

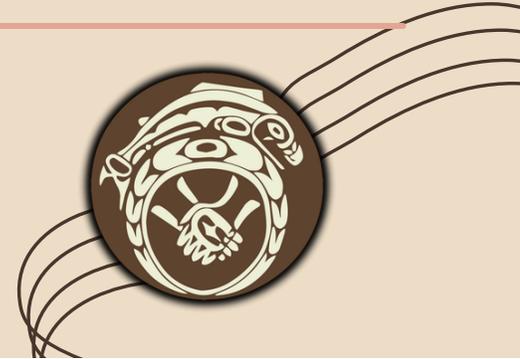
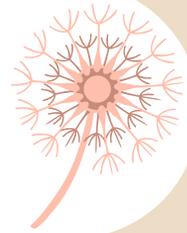
Indigenous Youth Wellness End of Project Survey Highlights

Select responses from the 17-question wellness survey
completed by youth and young adults from the Lillooet
Friendship Centre Society

16

Surveys completed

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



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



- Motivation & **exercise**
- **Language**
- **Spiritual teachings**

- More **culture & traditions**
- Medicine tea
- Try new **healthy foods from the land**



- **Physical wellbeing** like traditional workouts & mental health

- **Resources available** for alcohol & drug addiction
- Mental health & **traditional medicine** used to treat illnesses

- **Mental health**



- taxes



What makes spaces feel safe to you?

“Friends & family”

“The option to take 5 when needed”

“Bringing someone close”

“Food & friendliness”

“Knowing people there”



“Playing music or smoke”



Indigenous Youth Wellness End of Project Survey Highlights

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*

Fishing

Camping trips

Sports and recreation

- Examples: basketball, baseball, lacrosse, drop-in sports, hiking or walking groups, etc.

Leadership training

Mental health and/or first aid training

- Examples: stress management, healthy ways of coping

What other activities are people interested in?

Land-based

- Gardening
- Land preservation and stewardship activities (Examples: trail monitoring, backcountry guiding)
- Wilderness safety (Examples: anger-tree, shelter building, wilderness guide)
- Food gathering, preparation and storage (Examples: canning and preserving)
- Harvesting wild game, hunting camp, and/or hunting protocols
- Harvesting plants and medicines

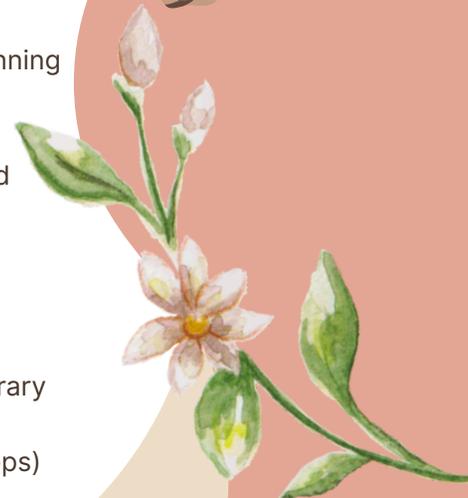
Skills Training

- Using technology in a positive way/technology literacy
- Entrepreneurship training
- Improving your skills for employment (Examples: interviews, resume building, making cover letters, etc.)



Culture & Ceremony

- How we identify as Indigenous Peoples, family history, and knowing your roots
- Language
- Spiritual wellness
- Beading, drum making, and hide tanning
- Indigenous Ceremonies
- Cultural dance, jigging, exercise and games
- Cultural exchange with other youth
- Medicine Wheel Teachings
- Blends of traditional and contemporary Indigenous practices (Examples: Indigenous poetry and rap workshops)
- Métis Sash, infinity symbol teachings, Red River Cart Teachings



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