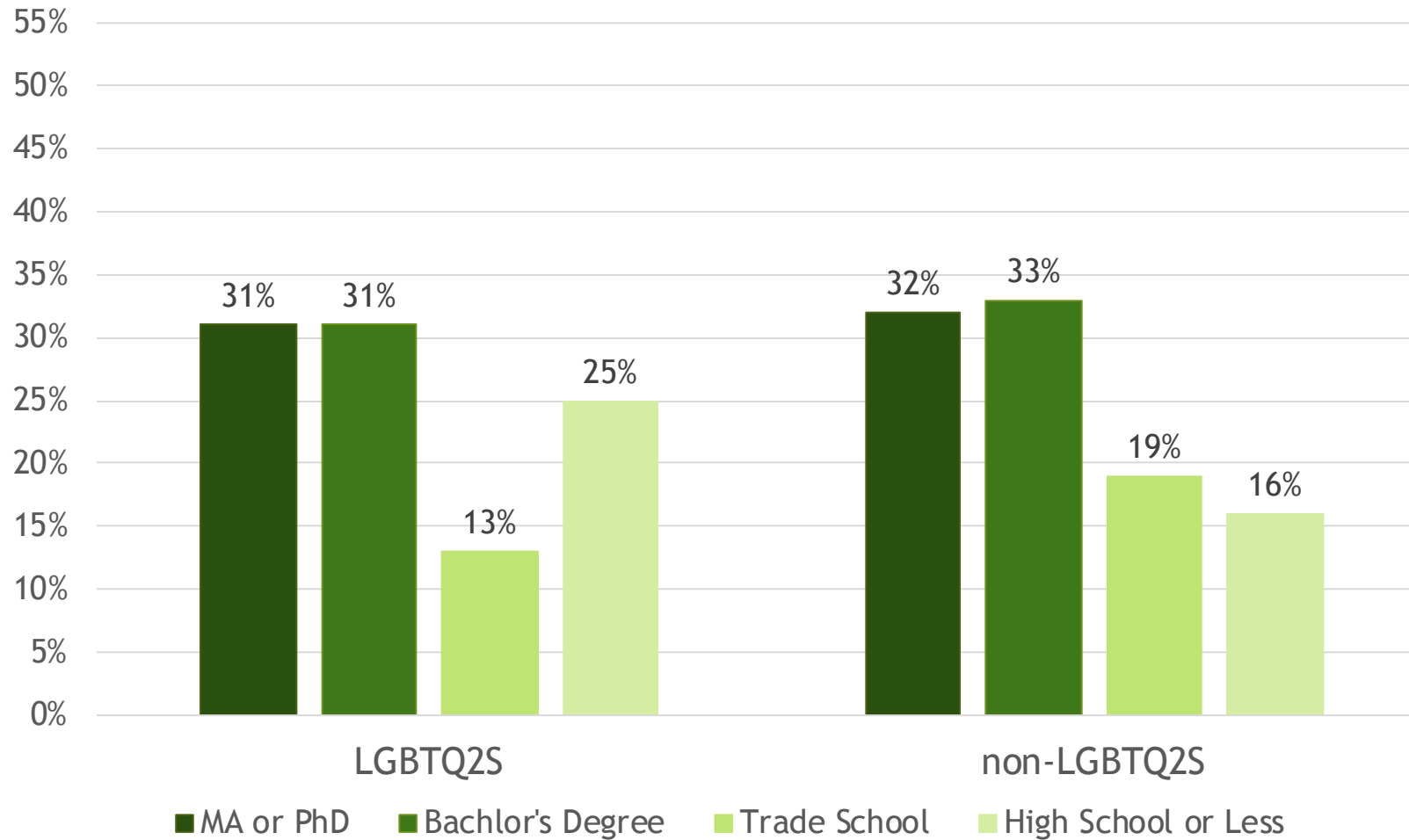
Self-Reported Grades



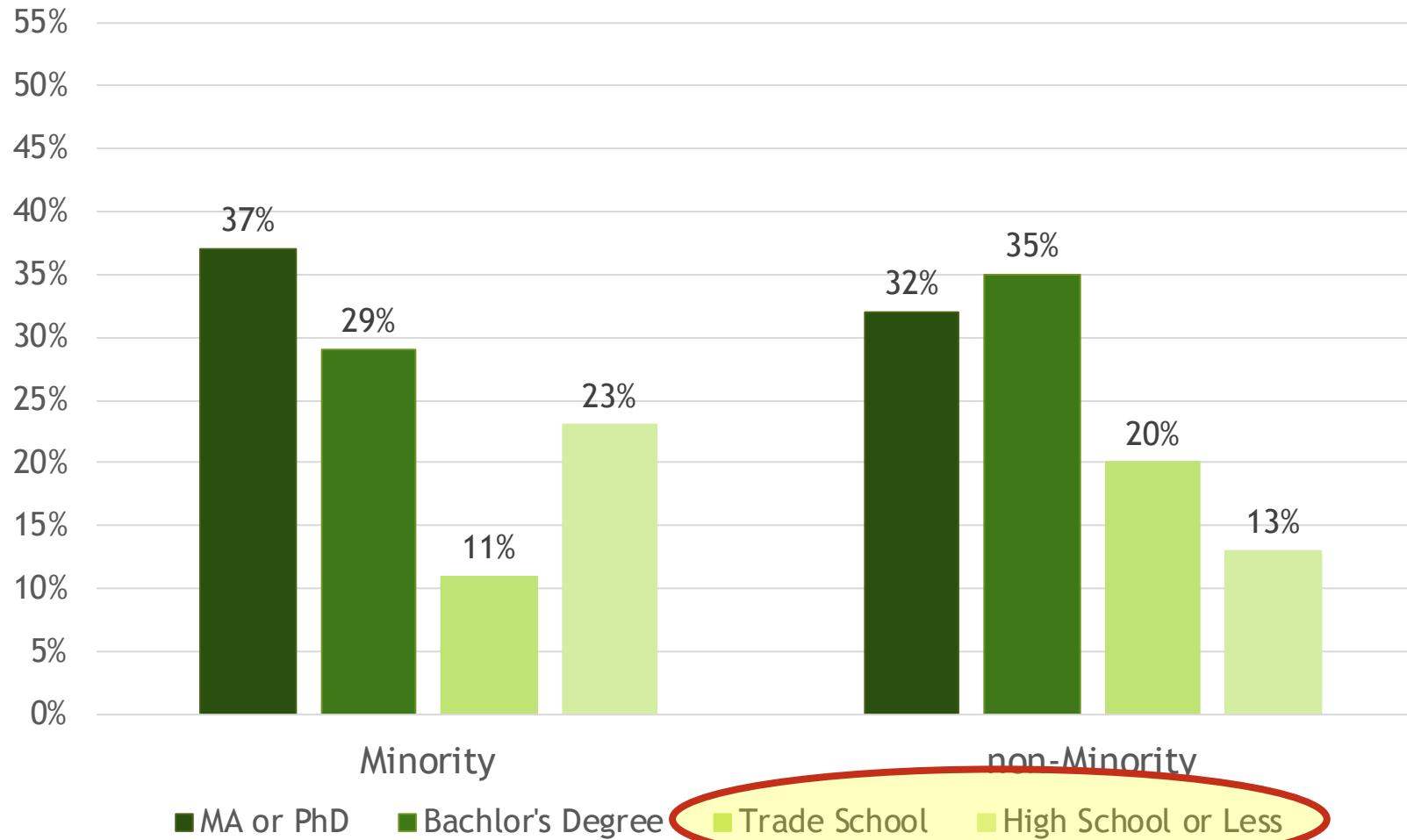
Aspirations



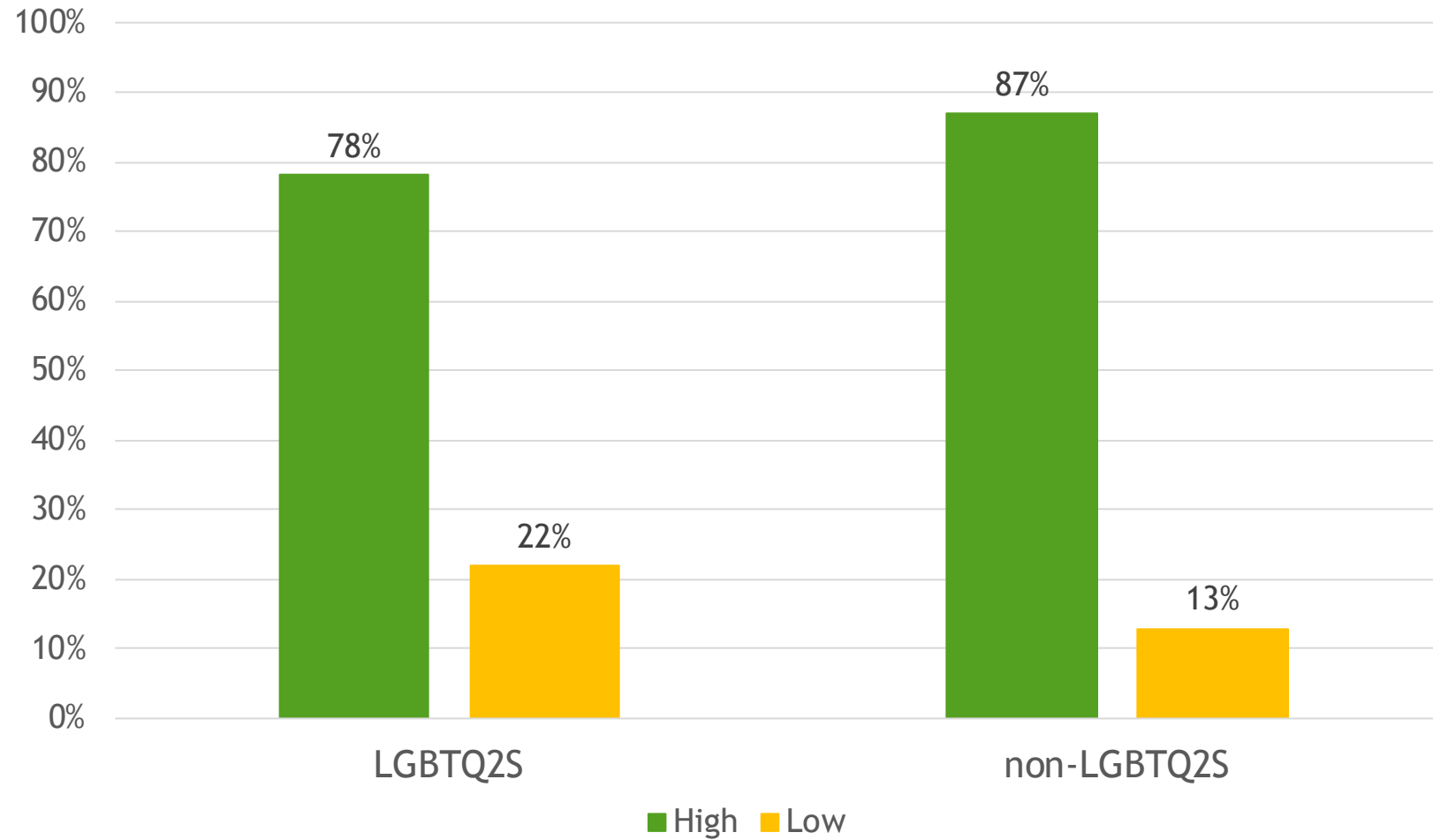
Aspirations: If Time Permits



Aspirations

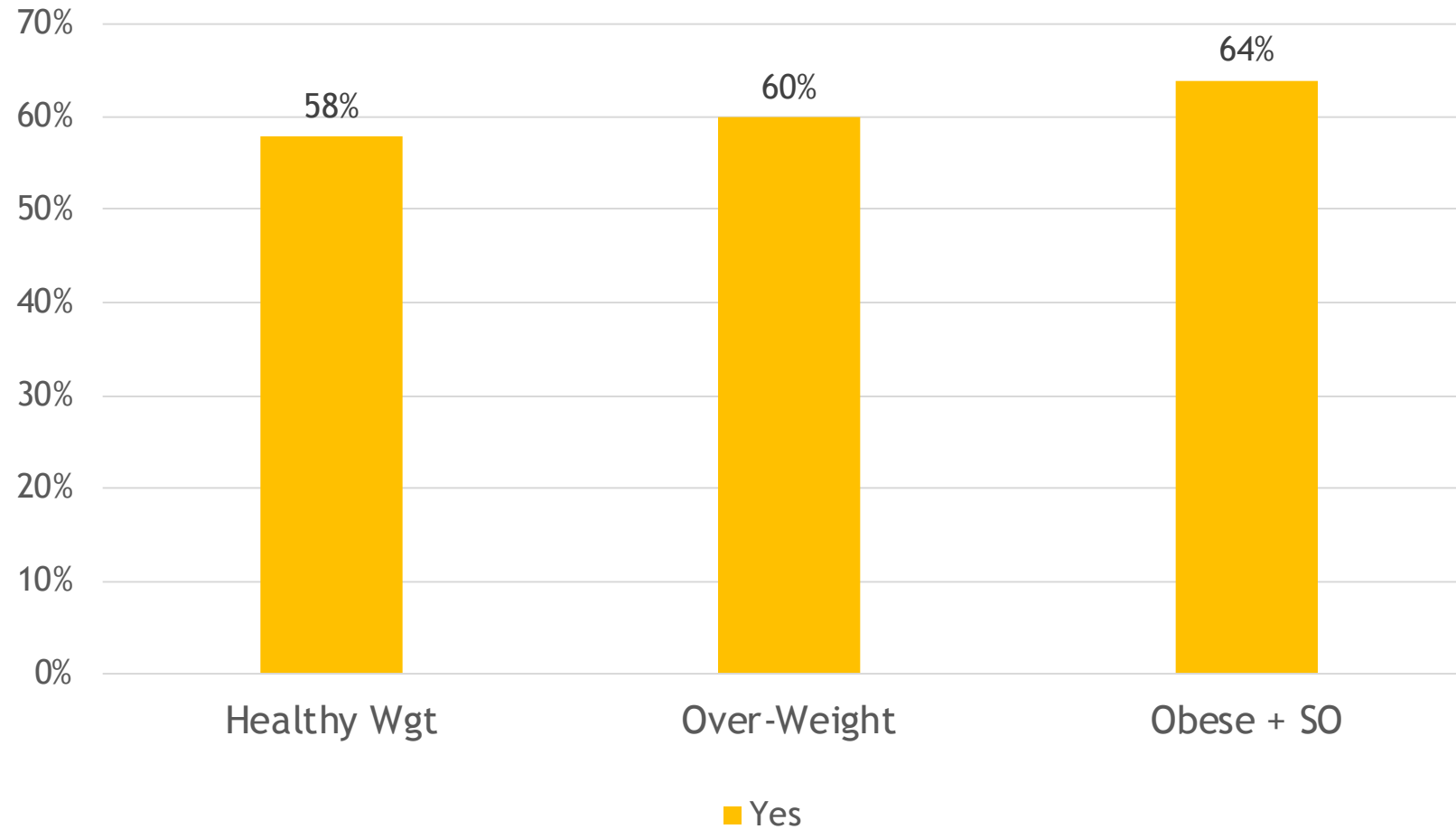


Attendance

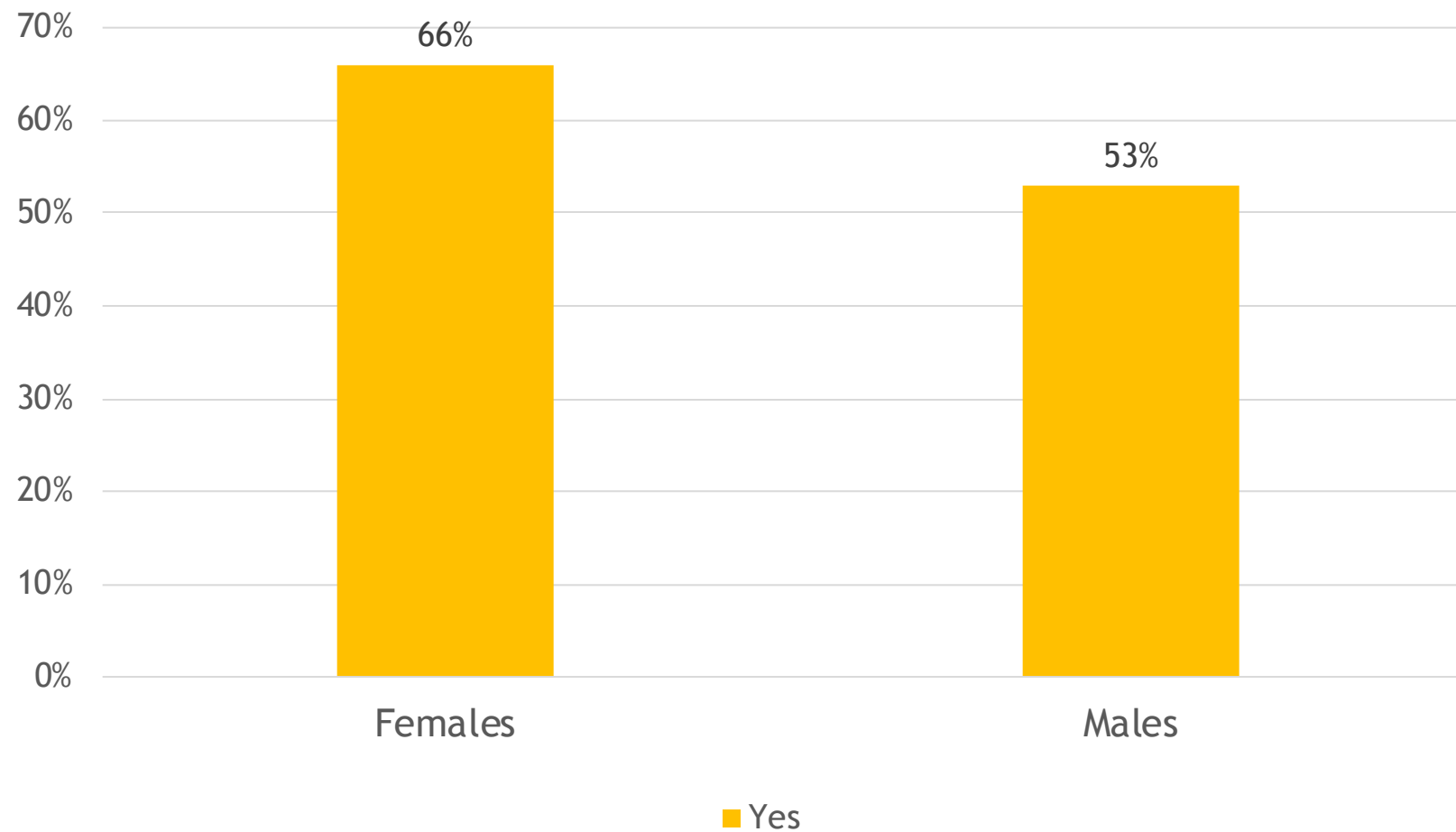


Risks & Substance Use

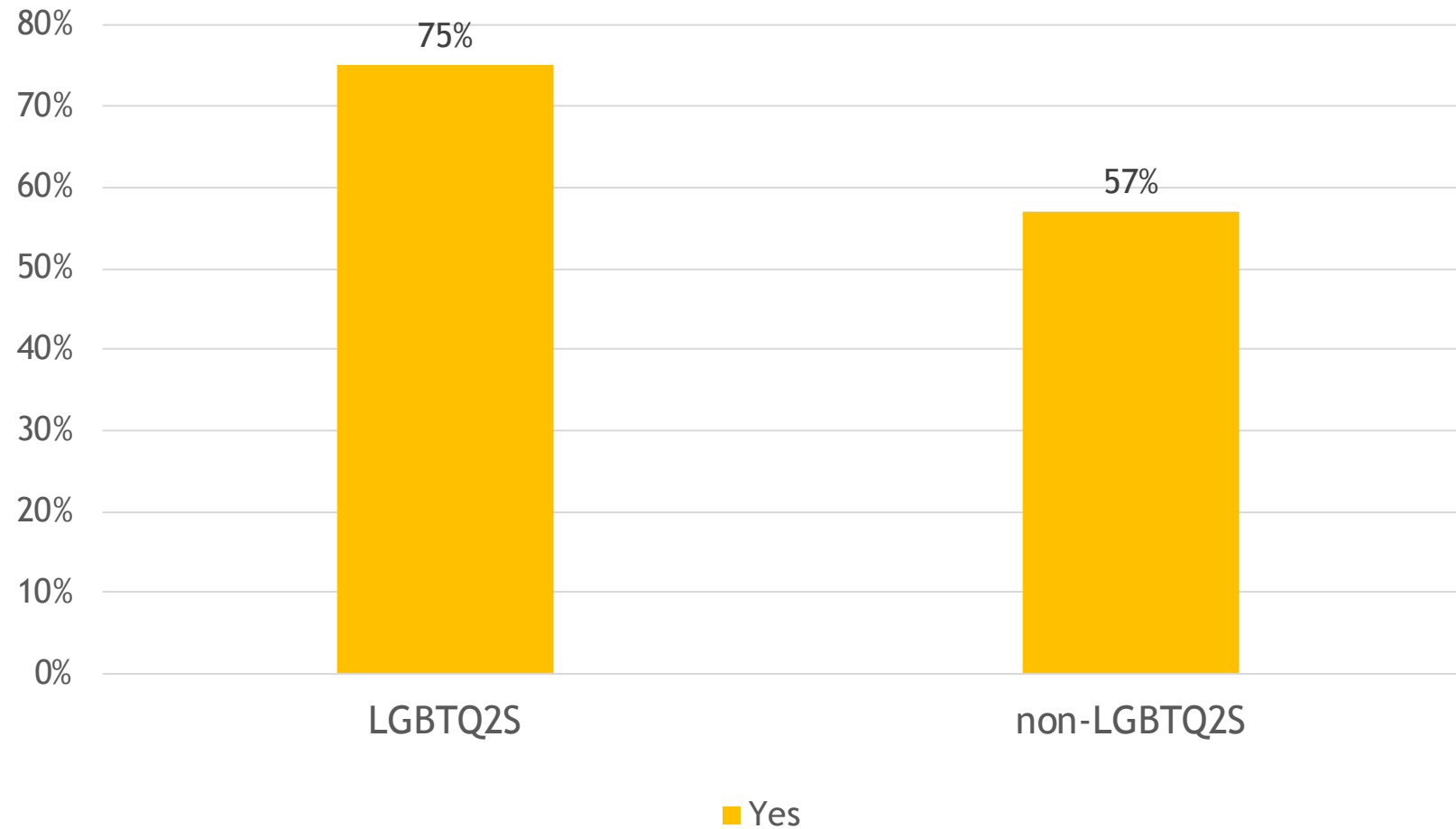
Bullying



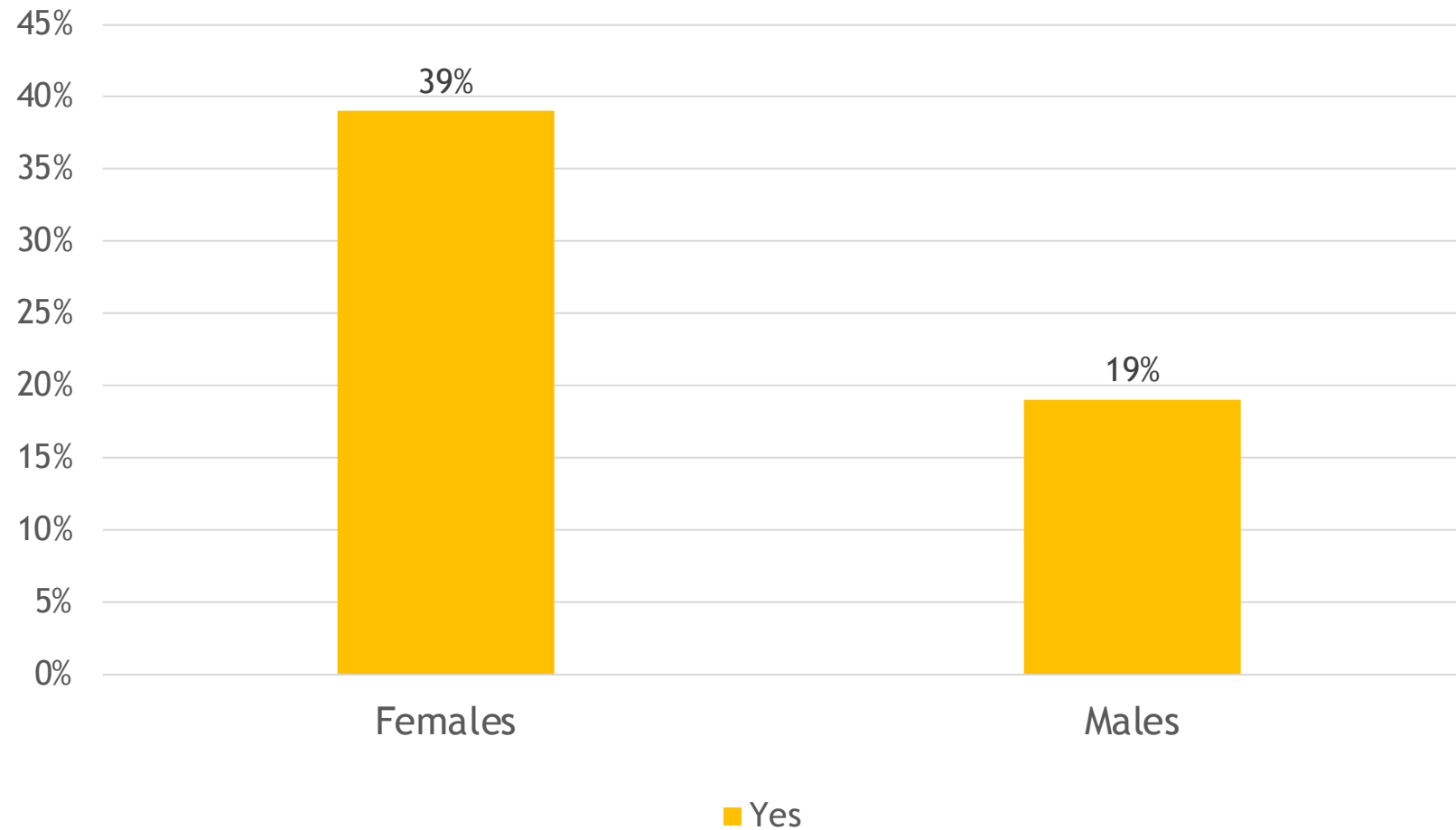
Bullying



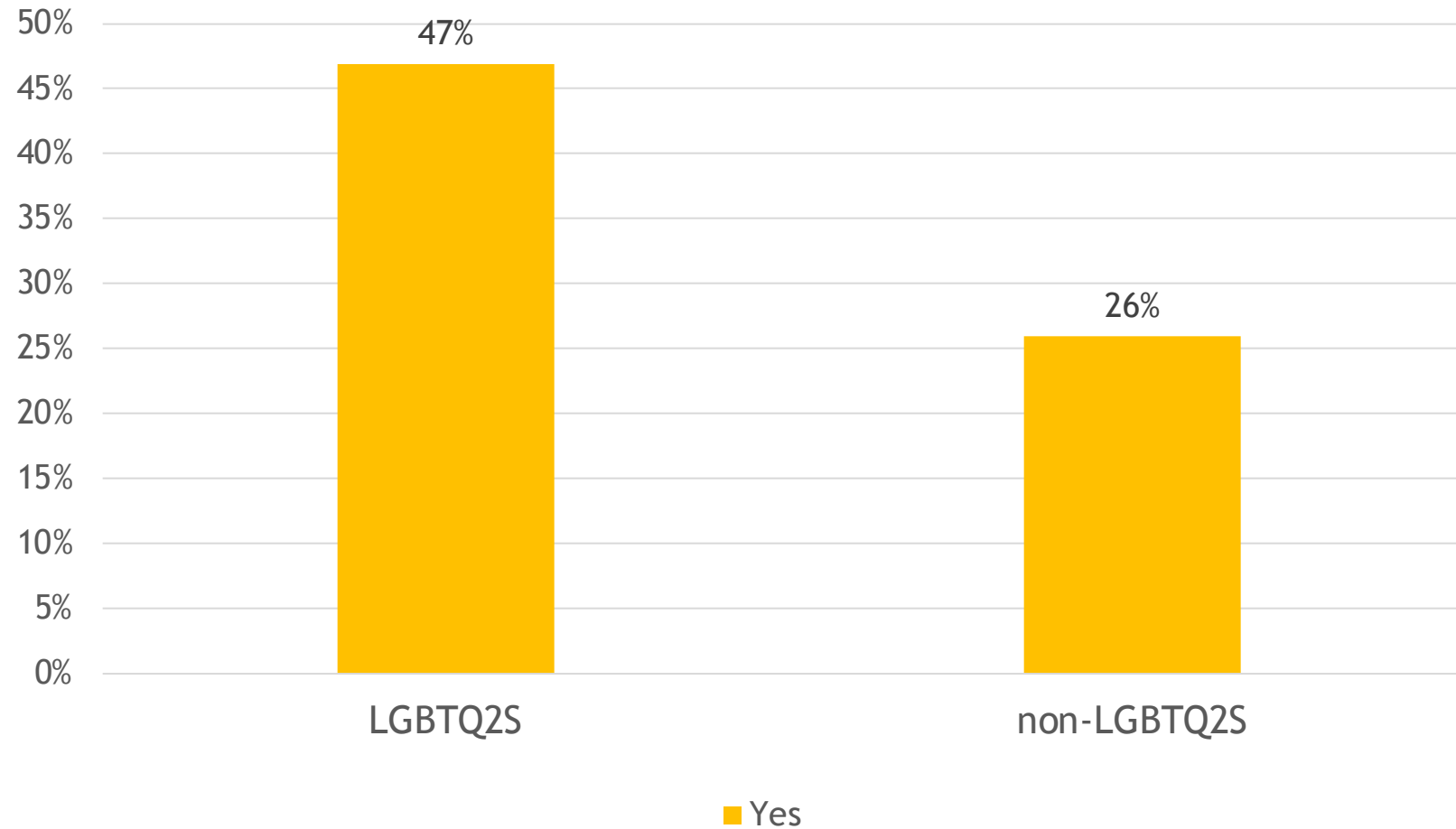
Bullying



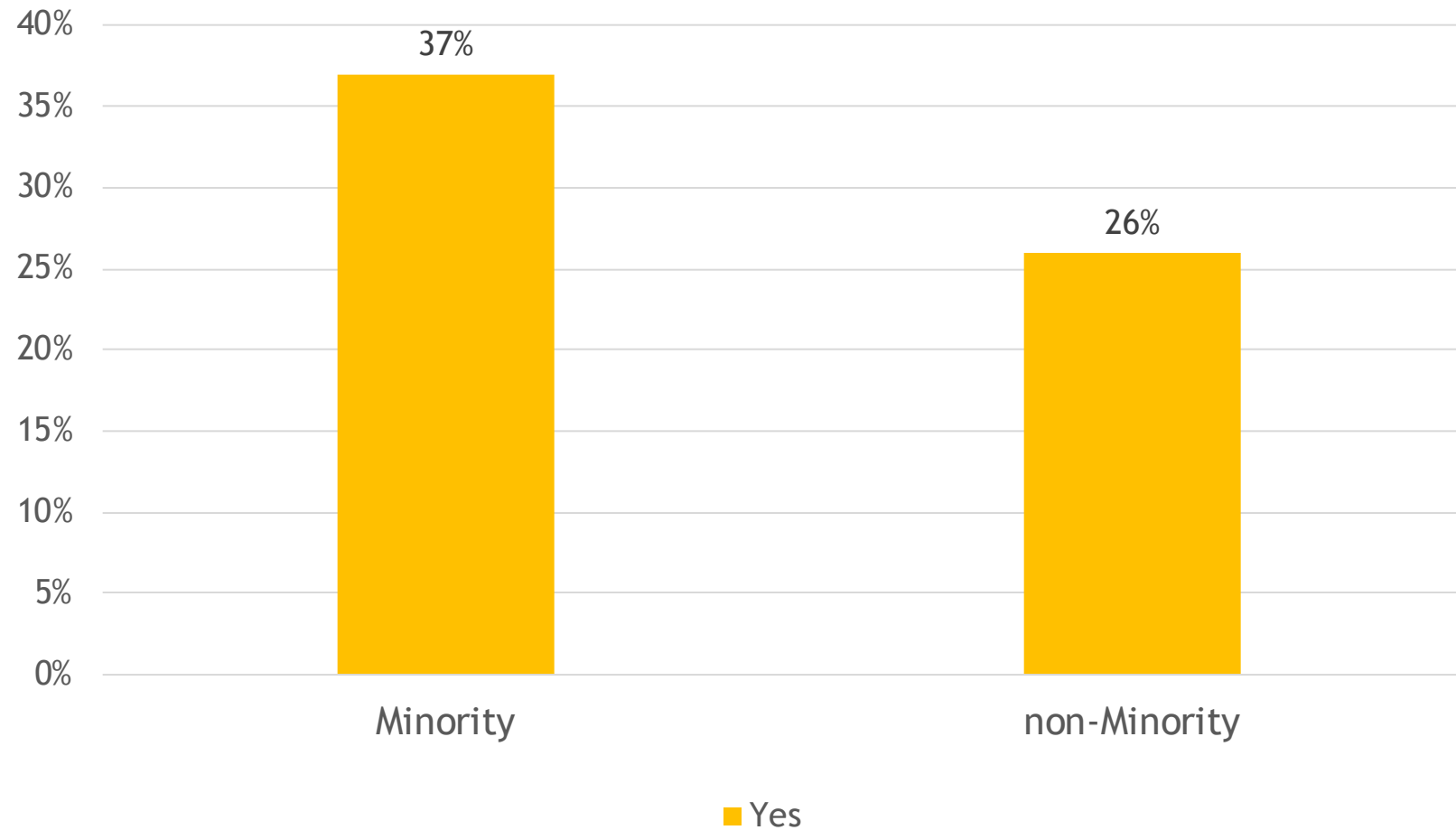
Unwanted Sexual Activity



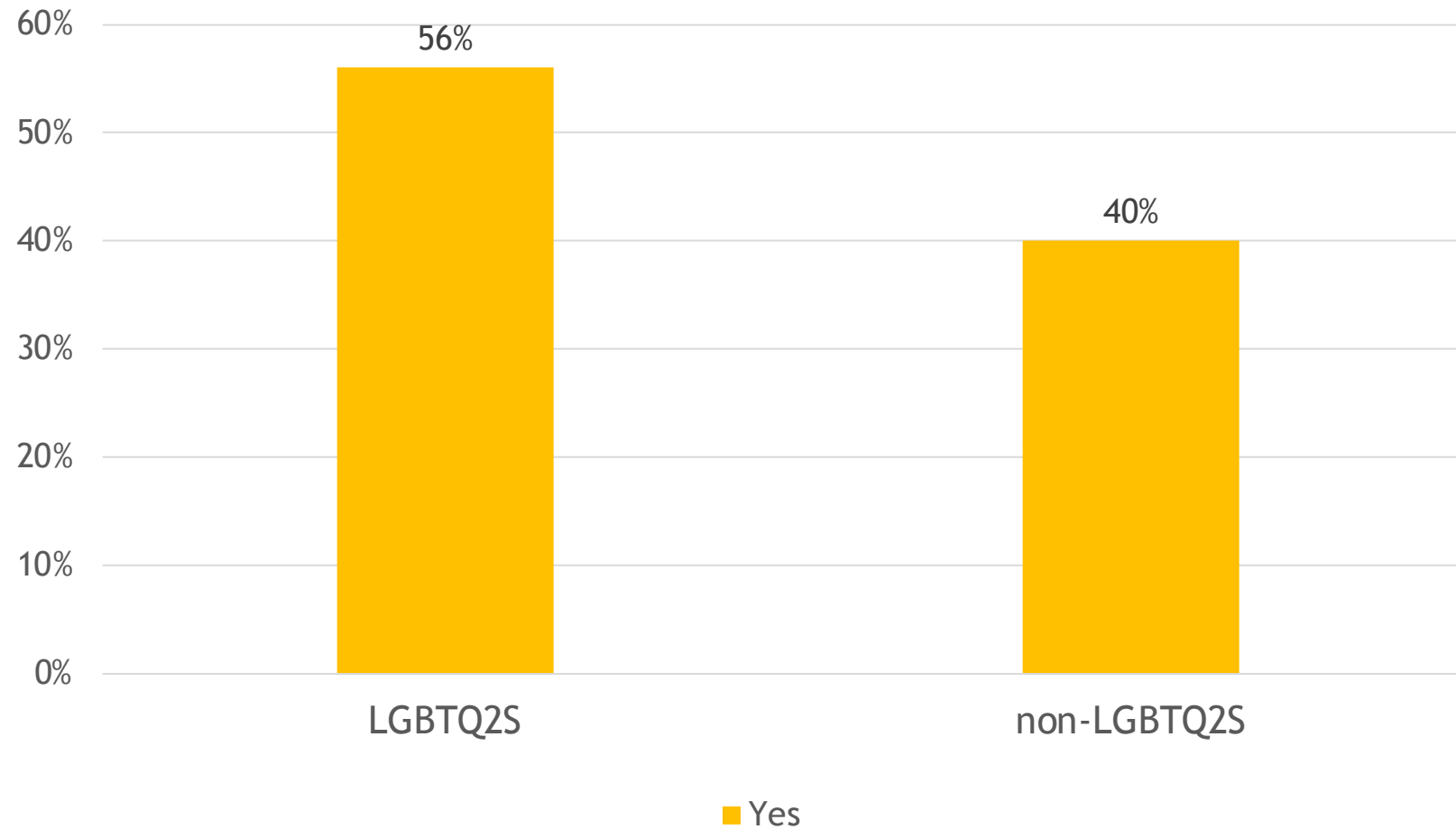
Unwanted Sexual Activity



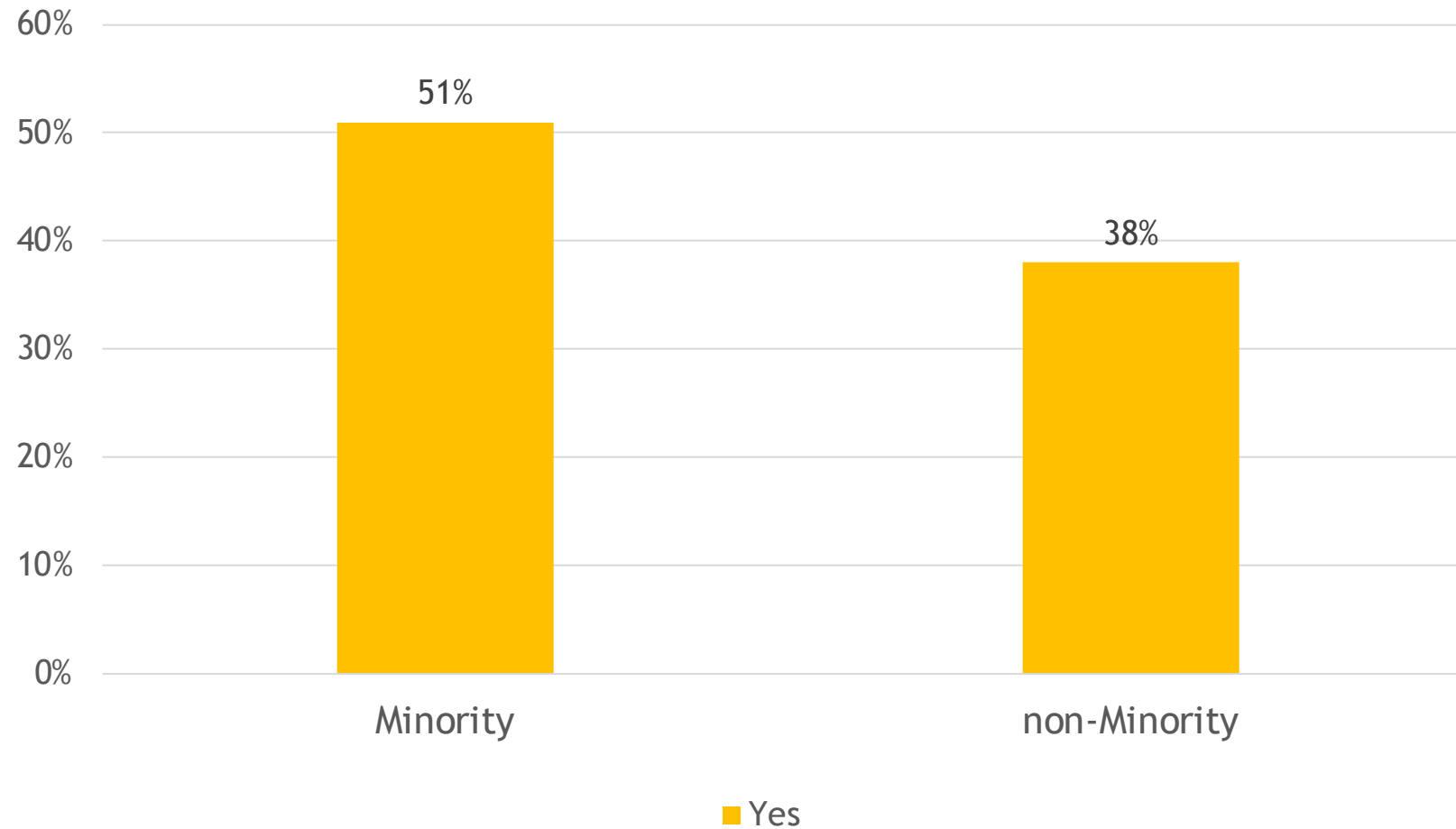
Unwanted Sexual Activity



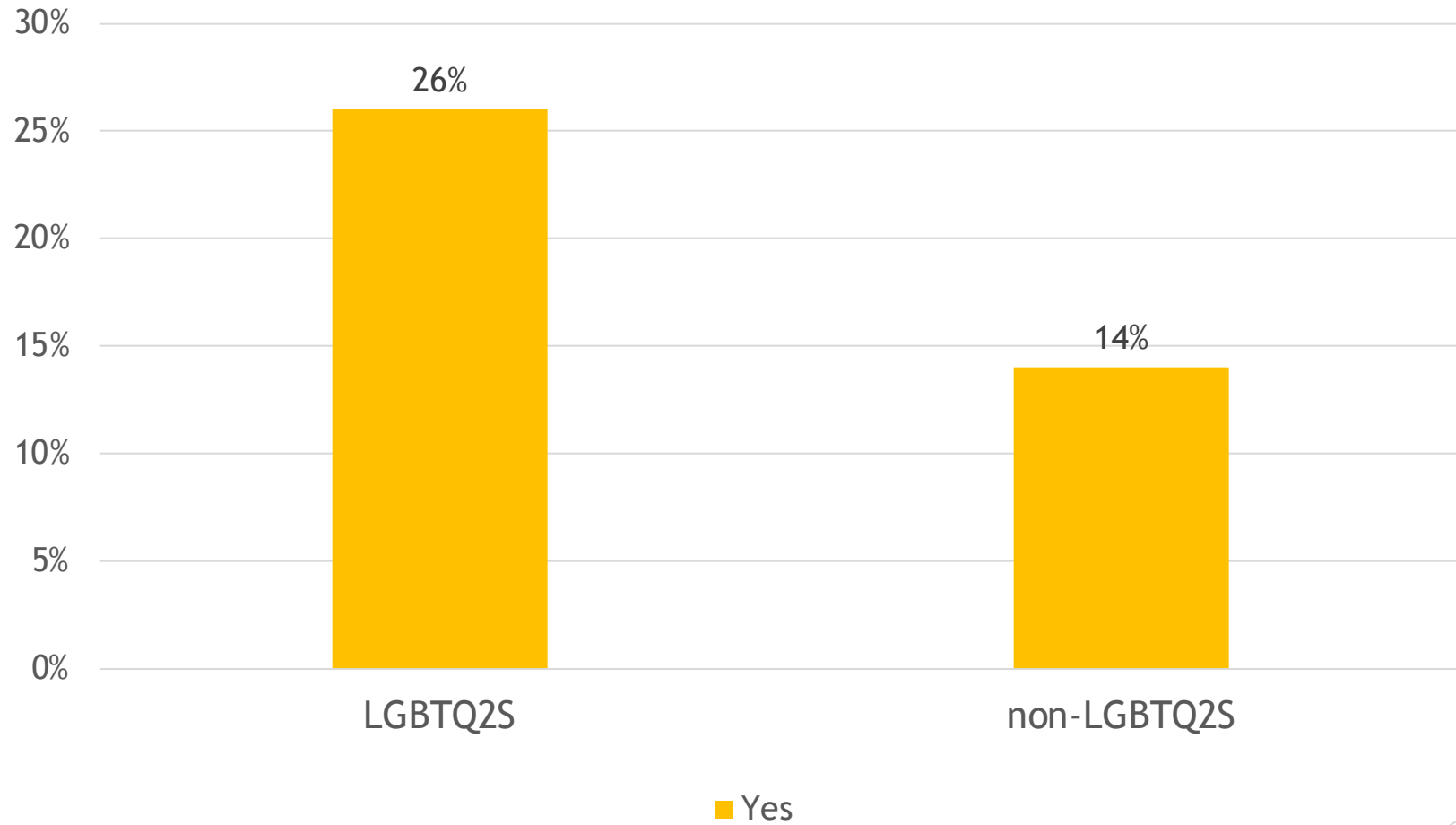
Dating Violence



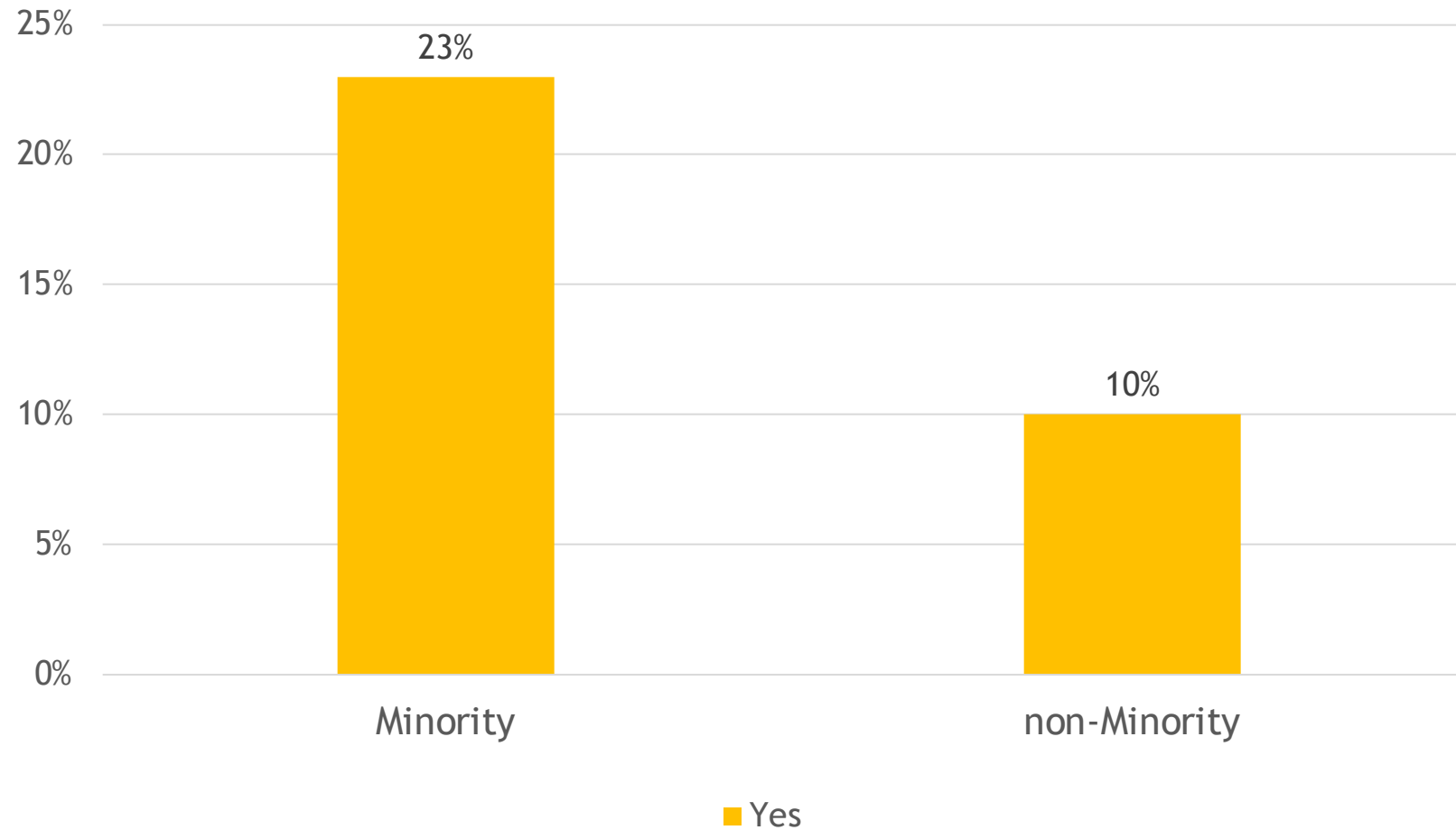
Dating Violence



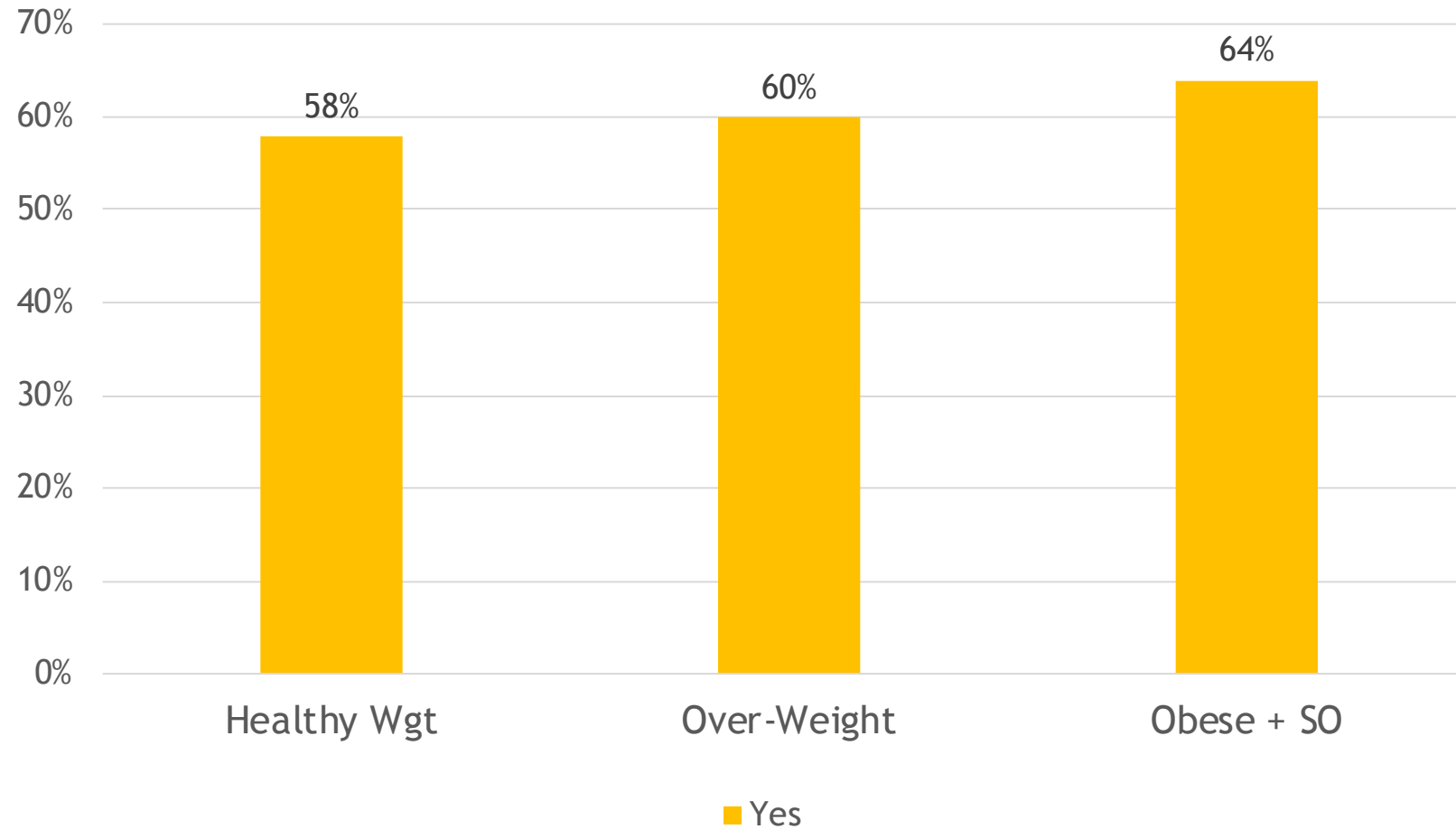
Cannabis / Marijuana



Cannabis / Marijuana



Cannabis / Marijuana



OBESITY: No Risk & Substance Differences On...

Risk

- ▶ Violence
- ▶ Injury (Minimal Difference)
- ▶ Sexual Activity

Substance

- ▶ Alcohol, Smoking, Drugs

Protective Factors for Mental Health

Factors in students' lives that increased the likelihood of them not reporting Suicide Behavior, Self-Harm and/or Depressive Symptoms:

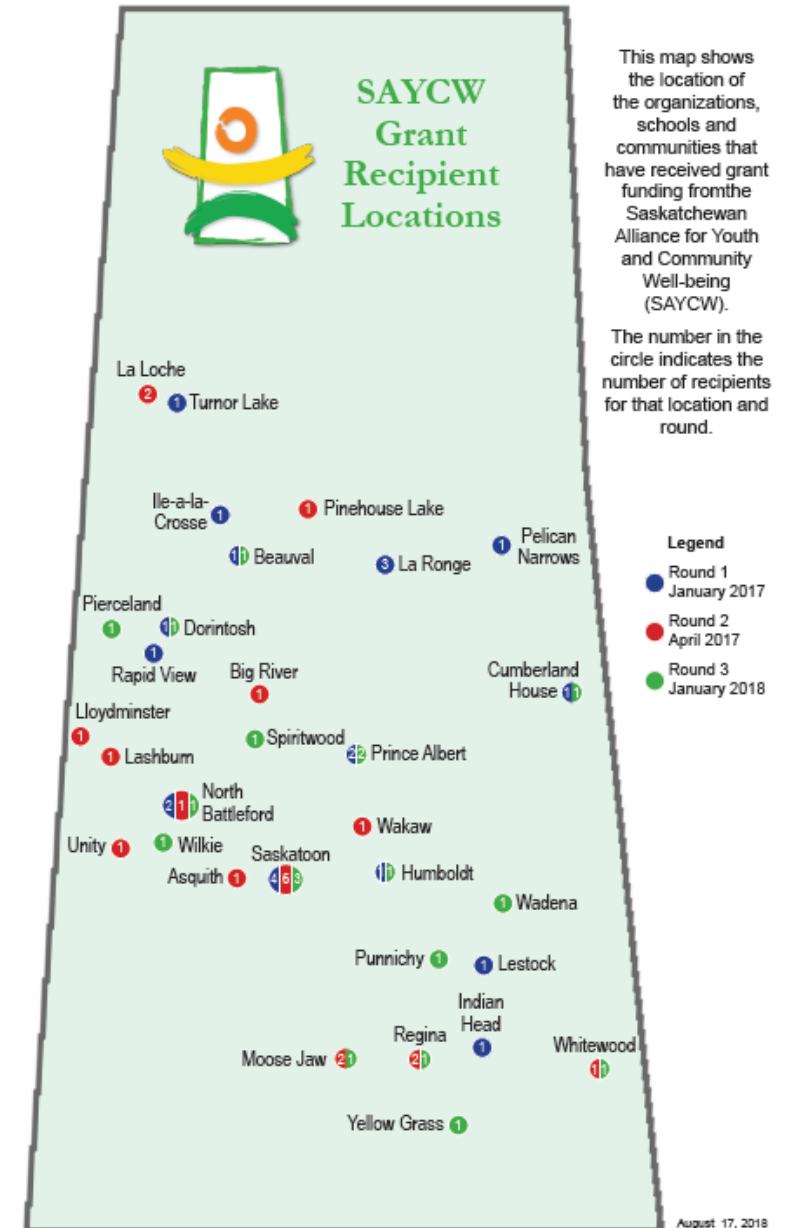
- ▶ Family, Friends & Community Support – Family Support, Community Support, Mentor who Cares
- ▶ Positive Mental Health Score – Esteem, Ability to Handle Anxiety
- ▶ Positive Body Perception
- ▶ School Connection
- ▶ Higher ratings of School Connection, and in particular feeling safe at school, was associated with a decreased likelihood in attempting suicide more than once ($n = 1,351$).

Knowledge to Action

Grant Program 1.0

► SAYCW Healthy Schools and Communities Grant

- 61 grant recipients
- \$450,530 in funding
- Ranged from \$1,500 to \$20,000
- Secured \$528,867 from 3 donors
 - Cameco / Riders Touchdown for Dreams
 - AstraZeneca
 - Saskatchewan Cancer Agency



Cooking Clubs

School-Community Gardens

Class Tower Gardens

Fitness & Recreation

Canoe Trips

Playground Revitalization

Outdoor Classrooms

Land-Based Learning

Culture Camps

Feast & Round Dances

Pow Wow

Sewing Clubs

Safety & Crime Prevention

Mental Health Programs

Family Literacy Programs

Robotics Clubs

Mural Club

Media Program

Contact us!

Grant Program Evaluation - 2 Grant Cycles

- ▶ Positive Impact - supportive school environment
- ▶ School Engagement - increased attendance
- ▶ Community Connection - giving back / support initiative
- ▶ Youth Involvement - experiential learning / consultation in planning and implementation / skills on resume
- ▶ Cultural Pride - sharing and teaching
- ▶ Families and Community - involved families / strengthened connection between school-student-family
- ▶ Celebration - socialization with family and community
- ▶ Sustainability - plans / required additional funds
- ▶ Challenges - Mother Nature, timing, transportation, youth behaviour, illness, staff moved away, buy-in from youth and parents



K to A: Youth Engagement



K to A: Community Action Planning



Photo by gullhanna.jellipahanna.jelli CC BY 2.0



Community Action Plan Template

Tips for taking action on SAYCW Youth Health Survey results
for Saskatchewan communities and schools

K to A: Curriculum Connections

- ▶ Curriculum connections to TYTCS topics and results
 - ▶ Teacher's guide / other
 - ▶ Supported by a Ministry of Education curriculum consultant; Saskatchewan Health Educators Association (SHEA); and a school division curriculum consultant (currently recruiting)
 - ▶ Work to begin Fall 2019

Thank You!

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Importance of Survey Themes

