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Thriving Youth, Thriving Communities

A guide to the news, information and events of the Saskatchewan Alliance for Youth and Community Well-being

Quarterly Newsletter Issue 2 February 2019

Join Us for the *Thriving Youth, Thriving Communities Survey 2019* What makes this survey different from other surveys?

The SAYCW *Thriving Youth, Thriving Communities Survey* is a census style survey, where all students from Grades 7 to 12 from across the province are invited to participate. This will ensure that data is locally relevant to all schools and communities, versus a representative sample survey (like most other surveys), where only a small number of participants are included.

Over 50 Saskatchewan field and content experts have been consulted during the revision of the SAYCW *Thriving Youth, Thriving Communities Survey*, making the survey applicable to Saskatchewan youth for the purpose of taking health promoting actions.

The survey is not a research study designed for publication in scientific journals. The primary objective of the survey is to generate locally relevant data for schools and communities to assist with evidence-based planning and evaluation of policies and programs. All other uses of the data are secondary.

The survey data will be housed locally in Saskatchewan. The Saskatchewan Cancer Agency will act as the data trustee and data custodian. The data will be protected by strict data governance policies, and SAYCW and the Cancer Agency will be compliant with relevant provincial and federal privacy legislation.

Ensuring engagement and participation of First Nations and Métis partners is essential, therefore compliance with the principles of OCAP® (Ownership, Control, Access and Possession) is a high priority.

According to the pilot study, we know the following topics are important to Saskatchewan youth:

- Mental health
- Sexual health
- Substance use
- General health
- Physical activity

The Saskatchewan Alliance for Youth and Community Well-Being (SAYCW) is a partnership of health, education and other community stakeholders dedicated to improving the health and well-being of the Saskatchewan population.

2019 National Congress on Rural Education in Canada

The central theme for the 2019 National Congress on Rural Education in Canada is "Innovations in Rural Education". School divisions of all sizes, demographics, and locations are pushing the boundaries of innovation and 21st century learning. To respond to the rapidly changing demographics of our student population we need to be innovative in our strategies to improve outcomes for student and learning communities. Delegates are invited to engage in open conversations; have opportunities to collaborate in meaningful discussions; and make connections at provincial and national levels.

<https://selu.usask.ca/ruraled/index.php>

Connect with Us

Want to learn more about SAYCW and its work? Check out our website and social media feeds.

- web: saycw.com
- twitter: [@SAYCW_SK](https://twitter.com/SAYCW_SK)
- facebook: [@saycw](https://www.facebook.com/saycw)

24th NATIONAL CONGRESS
ON RURAL EDUCATION IN CANADA

MARCH 31 - APRIL 2, 2019

TCU Place | Saskatoon, Saskatchewan



Conversation • Collaboration • Connection

Community News

Do you have an event coming up you would like to share in this newsletter?

Connect with us to see how we can include your upcoming event or announcement in this section.

Partnering with Youth

SAYCW is looking to develop new youth-oriented and youth-driven ways to organize and connect with youth.

We want youth to inform the content, delivery, organization, and other aspects of what we do, so that we do it even better than we currently do.

We are looking for Saskatchewan student-led groups from diverse backgrounds to help us reach this goal. Contact us if your group would be interested in a partnership with SAYCW.

Phone: 639-635-3066

Email: suzanne.hartman@saskcancer.ca



Learn

Connect

Act

SAYCW Resources

Check out our SAYCW online resources (i.e., toolkits and templates) that cover topics connected to the SAYCW *Thriving Youth, Thriving Communities Survey*:

<http://saycw.com/resources/>



Frequently Asked Questions: *Thriving Youth, Thriving Communities Survey 2019*

Was the survey tested?

Yes, SAYCW conducted a pilot study in June and September to December of 2018 to test the *Thriving Youth, Thriving Communities* survey tool. The purpose of the pilot study was to test the survey tool, as an online and a paper survey, as well as in English and in French, with a smaller group of Grade 7 to 12 students. The results of the pilot study will improve the implementation of the survey to all participating students in 2019.

As part of the pilot, we also received feedback from teachers regarding the clarity of the process, ease of implementation, survey instructions and student behavior during the field test.

Based on the pilot study results and student / teacher feedback, changes to the survey were made.

What kind of questions does the SAYCW Survey ask?

The focus of the SAYCW *Thriving Youth, Thriving Communities Survey* is on risk and protective factors for optimal health and well-being. Survey themes included are:

- Demographics
- General Health
- Dental Health
- Sleep
- Food and Nutrition
- Culture and Identity
- Physical Activity
- Family, Friends and Community
- Screen Time
- School Engagement and Support
- Sexual Health
- Substance Use
- Injury, Risk and Safety
- Suicide and Self-Harm
- Mental Health

What is involved for participating schools?

Schools will be asked to distribute a parental notification letter that includes a tear-away opt-out form (or a tear-away opt-in form depending on the consent process chosen by the school division/authority) that will be sent home for parents / guardians.

Parents / guardians can complete the opt-out form if they DO NOT want their child to participate in the survey (or complete the opt-in form if they DO want their child to participate in the survey), and return the form to the child's teacher.





Youth performing a dance in Battleford

Thank you to the SAYCW Healthy Schools and Communities Grant Program Sponsors:

- AstraZeneca Canada
- Cameco Touchdown for Dreams Program
- Saskatchewan Cancer Agency

Knowledge to Action Showcase

The SAYCW Healthy Schools and Communities Grant program has offered three rounds of grant funding, providing \$450,530 to 61 health promoting initiatives targeting youth in Saskatchewan.

Youth Rising (The Battlefords)

Youth Rising was a project with over 160 elementary school students, designed to educate youth about violence against women and empower them to make a change through dance. The project partnered with two other community agencies, the Boys and Girls Club of the Battlefords and Battlefords Kids First, who both did projects focused on empowering their clientele.

The project began by students receiving an educational presentation by their school counsellor, which included information on the prevalence of interpersonal violence, types of violence, gender inequality, supports available and motivation on how youth can make a difference.

In April 2017, the students each completed an “I Rise Because...” sheet that was displayed in both participating schools (Battleford Central and Bready), showing all the reasons they were standing up against interpersonal violence.

The youth were then taught the choreography to the “Breaking the Chain” dance and practiced it several times a week for three months. The students were filmed dancing at both schools and all 160+ students came together on Main Street in Battleford to perform their dance to make a final music video. This video has been shared far and wide – watch their video:

<http://saycw.com/k-to-a-youth-rising/>

Teachers Trained in Mental Health Literacy (Saskatoon)

This Mental Health Literacy workshop was a three-day training for over 50 teachers and counselors across four school divisions within the Saskatoon area in the fall of 2018.

Training was provided by TeenMentalHealth.Org’s Dr. Stan Kutcher with the goal to increase understanding of mental health, decrease stigma, and implement help-seeking opportunities for students.

In other words, this training will help teachers support students during times when they are experiencing normal life stress or perhaps requiring additional health supports.

It also provided tools for counselors to help youth better understand their struggles and help them build their resiliency to manage stress.

This was also a first step for teachers to learn how to incorporate Teen Mental Health curriculum guide tools into their Health Education curricula.

According to Dr. Kutcher, "Programs like this ... gives teachers the necessary literacy to foster mental health initiatives in schools, and help create safe and supportive environments for their students."

For more information visit <http://saycw.com/k-to-a-teachers-trained-in-mental-health-literacy/>



Mental Health Literacy Workshop (Brent Rioux)