

Indigenous Youth Wellness End of Project Survey Highlights

Select responses from the 17-question wellness survey
completed by youth and young adults from Métis
Community Services Society of BC

14

Surveys completed

by youth and young adults aged 14-34
from the Kelowna area



What would you like to learn about to support your wellbeing?

- Syilx teachings
- **Métis** recipes
- **Traditional** medicines & wellness practices
- Michif language
- Gardening
- **Culture**, sewing, beading, weaving, cultural movement
- **Food from the land**
- Sweat lodge ceremonies
- Food preservation

- Being more **spiritual**

- How to support the **spiritual** side of wellbeing & find balance in everything



- **Learning Protocol**
- How we as Métis can practice our **traditions** on the land **in a respectful way** to the host nations
- Necessary permission & **relationships to ethically harvest**
- How to trace family roots



What makes spaces feel safe to you?

“Bringing friends & family”

“Being able to make a tea, **bring a friend, get cozy** and feel at home in community”

“Asking questions”

“Taking turns to explain themselves”

“Cozy vibes - aka bright LED lights & stark white walls feels too institutional”



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Select responses from the 17-question wellness survey
completed by the Lillooet Friendship Centre Society

ACTIVITIES *youth and young adults shared how likely they would be to participate*



MOST POPULAR
100% *likely or very likely to participate*

Harvesting plants & medicines

Land preservation & stewardship

- Examples: trail monitoring, backcountry guiding

Wilderness safety

- Examples: danger-tree, shelter-building, wilderness guide

Cultural exchange with other youth

Cultural dance, jigging, exercise & games, cultural movement

Beading, drum making, & hide tanning

Spiritual Wellness

Language

Camping Trips



For more information, visit
www.urbanindigenuswellbeing.com/iyw



What other activities are people interested in?

Listed from most popular to least popular in each category

Land-based

- Food gathering, preparation & storage
- Harvesting wild game, hunting camp, and/or hunting protocols
- Fishing practices

Culture & Ceremony

- Indigenous Ceremonies (Sweat lodge, Smudging, Water Ceremony & others)
- How we identify as Indigenous Peoples, family history, and knowing your roots
- Métis Sash, infinity symbol teachings, Red River Cart Teachings
- Medicine Wheel Teachings
- Blends of traditional and contemporary Indigenous Practices

Trainings & Recreation

- Mental health and/or first aid training (Examples: stress management, healthy ways of coping)
- Leadership training
- Sports & recreation activities
- Entrepreneurship training
- Using technology in a positive way/technology literacy