Voices from the Inside:

Next Steps with Youth in Custody

A project of the Adolescent Health Survey
Next Steps

The McCreary Centre Society

Voices from the Inside:

Next Steps with Youth in Custody

© The McCreary Centre Society, 2007
ISBN: 978-1-895438-82-9

3552 East Hastings Street
Vancouver, B.C. V5K 2A7
Tel: (604) 291-1996
Fax: (604) 291-7308
E-mail: mccreary@mcs.bc.ca
www.mcs.bc.ca

The McCreary Centre Society is a non-government, non-profit organization committed to improving the health of BC youth through research, education and community-based participation projects. Founded in 1977, the Society sponsors and promotes a wide range of activities and research to address unmet health needs of young people. Areas of interest include:

- health risk behaviours
- disease prevention and health promotion
- youth participation and leadership skills development

Project Team

Minda Chittenden
Workshop Facilitator & Project Coordinator

David Sadler
Workshop Facilitator

Nicole Herbert
Workshop Facilitator
Federation of BC Youth in Care Networks

Alison Liebel
Communications Coordinator

Annie Smith
Managing Director

Special Thanks To...

Youth Custody Services Executive Director's Office

Thank you to all the participants who gave thoughtful feedback from:

Burnaby Youth Custody Services

Prince George Youth Custody Services

Victoria Youth Custody Services

Funding for this project was provided by Ministry of Children and Family Development.

The McCreary Centre Society acknowledges the support for the AHS III Survey of the Province of British Columbia, Ministry for Children and Family Development, Ministry of Health Services, Inter-Ministry Advisory Committee, AHS Project Advisory Committee, staff of participating school districts, and BC's public health nurses.

The views expressed in this report do not necessarily represent the official policy of the Province of British Columbia.

Cover:
Art piece on cover produced by a young person at Victoria Youth Custody Services.

Table of Contents

Introduction 4
Bridging Research & Action 5
Setting the Scene 8
Workshop Agenda 11
Living In Custody: Youth Feedback and Centre Action 14
  Safety & Bullying 14
  Complaint Process 15
Living Out of Custody: Youth Feedback and Centre Action 20
  Programs 20
  Future Goals & Staying Out of Custody 24
Reflections from Custody Centre Representatives 26
Stepping Forward 28
McCreary Centre Society Resources 30
Appendix A: Trivia Game Questions 31

Introduction

The Next Steps is an interactive workshop series that gives youth the opportunity to respond to the results of McCreary's youth health research. It was adapted to give youth in custody the opportunity to respond to the results of the McCreary Centre Society's 2004 survey of BC youth in custody. The Next Steps gave them an opportunity to share their experiences; explore what supports would help them stay out of custody; and to make recommendations for change in the custody system.

Overall, 126 youth in Prince George Youth Custody Services (PGYCS), Victoria Youth Custody Services (VYCS) and Burnaby Youth Custody Services (BYCS) took part in 13 workshops during the summer of 2006. Twenty females and 106 males participated. This ratio is similar to Ministry of Children and Family Development's (MCFD) average counts of youth in custody in 2006 when 19% of youth were female and 81% were male.

This report summarises the 100+ sheets of colourful (and often illustrated) flip chart notes from the workshops; the feedback from the custody centre representatives who listened to the youths' suggestions; and responses of the three custody centres. The following document is an opportunity to hear what youth felt was good about the facilities they live in; their ideas to improve their lives while in custody; and their ideas about what would help them transition successfully out of custody and into the community.

McCreary would like to acknowledge the support of Youth Custody Services within MCFD and the staff of PGYCS, VYCS and BYCS for supporting the Next Steps process. We would also like to thank Nicole Herbert of the Federation of BC Youth in Care Networks for the valuable expertise, guidance and time that she contributed to this project. Finally, and most importantly, we'd like to thank the youth for the hours of time they gave to the Next Steps process, for their respectful participation, thoughtful contributions, and their motivation to make a difference.

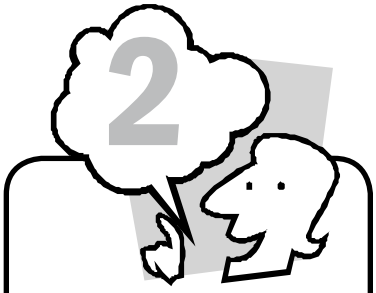
Bridging Research & Action

The Next Steps is a youth workshop model developed by McCreary Centre Society as a way of bridging the gap between research and youth action. It was designed as a follow-up (or 'Next Step') to McCreary's school-based Adolescent Health Survey (BC AHS), a survey of BC students in grades 7-12. In total, over 72,000 youth have completed the BC AHS, providing information about a decade of health trends among BC youth (1992, 1998 and 2003). The survey includes questions on topics such as health status and health conditions; connections to family, school and community; and risk behaviours. The results provide valuable health information that is used in decision making by government agencies, health professionals, schools and community organisations.

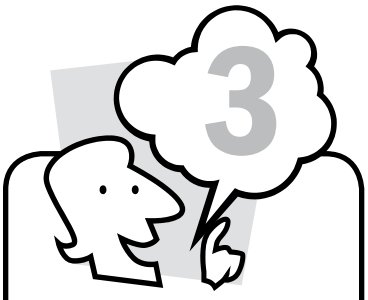
Through workshop activities, the Next Steps makes health research relevant to young people and uses it as a springboard for creating ideas for action. The Next Steps brings research back to youth in an empowering way — by facilitating a dialogue to explore the research results and assisting youth in generating ideas for action on issues that are important to them.

The three key components to the Next Steps are:

Bridging Research & Action – Research results are brought back to youth for them to discuss and critique.



Positive Youth Development – The workshop process focuses on positive action and encourages ideas that build the resiliency and strengths of young people.



Building Partnerships & Capacity – Workshops build on existing relationships and community strengths to promote the healthy development of youth and to build capacity in communities to be inclusive of all youth.

Youth in Custody Survey

In 2000, McCreary adapted the school-based BC AHS to survey youth in custody. At the time, approximately 300 youth were housed in seven custody centres in the province. In total, 243 of them completed the questionnaire. The survey was updated and repeated in 2004, by which time there were only three custody centres in the province as a result of changes to the Provincial Youth Custody Services.

Participation was voluntary, anonymous, and confidential. In total, 137 youth (14 girls and 123 boys) aged between 14 and 19 participated in the 2004 survey of young people in custody in Burnaby, Victoria and Prince George. Forty-seven percent of those surveyed identified as aboriginal, reflecting aboriginal youths' over-representation within the custody population.

The 2004 survey asked youth about their physical and mental health; connections to family and school; and risky behaviours such as drug and alcohol use, smoking and unprotected sex. Questions were also included focusing on what life is like for youth in custody. For example, youth were asked about their feelings of safety and experiences of bullying, the complaint process, their views of programs offered in the custody centre, what would keep them out of custody, and their hopes for the future.

Mural painted by youth.

The survey results showed that most young people in custody have experienced chaotic and troubled lives. Compared to other youth in BC, youth in custody are more likely to have:

- A serious physical or mental health condition or disability, including: Attention Deficit Hyperactivity Disorder (ADHD); addiction problems; learning disabilities; depression; Fetal Alcohol Spectrum Disorder (FASD); bipolar disorder; or schizophrenia.
- Parents or other family members with a history of substance use, mental health problems, and criminal activities.
- Been physically abused, often by a parent.
- A family member who has attempted or committed suicide or has died as a result of an accident, overdose, or violence
- Reduced feelings of connection with family and school, and fewer social supports in their lives.

Despite the obstacles these youth face they still remain optimistic about their future; many plan on getting a job, an education, and hope to have a family of their own. Most found school in custody helpful and felt that job opportunities, changing their peer group, and ongoing drug and alcohol counselling would help prevent them from re-offending.

Full details about the 2004 Custody Survey can be found in *Time Out II – A Profile of BC Youth in Custody* available from McCreary's website at **www.mcs.bc.ca**

Why a Next Steps?

While conducting the 2004 Youth in Custody Survey, it was found that the youth who participated were very interested in the research results from the original survey completed in 2000 — many asked for copies of the report. At the same time, Youth Custody Services also expressed interest in getting feedback from youth about their lives in the custody centres and what would help them successfully transition back into the community.

As a result of this interest, McCreary was contracted to facilitate Next Steps workshops in all three custody centres in BC. Historically, the justice system has focused on what youth have done wrong. This can make it challenging to harness a youth's strengths and help them develop in positive ways. A shift to more meaningful youth engagement in the custody centre will encourage positive youth development by helping to build protective factors, resiliency, and strengths in young people.

By using the Next Steps workshops, opportunities for dialogue would be created between youth and the custody centre; youth in custody could then be actively engaged in decision-making on issues directly affecting their lives.

The Next Steps process is mutually beneficial: youth and staff gain more understanding of each other; youth build personal capacity and skills; and a healthy trust between the custody centre and youth continues to be built.

Some of the artwork painted by youth while in custody.

Setting the Scene

BC Youth Justice Services

MCFD provides support and services to BC's young offenders through Community Youth Justice Services and Youth Custody Services. BC is credited with having one of the lowest rates of youth incarceration in Canada and BC Youth Custody Services is proud to be the first youth custody services in North America to gain accreditation by the Council on Accreditation.

Young people in custody range in age from 12 to 17 or older. Youth under the age of 12 cannot be charged with a crime; however, youth who were under the age of 18 when they commit a crime can stay in a youth custody centre beyond the age of 18.

A change in legislation has contributed to the decline in the number of youth in custody from approximately 400 in 1996/97 to 220 in 2002/03; after the Youth Criminal Justic Act was proclaimed in April 2003, the average count declined to 155 in 2004/05.

Open custody centre living unit.

As a result, the number of facilities has decreased from seven to three. Now, fewer youth are detained overall but those that are represent some of the youth at highest risk; many of them with very troubled pasts, difficulties with substance use, and complex health problems such as ADHD and FASD.

Sentencing

Custody is the most serious sentence and is reserved for youth who commit violent offences, serious repeat offenders, and youth who fail to comply with non-custodial sentences. The average time spent in custody is 90 days and the maximum is 3 years (longer for murder). Custody sentences can be "secure" or "open."

Secure custody is intended for youth who cannot be supervised in a community setting or in open custody. These youth may have been found guilty of serious offences or pose escape risks. Secure custody relies on close supervision by staff and is supplemented by locked doors and electronic surveillance.

Youth who are in open custody have more access to community resources and less security measures than those in secure custody. For example, they are usually housed in unlocked rooms, have fewer restrictions on their movements within the custody centres, and are allowed access to activities not normally available to youth in secure custody such as escorted community outings. Youth in open custody are provided case management planning that

emphasises community involvement, re-integration leaves and the potential for an early release from custody.

Programming in the Custody Centres

The mission statement of the BC Youth Custody Services is:

> Youth Custody Services provide a safe, secure, healthy and positive environment with a range of integrated, evidence based programs which address the needs of youth, their families and the community, thereby promoting lawful behaviour and contributing to public safety.

In accordance with this, each custody centre offers a wide variety of programs to meet the needs of the youth:

- Basic programs that address essential needs (health care, food services, religious, etc.).
- Core programs which aim to directly influence attitudes and skill deficits known to contribute to offending behaviour (life skills and substance abuse management programs, etc.).
- Specialised programs that address the distinct needs of an individual youth or category of youth (services for Aboriginal youth and female youth, etc.).
- Re-integration programs to support the youth's transition back into the community (Intensive Support and Supervision Program, work programs, etc.).

Programs and services are delivered by custody centre staff, contracted professionals, and volunteers. All three custody centres provide a range of programs and services from all four listed categories. However, which programs are offered and their content vary from centre to centre.

Art room in custody centre (top); mural painted by youth (middle); and courtyard (bottom).

The Three Custody Centres:

The centres vary significantly in their locale, regions they serve, layout, programs, and atmosphere.

Each centre was unique and had to be treated independently when scheduling workshops.

Some youth issues and recommendations transcended all centres and others were centre specific.

Burnaby Youth Custody Services (BYCS)
Built: 1954 (relocating to a different facility in September 2007)
Serves youth from: Vancouver Coastal, Fraser and Interior Regions
Capacity: 84 youth
Accommodation: Secure and open facilities with gender segregated units.
Programs and facilities: Health services, school, swimming pool, gymnasium, weight room, life skills, arts and crafts, and sweat lodge. Has access to the greatest variety of programs due to location in Greater Vancouver Area.

Victoria Youth Custody Services (VYCS)
Built: 2002
Serves youth from: Vancouver Island Region
Capacity: 48 youth
Accommodation: Secure and open facilities with co-ed living units. Clinical services living unit with access to on-site mental health practitioners.
Programs and facilities: Health services, school, athletic/sports/fitness activities in the gymnasium, arts and crafts, girls group, woodcraft/horticultural, life skills, computer lab, drama, and photography. Sweat lodge construction to begin soon.

Prince George Youth Custody Services (PGYCS)
Built: 1989
Serves youth from: Northern and Interior Regions
Capacity: 36 youth
Accommodation: Secure and open facilities with co-ed living units. Bowron Place: a 12 bed group home style open custody setting that gives residents higher levels of personal responsibility as a transition to the community. It is located on the property of PGYCS, but not within a secure area.
Programs and facilities: Health services, school, athletic/sports/fitness activities in the gymnasium, weight room, and sweat lodge. Only centre to offer forestry job training. Off-site activities include camping, work experience, and community work projects with organisations such as the SPCA.

Entrance to a custody centre.

Workshop Agenda

The Next Steps workshop lasted three hours during which participants discussed issues about living in custody, made recommendations about how to improve the centre they lived in, and identified what supports they needed for a successful transition back to the community. To conclude, the youth invited a custody centre representative into the workshop to listen and respond to their ideas for change.

Participants

All youth in custody were given the opportunity to participate. To accommodate everyone, six workshops were done in Burnaby, four in Victoria and three in Prince George (13 in total). Overall, 126 youth participated in the workshops of which 20 were female. Seven workshops were co-ed, one was all-female and five had only males.

Workshop sizes usually ranged from nine to 13 youth; four females attended an all-female workshop.

Facilitators

Each workshop had three facilitators—two McCreary staff and one from the Federation of BC Youth in Care Networks (FBCYICN), a youth organization committed to advancing the needs, issues and capacity of youth in and from government care, including youth in custody. The FBCYICN also works to support young people as they transition from custody back into the community.

Having three facilitators for the workshops allowed for a high adult-to-youth ratio; this made it easier to watch group dynamics and prevent victimization. The youth were organized into smaller groups, each with a facilitator to ensure that everyone had the opportunity to participate at a level they were comfortable with.

As the Next Steps workshop required very few supplies, it could be conducted in any location (e.g. classrooms or living units). All supplies had to be approved for entry into the custody centres.

Supplies

- Trivia game questions printed on giant cardboard: these were useful for youth with language difficulties or anyone needing a visual learning aid. They also allowed teams to reread the questions as often as they wanted to.
- Flipcharts: For score keeping and recording of ideas.
- Scented markers: These provided a popular ice-breaker as youth enjoyed discussing their favourite scent and getting artistic as they recorded their ideas.
- Approved snack food and drinks.

Workshop Agenda (Approx. 3 hours):

15 minutes	Introductions
45 minutes	Trivia Game: discussing the 2004 Youth in Custody Survey results
45 minutes	Feedback on issues
15 minutes	Snack Break
60 minutes	Youth Presentation to Centre Representative
5 minutes	Summary and Debrief

Agenda

Introductions (15 minutes)

Facilitators introduced themselves to the youth and explained that the workshop was an opportunity for them to be heard. Participation was voluntary. It was explained that custody staff would not be in the room, so the youth could speak honestly and openly about their lives in custody. The youth were told a representative from the centre would come to hear their feedback later in the workshop. All participants showed a genuine interest in being involved.

Trivia Game: discussing the 2004 Youth in Custody Survey results (45 minutes)

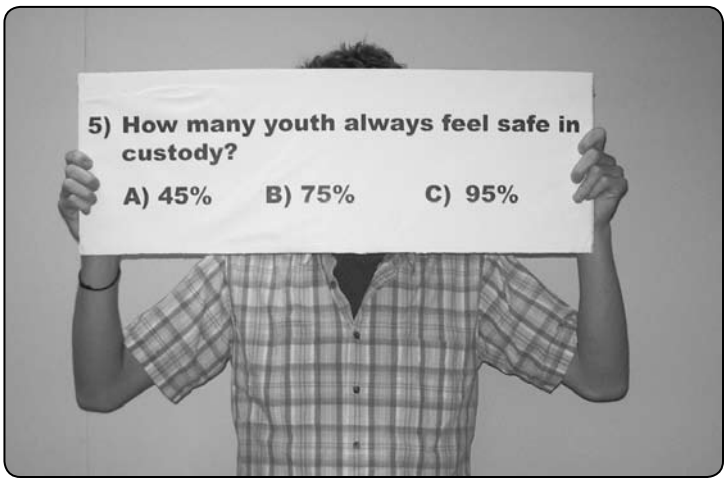
To explore life inside the custody centre, the participants played a trivia game about the results of the *Time Out II – A Profile of BC Youth in Custody* report. Participants were divided into teams, and each team competed to win a prize (that could be shared). The trivia game questions were multiple choice, for example:

"What percentage of youth feel that they have been bullied in custody?

A) 31% B) 51% C)71%

(A full set of the trivia game questions can be found in Appendix A.)

The teams debated the answer amongst themselves, then shared their reasons with the rest of the participants. Every team answered each question at the same time, and points were awarded to teams who guessed the correct answer. Knowing that some teams may fall behind from the start, there was a final question where teams could "wager" their points.



Trivia game card.

Feedback on Issues (45 minutes)

After the trivia game, youth were able to discuss their own experiences in the custody centres and to give feedback on the topics of safety, bullying, the complaint process, program options, ways to prevent re-offending, and their future goals. For each topic, the participants were encouraged to identify what they thought the custody centre did well, ways in which the custody centre could improve, and new ideas for the custody centre to implement.

The youth then decided what information they wanted to share with the custody centre representative. The facilitators offered youth tips and techniques for providing

feedback in a constructive manner, and explained that their ideas would more likely be taken seriously and generate action if presented in a respectful and appropriate way. Participants were encouraged to offer a rationale for their ideas, recognise some of the constraints facing the custody centres, and to offer alternatives and solutions to issues they identified wherever possible. Facilitators explained that the centre representative may not be able to act on every idea the youth put forward, but they would respect and seriously consider the youth feedback. Youth were also told that the centre representative would summarise the youth feedback to management and that McCreary would compile comments into a widely available report.

Snack Break (15 minutes)

A short break allowed youth to relax, eat some snacks, work on their presentations, and chat with the FBCYICN. Another facilitator used this time to explain the Next Steps process to the centre representatives as they waited outside until invited in to hear feedback.

Youth Art project.

Youth Presentation to Centre Representative (60 minutes)

Youth were given an opportunity to self-advocate and express themselves directly to the centre via one or more centre representatives, usually the Person in Charge. The centre representative responded to the youth's ideas and explained what action might occur and which of the requests were not possible for a specific reason, e.g. because of federal laws. Originally, only 30 minutes had been allotted for this portion of the workshop, but the agenda was altered after the first workshop because it required nearly an hour. The feedback process proved to be mutually beneficial–the custody centre was able to gain ideas directly from the youth and the youth felt they had made a meaningful contribution to the centre.

It was interesting to see the creativity in the youth presentations; for instance, some groups quizzed the centre representatives on the trivia game questions and others rearranged the room to make it more or less welcoming.

Summary and Debrief (5 minutes)

After the centre representative left the room, the youth were asked if they felt that the workshop was useful and if they felt that there would be any meaningful change out of it.

With only a few exceptions, youth were optimistic about seeing change as a result of their feedback and most felt the workshop was helpful. Some youth commented on how fulfilling it was just to voice some of their concerns. A few expressed frustration that they may be out of custody before they saw any changes from their feedback.

Living In Custody:
Youth Feedback & Centre Action

The following information from the workshops speaks to issues concerning life inside the custody centre. It is presented in point form and includes direct quotes from youth as much as possible. In small groups, youth discussed safety and bullying in custody and the custody centre's complaint process.

Safety & Bullying

According to the 2004 McCreary Custody Survey, 31% of youth said that they had been bullied in custody. Youth in the Next Steps were very surprised by this and stated, "Every kid gets picked on when they first come in." Many youth felt that "if it's gonna happen, it's gonna happen."

Participants did agree with the survey results that indicated that 75% of youth said they always feel safe in custody. In fact, most youth felt that the custody centres did a good job of keeping them safe and often said that nothing could be done to make them feel safer. According to one youth: "Staff do the best of their ability to keep us safe."

It is also important to realise that for many youth, life in custody is much safer than their lives in the community: life on the outside often involves violence and an unstable, chaotic home environment. Consequently, life in custody feels more secure and, as one youth said, "It's safer in here than the outs."

Youth did give specific examples of what helps make them feel safe. For example, youth said that they felt safer knowing that in a serious situation, the staff would either move the bully or the victim out of a living unit: "[Staff] lock you down and give you time, put you in seg [segregated accommodation], or switch you into another [living] unit if there is a problem." Youth also said staff were always around and were "always suspicious and expecting the worst." While this may make youth feel untrusted, youth also commented that they felt safer because of it.

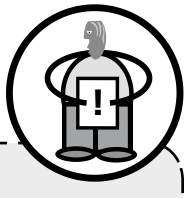
> "Everyone has been bullied, even if you are big someone is bigger."

What youth said about safety:

- When an item goes missing, it would be best to have one thorough search of the whole custody centre rather than repeated small scale searches. One female in particular commented that repeated searches made her feel more nervous because she would begin to wonder how many items were missing, what they were, and who had them.
- "[Have staff] that paid attention more [on the living unit]; have cameras around and full investigations into an issue."

What youth said about bullying:

- "Kids should not be disciplined for defending themselves" when they are the victim.
- The females felt that stigma and teasing would be reduced if there were structured classes where youth who get bullied and bullies could form friendships and break down the barriers between them. They felt that "lumping [physically] bigger kids together had its benefits but smaller kids sometimes get teased even more if they are segregated from the bigger kids."
- The females wanted conflict resolution training to deal with issues such as bullying and wanted to learn how to solve the problems they were having on their living units with their peers. They felt that regular youth-run mediation on their living unit would prevent small problems from flaring up. They said, "kids don't listen to adults," and they would rather "listen to another kid" or resident from the custody centre.



Action Taken

The Leadership Team at one of the centres is seriously considering developing a peer counselling program for youth. Youth would be trained and would participate in regular round table discussions on the living units with staff and youth.

Complaint Process

Out of all the topics for discussion, the complaint process generated the most dialogue and consensus. Youth from all three custody centres did not trust the complaint process — stating it was unfair, intimidating, and ineffective.

As youth enter the custody centre, they are provided with an orientation package that explains their rights, responsibilities, and the basic day-to-day information they need for living in the centre including how to make a formal written complaint.

At the time of the Next Steps, the complaint process required a youth to:

1. First discuss the concern with the staff member involved in a calm, respectful manner and at an appropriate time.
2. If the matter is not resolved, request to discuss the issue with the on duty Person in Charge. If this does not resolve the issue, ask for a complaint form from a staff member.
3. Submit the complaint form to the staff member that the complaint was first discussed with.
4. The form will be forwarded to the Director.
5. If not satisfied with the Director's response, youth may speak to the Inspector of Youth Justice Programs or the Ombudsman's Office (both work outside the centre).

NOTE: Youth are able to call the Inspector of Youth Justice Programs or the Ombudsman's Office any time they have a complaint, they do not have to submit a complaint form within the custody centre first.

In the workshops, youth spoke of staff members refusing to give out complaint forms; of youth being mocked for submitting a complaint; of never hearing back on formal complaints; and of experiencing repercussions if they submitted complaints. The over arching belief was that "nothing ever happens" when they hand in a complaint form and that "staff stick up for each other so why bother?" Youth who were new to the centre felt the same because long-term residents in custody had told them that the complaint process never worked in a youth's favour and as a result, new residents reported that they never bothered to submit a complaint form either.

Youth also said that staff suggested that if one staff member did not help them with their complaint form they should keep asking different staff members until they found one who would help them. They reported being told to "complain three times about an issue before [they] will hear back." Youth felt it was unfair to put the entire onus on them to make sure their complaint was heard.

In each of the 13 workshops youth asked to be able to submit their complaint forms confidentially; to someone who would be objective; and in a way that would not generate staff retribution. Youth asked to have complaint forms kept in a location where all youth could have easy access to them and to return them in a drop box.

"How many complaint forms need to be handed in for something to be done?"

Youth Feedback on the Complaint Process

What youth said about obtaining forms:

- "It is good that the complaint process is posted on the wall for us to read."
- "Staff don't always give us complaint forms."
- "If it's a legit[imate] complaint you won't get the form."

What youth said about the outcomes of complaints:

- "Complaint forms are not private, you are treated disrespectfully if you complain."
- "We complain but staff harass you and punish you by locking you down if you do, and when you hear back on the complaint, it is too late and you've done your lock down time."
- "Staff should be more professional, when they know you are going to complain they mock you to try to dissuade you: 'oh we've got a complaint form writer here — you wrote a complaint against my friend, we can play that game.'"
- "[Person in Charge] and fellow staff take each others' side and don't listen to our complaints. I haven't complained because [Person in Charge] will be on staff's side."
- "Complaint process should be more understanding/fair, and listen to youth more cuz staff are not always telling the truth."

"I don't complain, did crime, I do the time. Suck it up buttercup."

Improving the Process

What youth said about access to forms:

- "Complaint forms should be available on living units etc. in folder, on public bulletin boards or slot boxes on the wall so you don't have to ask staff for it."
- "Should not have to tell staff when we write a complaint form, it becomes a conflict of interest, it should be anonymous until the complaint form manager gets it."

What youth said about making complaints:

- "Shouldn't have to name problem staff—all staff should be sat down and told about all complaints."
- "Complaint forms should go to someone higher up where the complaints will be listened to and not ignored, someone fast working."
- Forms should go directly to someone other than staff, such as the Inspector of Youth Justice Programs.
- Want unbiased person to talk to about complaints (1 time a week), ombudsman used to come to the unit once a week and listen to problems.
- Want a mandatory review if 3-4 complaints about same thing.
- Would like a staff advocate that assists us.
- Want to complain without getting good staff in trouble.
- Want a more thorough follow-up regarding complaints;
- "Forms seem to be there to humour us rather than to fix problems."
- "'Frivolous complaints ruin credibility for others,' so residents need to support their peers to only submit complaints that are real."

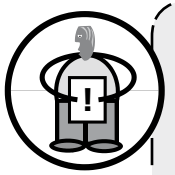
What youth said about staff

Prince George youth came up with the idea of having a select panel of staff to whom youth could make informal, confidential complaints as well as to whom compliments could be directed. This panel would share the positive comments received from the youth with all staff, and would mentor and train any staff that needed guidance.

The youth had a clear idea of what they liked in a staff member and spoke highly of staff that were consistent and fair. They said that "strict staff who follow the same rules, and expect us to follow the rules too are good." They had no patience for hypocritical staff.

Youth felt strongly that they wanted good staff to be recognised and staff who needed to improve to learn. They felt the best people to teach staff about what they could improve on was other staff. The youth suggested they could nominate staff to be on a "staff peer counsellor" panel, and these individuals could receive peer counselling training. These individuals would be role models and work directly with other staff to improve staff behaviours.

"We've been betrayed by people so don't have trust in adults."



Action Taken

The youth feedback confirmed what Youth Custody Services had suspected — the complaint process was not working and it was thus amended provincially. Key components of the newly revamped complaint process are:

- Complaint forms are available on living units, in classrooms, and in all public areas so that youth can obtain a form without having to ask for one from a staff member.
- Youth submit their completed complaint forms into locked drop boxes in their living units and public areas around the three custody centres.
- Drop boxes are emptied by the Custody Centre Director or their delegate.
- The Director or delegate meets with the youth who submitted the form in private to discuss the issue.
- The Director reads the forms and makes a decision in five working days.
- If not satisfied with the Director's response, youth may speak to the Inspector of Youth Justice Programs or the Ombudsman's Office (both work outside the centre).

NOTE: Youth are able to call the Inspector of Youth Justice Programs or the Ombudsman's Office any time they have a complaint, they do not have to submit a complaint form within the custody centre first.

Other Feedback

Some youth discussed the topic of their rights. Some youth read about their rights in the orientation package provided at the centres, others heard about them in an orientation video or class, and some did not know what their rights were.

A large amount of time was also spent discussing the food in the custody centres, canteen options, phone call regulations, in-house mail, secure vs. open custody, unscheduled lock downs, music, video games and TV options. The girls also had some gender specific complaints about underwear, summer clothing, and feminine hygiene issues.

This feedback varied significantly from custody centre to custody centre. However, many of these complaints were easy to act on and most of the centres were able to make changes in these areas.

What youth said they want:

- Larger portions of food.
- More variety of protein bars in the canteen.
- Their phone and visit list to include a list of people who they are not allowed to call.
- More time to make phone calls to professionals.
- To be able to write to other young people in the custody centres and friends in adult jails.
- Stereos in their rooms.

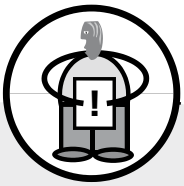
Youth in open custody complained of being treated like they had secure sentencing "because some staff were more used to the secure method of custody supervision and treated us that way" and other times a lack of staff prevented open custody youth from going on outings.

What young women said they wanted:

- To be able to wear tank tops in the summer instead of shirts.

- To be able to wear sports bras or tank tops in their rooms when it is hot.
- Their own underwear that ONLY they wear. (Currently, all dirty underwear is collected and washed as a whole then redistributed randomly to the residents.)
- Not to be forced to play sports with the guys or told to mow the lawn "like you are pushing a shopping cart."

Females also said that some male staff are too embarrassed to get them tampons so they wait for another staff member to do it.



Action Taken

1. In order to ensure that all youth receive a full orientation to the centre and explanation of their rights and the complaint process, one custody centre has decided to have the Case Management Department do the Centre orientation for youth. Orientation was previously done in the Life Skills classroom and some very short-term sentenced youth who did not get Life Skills Programming could be missed.
2. One custody centre looked into the unscheduled lock downs and met with staff on those living units to standardise lock down times.
3. The relocated BYCS facility (due to open in September 2007) has committed to ensuring that youth will have radios in their rooms.
4. In one centre where this had not been the case, females were given their own underwear — three pairs are now issued on admission if females have more than a few days in custody. A single pair is issued to overnight residents.
5. Staff at one centre have been given a ½ day of sensitivity training around gender specific issues regarding female youth in custody.
6. Centre representatives encouraged youth to continue to give feedback to the centres about food problems and to be specific about their concerns. For instance, "tell us that the meat is so hard that you can't chew it instead of 'I don't like the meat, it is gross.'"
7. During the summer of 2006, Youth Custody Services conducted a provincial food services review with the Next Steps as a source of information included in the review. Some of the major findings from this review are summarized as follows (quoted from review):
   - The service providers/contractors and each of the three centres are meeting and or surpassing the level of compliance required by provincial policy and Canada's Food Guide to Healthy Eating.
   - The menu rotation provides a reasonable variety of palatable meals and snacks.
   - The contractors, service providers are continually evaluated and any concerns are addressed.
   - The resident complaint process provides residents the opportunity to voice their concerns and for the concerns to be addressed locally. The nature of the complaints reviewed over a one year period indicated that complaints revolved around specific, isolated incidents or personal tastes rather than the standard of food service, the quality of the food or the quantity of food provided.
   - The existing Resident Exit Survey results did not provide adequate information about resident concerns around the quantity or quality of the food. These questions are being amended to address this issue more clearly.
   - In PGYCS extra snacks have been added to the afternoon in response to residents indicating the more active programming at the centre leaves them feeling hungry.

Living Out of Custody:
Youth Feedback & Centre Action

The following information from the workshops outlines youth opinions on what would help with a healthy transition to a life outside (on the "outs"). It is presented in point form and includes quotes from youth to represent their true voice as much as possible. In smaller groups youth discussed: programs; future goals; and preventing re-offending.

Programs

Programming for youth in a custody centre is challenging. It requires careful juggling of residents' personal needs, plus the availability of equipment, staff, and the safety of everyone involved. Therefore, the programs and program content offered in each centre varied depending on geographic location; staffing levels; available equipment and funding; history; management priorities; and interests of staff. Contracted professionals, volunteers, and custody centre staff deliver the programs and services.

Classroom

Centres that are closer to large urban areas have a greater selection of volunteers to choose from.

In some instances, females reported they could not participate in outings because there were no female staff available to accompany them. At times, work programs were also cancelled because there was not enough female staff available to transport youth to the jobs. Following a successful challenge, a gender barrier preventing females from participating in the forestry program has now been removed.

One of the difficulties of programming in the custody centre is the interruptions youth experience with professional visits from lawyers, social workers, probation officers, etc. Not only do these disrupt the entire class—and inconvenience staff and volunteers—but they also hamper learning for the youth removed. It is difficult for any youth to be removed mid-program only to be brought back 15 minutes later when it is too late to catch up. This is particularly hard for youth with additional challenges such as ADHD and FASD (conditions experienced by many youth in custody).

Some programs had been discontinued because of abuse of privileges given to youth

in the past. Sometimes a program would be re-instated due to the efforts of a motivated staff member convinced that it could be successful (e.g. floor hockey).

Staff felt it was imperative that youth understand that in order to keep a privilege, they must not abuse it. One staff member reminded the youth about self-policing and explained that they could not rely on staff to monitor all the equipment and behaviours. Some of the youth echoed this as well: "We have to treat stuff well, and we have to be good because if we mess up we will get it taken away!" This was commonly explained to the guys as the reason why the young women still had nice couches and curtains in their living units — the young women have taken care of these items and the guys have not.

In small groups, youth were asked which programs they felt were the most useful, what they would like to add, and what they would like to remove. These responses were difficult to summarise because each custody centre varied in facilities, equipment, staffing levels, and programming philosophies. For instance, VYCS had a wide range of trades workshops, but no weight room unlike the other two centres; the BYCS Life Skills program got rave reviews whereas it did not exist in PGYCS; and PGYCS had a great forestry program which no other centre had.

What youth said about school:

- "Like school in custody because you are working at your own pace, no distractions (no dope to smoke, no crack, no alcohol)."
- "You have nothing better to do, and don't cut class."
- "If in for a while you can finish stuff."
- "Can actually focus on it."
- "Like school better in custody: it is easier, passes the times, feel secure, have to go."

> "Rec programs teaches you to see what you like [and to try things]."

> "Like school in custody because you are working at your own pace, no distractions."

Recommendations from youth about school:

- "Youth who have trouble in school, go easy on them."
- "We'd like more complete rooms [full of activities and supplies]."
- More actual school credits in class.
- Set it up like high school so can go to all different classes.
- Allow youth to make their own mixed CD as a reward for major scholastic achievements.

What youth said about Life Skills program:

- "Everything was great."
- Teaches you to be a good person.

What youth said about drugs & alcohol programs:

- Staff that teach it have done some of the drugs we have and they help us understand.

Programs to keep:

- Outings such as camping, hiking, horseback riding
- Hip hop
- Computer programming
- Gym, fitness, swimming and sport tournaments
- Cooking
- Meditation/relaxation and yoga
- Forestry training (PGYCS)
- Bowron Place (PGYCS)
- Independent Life Skills Program

> "We are healthier [here] because we eat well and exercise."

For the most part, youth wanted more activities. Although some youth qualified that by saying that they liked having lots of activities, but would like them more evenly distributed to include weekend and after-dinner activities and not just heavily packed weekdays.

Some discussions took place around activities like football and floor hockey, which were not allowed in every centre. Staff suggested some activities could be re-introduced with better self-policing by youth. Youth asked to earn the privilege to play and agreed they would lose it if they abused it.

What youth suggested for activities:

- More public activities.
- "More hobbies [artwork, sculptures, models] where you can keep what you make and have more choices."
- Youth that are skilled in hobbies want to be able to help other youth to learn to make stuff (for example in wood-working, more experienced youth could assist inexperienced youth)
- "A studio class, so we can make music or have dance class."
- "More team games, we should get to play sports with the community [hockey, football, basketball]."
- "Want more public speakers that we can relate to."
- "Better libraries, better selection of books, youth run library? New books; real literature, not just best sellers."
- "Want pets (PGYCS does have a successful program where residents work alongside the SPCA)."
- "Would like a coach/athlete to come in and teach us how to play sports."
- "More cultural programs offered to everybody."
- Want school credit (e.g. replace Rec unit with Career and Personal Planning 11 and 12, Home-Economics or Art 10 and 11)
- "College programs we could do in custody by correspondence."
- More programs for young women, separate from guys' programs

Youth-run programs suggested:

Youth expressed interest in peer led activities and greater involvement in centre life including:

- Youth-run conferences in the centres in which residents learn how to organise and present workshops for other youth.
- Programming where the youth choose the programs they participate in and help to plan their own activities.

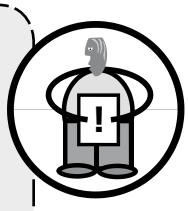
Physical activity

Lastly, there was a lot of feedback about the fitness rooms in PGYCS and BYCS, and the absence of one in VYCS. Youth made some constructive comments about how the staff breaks significantly limit their weight room time. The centre representative responded by committing to look into it. For safety reasons, two staff are required in the gym when weights are being used, but many staff chose gym time to take their breaks. As one youth said: "If you won't consider revoking this rule, will you please rearrange the staff breaks so that they don't take their breaks while we're in the gym because there are some of us residents that try really hard to keep our [privilege] levels up and be respectful so that we can work out properly." One centre representative also reminded youth they could use the exercise circuit as an alternative to the weight room.

Some youth wanted all staff trained in how to use the weight room so that they could go more often. Some wanted more opportunities for physical exertion, for example a running club in the morning. The youth at VYCS who did not have a weight room presented the case that they needed one to stay fit, reduce stress, reduce body weight, and increase self-esteem. They asked if they could go to a local gym as an outing if the custody centre does not feel it has the space or money to install one at the centre.

> "When you are in jail you are the healthiest you have ever been, because you are not smoking, not doing drugs..."

Action Taken



1. One centre increased outdoor field use for secure youth and organized a very successful "Sports Day." Regular staff vs. youth soccer and hockey games are now occurring in one centre.
2. One custody centre is looking into the idea of in-house youth-run conferences and workshops.
3. Another custody centre recently revamped their Career and Personal Planning course and hired a teacher to do more Physical Education (PE) programming with the youth. First Aid and Food Safe have also recently been offered in one centre.
4. Another centre that did not have cooking classes has now introduced them.
5. A new teacher with FASD training has been hired to work one-on-one with students experiencing difficulty in the classroom environment in one custody centre.

Future Goals & Staying Out of Custody

This topic generated the least amount of discussion. Most youth were focused on their immediate day-to-day needs such as food and activities in the custody centre. It was difficult for the young people to talk about their long-term goals and plans and ways to keep them from re-offending. Youth were sometimes unaware of what services were available to help them transition successfully back into the community while others said that regardless of what help is available, it's up to them to change in order for their lives to improve. They said, you must "choose to be good or not to be good" because "probation does not stop anything from happening." Youth repeatedly said, "It's up to us, we have got to want to change." And some explained that sometimes "It's easier to come back to jail cause you know it."

> "All of my friends are part of my crime, when I go home I want to change friends, but I don't - they say let's steal a car, and we do."

Youth did say that what would make a difference in their lives was healthy, positive relationships. They wanted more support from people who are a good influence in their lives (e.g. parents, siblings, aunts, boyfriends/girlfriends). Some youth also recognised that they need to "hang out with different people and change their friends" in order to stay out of custody; but many pointed out how hard that is to do.

The McCreary 2004 Youth in Custody Survey found that the majority (73%) thought that they would be in a job in five years, and 63% felt that job training or job opportunities would be the most likely thing to keep them from re-offending.

The youth in the Next Steps workshops echoed this sentiment, saying that a job would really help them stay out of trouble on the "outs." They felt that good planning would help to keep them out of custody and successful in life. Youth wanted the custody centres to facilitate this process by teaching them new skills and finding volunteer and paid work opportunities for them whenever possible. They felt that some of them deserved more flexible sentences that allowed them to live in custody and still work in the community. Youth felt that "if you're behaving, take you out on work program, have jobs set up before you get out, that you attend while still here."

What youth said about job training:

- The resumé program was good
- Want life skills – cook, clean, sew
- Want Food Safe/First Aid training
- Want work certifications and tickets
- Want more trade programs (auto mechanics, wood work/carpentry, metal work, welding)
- Females wanted landscaping classes

Generally, youth wanted more work experience and volunteer outings. Youth felt that doing a good job of volunteering meant they would be more likely to be hired afterwards. Opportunities such as volunteering in kitchens, Habitat for Humanity, coaching and timekeeping for local sports events were options they had tried and enjoyed.

Release Planning

Youth spoke about the difficulties of being released from custody and how they often felt confused at first: "false preparation happens a lot, you forget what life is like on the outs."

Youth wanted to be eligible for open custody sooner so that they had more opportunities to re-integrate back into the community. Examples of open custody programs in the community youth said assisted them to re-integrate were Alcoholics Anonymous and work programs.

What youth said about being released:

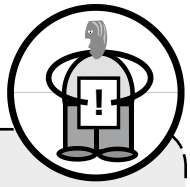
- When youth are released they should have a good plan for what they are doing when out.
- "For long timers, have someone to sit down and help you plan for your release, talk to."
- "Be matched to someone who could help."
- "ISSP [Intensive Support and Supervision Program] is good but too hard to go from constant supervision to ISSP."
- "If had a job that would keep me busy and out of trouble."
- "Bowron Place in PGYCS helps us to be independent."
- Re-integration into the community (long and short term), more re-integration leaves.
- Staying healthy.
- Services that help: Treatment, Counselling, Anger Management, School

When asked how to improve the release planning process, one youth said, "people should actually listen to what we say and not presume they know what we want."

> "It's a job, if you want to stay out you've got to have a steady income and keep out, keep busy and keep you distracted."

> "Have a plan for when you get off [the] bus."

> "We have counsellors but wouldn't talk to them about anything serious."



Action Taken

1. The Case Management Teams (CMTs) in each centre are working with youth and community partners regarding release planning. CMTs submit ideas for new programs to program directors and supervisors for consideration.
2. A social worker is now making more regular rounds of one custody centre in response to youth's request for more visits. Another custody centre has hired a part-time social worker to focus on advocacy, one-to-one work with residents, and assist with release planning, particularly with youth going into provincial care.
3. The new BYCS will include an enhanced open custody living unit (similar to Bowron Place in PGYCS).

Reflections From Custody Centre Representatives

In each custody centre, one or more centre representatives were invited into the workshop to listen to the youth speak about what they would like changed in the centres and what would help them make a successful transition out of custody. These staff members were later asked to reflect on their role in the workshop and what they felt would improve the Next Steps process.

Personal Experience

Centre representatives found the experience to be personally fulfilling and valuable. By listening to youth talk about the issues of importance to them and presenting constructive ideas for change, the representatives felt their understanding of youths' concerns grew. Representatives thought they gained more empathy for the youth overall and that youth were much more mature than they are sometimes given credit for. They were clearly impressed with some of the youths' new and innovative ideas. One centre representative felt it confirmed that youth understand their own needs and that they should be more involved in decisions that affect them in the custody centre. It was felt that feedback sessions should be run annually because they are useful for setting the centre's direction.

Appropriate staff level

In 10 of the 13 workshops, the youth gave their feedback to one or more Persons in Charge. In the other three workshops they spoke directly with one of the custody centre managers (who supervise centre personnel and operations). Reflecting back, the centre representatives thought that it would be better to have more than one person hear the youth feedback during the workshop and that at least one of these individuals should be a manager. They felt that it would be beneficial for managers to hear youths' concerns first hand. It would also benefit the youth to have a manager in the room who had the authority to commit to change in the centre and show that the custody centre was taking the process seriously. This last sentiment was reaffirmed by the youth, some of whom doubted the Next Steps would result in change unless a manager heard their feedback directly.

Session attendance

It was felt by all the centre representatives that one individual should sit through as many feedback sessions as possible in order to get a full picture of what the youth were saying. They also explained that the experience was so rewarding and valuable that it should be shared with other Persons in Charge and managers. Having a team of centre representatives (Persons in Charge and managers) that attend the feedback sessions may be a beneficial option.

Improvements

The centre representatives expressed some frustration with the slow pace of change in the custody centres and realised how hard it is for youth to know that they might not see any change in the time they are in custody. This was particularly true in BYCS, where many youth were told their ideas would not be incorporated until the centre is relocated in September 2007.

Centre representatives suggested that custody centre management should choose a representative with strong listening skills and a respectful attitude. Ideally, the individual should be given time to prepare for his/her involvement in the session, be briefed on the expectations of the role, and an idea of what action the custody centre is prepared to take in response to youth feedback.

Finally, the centre representatives cautioned that before starting a Next Steps process it must be ensured that the custody centre management is supportive and prepared to really listen to, trust in, and act on what youth say. Youth and centre representatives need to feel valued and to know that the process has integrity, otherwise meaningful participation is undermined and youth and centre staff will be less likely to want to be involved in the future.

Stepping Forward

This Next Steps provided a positive experience for all involved—facilitators, staff, and youth. A number of key messages have been articulated which show the value of using the workshops not only as a health discussion, but as a method of evaluating existing services and ensuring positive development continues. Below is a summary of the messages which came out of the workshops.

For youth

Positive influence on health:

Recognise the positive influence that custody can have on the physical and emotional health of youth; continue to give opportunities for youth to make improvements in these areas.

Youth training:

Work with youth to build their capacity to articulate and recognise their needs. Teach youth how to think critically, complain constructively, and self-advocate. Help youth to problem-solve and recognise the constraints of the facilities.

Involvement in decision-making:

Enhance opportunities for youth to give feedback on decisions that affect their lives.

Further develop feedback sessions between youth, senior staff, and management where frank discussions can take place that continue to build an atmosphere of trust and develop skills in the youth.

Work with youth to identify their individual needs and arrange their programming in custody to address these.

Youth run programs:

Create opportunities for positive peer relationships where youth can mentor other youth, organise youth-run programs or set up peer support networks. While the constant flow of new faces can provide a challenge when facilitating a youth-run program, once the program is running, more experienced youth could train new youth and perhaps youth who have left the centre could continue to be involved as mentors.

For staff

Ongoing training

Provide ongoing training to staff around gender sensitivity, cultural programming, and common health problems experienced in custody (e.g. FASD, ADHD and substance addictions). These will help build understanding, empathy and a beneficial skill base.

Listening to youth:

Build in mechanisms for staff to hear youth feedback. Ensure there are opportunities for staff to hear about positive adult/staff relations and what is working.

Be aware that repeated interruptions in regular classes or programming will disrupt learning and may impede positive changes in behaviour.

Transition Planning:

Engage youth in transition planning early in their custodial sentence. Assist them to plan for their future back in the community.

Next Steps for Staff:

Give staff an opportunity to engage in a process similar to the Next Steps which can look at how to improve their experiences working in custody centres and ensure their views are heard.

Create an environment for positive youth development:

Promote a youth-positive environment where all young people are seen as having resilience and strengths as this can support the healthy development of all youth into successful adults.

Facilitators Tips

The Next Steps is designed to be replicated across settings and with different groups of young people. Below are some tips learned from conducting the Next Steps in a custody setting. Details of how to facilitate a similar workshop can be found at McCreary's web site at www.mcs.bc.ca.

Scheduling the workshops

Speak to the Program Director in each custody centre well in advance, three hours is a large time slot and requires some juggling in the regimented routine of a custody centre. Also find out what type of supplies can be brought into the centres (no aluminium foil wrapped food, no metal pens, etc.) and what procedures must be followed when you enter. For instance, where should you leave your personal belongings? Do you have to count all the pencils before you leave?

Preparing Centre Representatives

Prepare the Centre Representatives before they step into the workshop to hear youth feedback. Explain what the format of the Next Steps is and that the youth will be presenting their ideas about change in the custody centre. Ask them to take notes and to listen actively e.g. by paraphrasing what the youth have said. Ask them to wait until all the youth have spoken to respond to the feedback. Be honest about what can be changed and what cannot (i.e. federal laws). Be clear about what will be done with the information gathered today.

Preparing Management

Identify the appropriate management member and inform them of the Next Steps process. Explain to them that youth will be feeding their ideas for change back to them and would like to know a time-frame for a response.

Preparing the Youth

At the beginning of the workshop, ensure youth are aware of the purpose, length, and agenda of the Next Steps.

Ensure youth are aware that their participation is voluntary and go over any ground rules which are required.

McCreary Centre Society Publications

Reports for AHS III

Healthy Youth Development: Highlights from the 2003 Adolescent Health Survey III (2004)

Adolescent Health Survey III Regional Reports for: Northwest; Northern Interior; Thompson Cariboo Shuswap; Okanagan; Coast Garibaldi/North Shore; Kootenay Boundary; East Kootenay; North Vancouver Island; Central Vancouver Island; South Vancouver Island; Vancouver; Richmond; Fraser; and Fraser North. (2004)

Reports for AHS II

Healthy Connections: Listening to BC Youth (1999)

Adolescent Health Survey II: Regional Reports for: Kootenays Region; Okanagan Region; Thompson/Cariboo Region; Upper Fraser Valley Region; South Fraser Region; Simon Fraser/Burnaby Region; Coast Garibaldi/North Shore Region; Central/ Upper Island Region; North Region; Vancouver/Richmond Region; Capital Region; East Kootenay Region; Kootenay Boundary Region; North Okanagan Region; Okanagan Similkameen Region; Thompson Region; Cariboo Region; Coast Garibaldi Region; Central Vancouver Island Region; Upper Island/Central Coast Region; North West Region; Peace Liard Region (2000)

Special group surveys and topic reports

Against the Odds: a profile of marginalized and street-involved youth in BC (2007)

Building Resilience in Vulnerable Youth (2006)

Promoting Healthy Bodies: Physical activity, weight, and tobacco use among B.C. youth (2006)

Time Out II: A Profile of BC Youth in Custody (2005)

Raven's Children II: Aboriginal Youth Health in BC (2005)

British Columbia Youth Health Trends: A Retrospective, 1992-2003 (2005)

Healthy Youth Development: The Opportunity of Early Adolescence (2003)

Accenting the Positive: A developmental framework for reducing risk and promoting positive outcomes among BC youth (2002)

Violated Boundaries: A health profile of adolescents who have been abused (2002)

Violence in adolescence: Injury, suicide, and criminal violence in the lives of BC youth (2002)

Between the Cracks: Homeless youth in Vancouver (2002)

Homeless youth: An annotated bibliography (2002)

Time Out: A profile of BC youth in custody (2001)

The Girls' Report: The Health of Girls in BC (2001)

No Place to Call Home: A Profile of Street Youth in British Columbia (2001)

Making Choices: Sex, Ethnicity, and BC Youth (2000)

Raven's Children: Aboriginal Youth Health in BC (2000)

Lighting Up: Tobacco use among BC youth (2000)

Silk Road to Health: A Journey to Understanding Chinese Youth in BC (2000)

Mirror Images: Weight Issues Among BC Youth (2000)

Being Out-Lesbian, Gay, Bisexual & Transgender Youth in BC: An Adolescent Health Survey (1999)

Our Kids Too-Sexually Exploited Youth in British Columbia: An Adolescent Health Survey (1999)

Adolescent Health Survey: AIDS-Related Risk Behaviour in BC Youth - A Multicultural Perspective (1997)

Adolescent Health Survey: Chronic Illness & Disability Among Youth in BC (1994)

Adolescent Health Survey: Street Youth in Vancouver (1994)

AHS III fact sheets

Harassment & Discrimination Among BC Youth
Safety & Violence Among BC Youth
Injuries Among BC Youth
Emotional Health of BC Youth
Connections to School Among BC Youth
Sexual Activity Among BC Youth
Physical Fitness Among BC Youth
Body Weight Issues Among BC Youth
Alcohol Use Among BC Youth
Illegal Drug Use Among BC Youth
Marijuana Use Among BC Youth
Tobacco Use Among BC Youth
Survey Methodology for AHS III
Sexual orientation and HIV risk for Aboriginal youth
Sexual orientation and HIV risk for Asian youth
Sexual orientation and HIV risk for European-heritage youth
Stigma and Sexual orientation for Aboriginal youth
Stigma and Sexual orientation for Asian youth
Stigma and Sexual orientation for European-heritage youth

AHS III youth fact sheets

Facts About Mental Health
Facts About Physical Health
Facts About Substance Use
Facts About Sexual Health
Facts About Smoking

Next Step

The Next Steps: BC Youths' Response to the AHS III and Ideas for Action (2006)

The Next Steps: A Workshop Toolkit to Engage Youth in Community Action. A project of the Adolescent Health Survey III (2005)

The Aboriginal Next Step: Results from Community Youth Health Workshops (2001)

Appendix A:
Trivia Game Questions

These questions were derived from the 2004 Youth in Custody Survey. Full details can be found in *Time Out II: A Profile of BC Youth in Custody* available from McCreary's website **www.mcs.bc.ca**

1. Do more or less youth smoke now than in 2000?
   A) Less B) More
   Answer: A) Less

2. What percentage of youth rate their health as good or excellent?
   A) 44% B) 64% C) 84%
   Answer: C) 84%

3. How many youth always feel safe in custody?
   A) 45% B) 75% C) 95%
   Answer: B) 75%

4. What percentage of youth feel that they have been bullied in custody?
   A) 31% B) 51% C) 71%
   Answer: 31%

5. What percentage of youth know how to make a complaint?
   A) 47% B) 63% C) 84%
   Answer: C) 84%

6. What percentage liked school in the community?
   A) 19% B) 47% C) 58%
   Answer: B) 47%

7. What percentage of youth had an adult outside their family who they can talk to about a serious problem?
   A) 45% B) 62% C) 81%
   Answer: c) 81%

8. What three programs were found to be most helpful?
   A) School
   B) Work programs
   C) Hobbies
   D) Life Skills
   E) Recreation Programs
   Answer: A) School, D) Life Skills, & E) Recreation Programs

9. Where do most youth see themselves in 5 years?
   A) In a job
   B) Home of own
   C) Having a family
   D) In school
   Answer: A) In a job

10. What do most youth feel would prevent them from re-offending?
    A) Hanging out with different people
    B) Job Training opportunities
    C) Drug or alcohol counselling
    Answer: B) Job Training opportunities