



# Waterhen Lake Cree First Nation Report

April 8, 2020.

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MLTC Youth Survey Results: April 1, 2020

Grade survey participant breakdown:

- Grade 4 = 1
- Grade 7 = 1
- Grade 9 = 5
- Grade 12 = 2
- Total student response = 9

### 1. What would you like to see for Health & Physical Activity Programming in the Community?

Grade 4 Responses:

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jnitks

---

Grade 7 responses:

ball hockey

Grade 9 responses:

---

don't know

more sports

after school programs that involve sport (with youth)

hands on activities with family on family fun <3

music lessons

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Grade 12 responses:

An outdoor basketball court, and more outdoor sports.

I would like to see a program geared towards helping kids get healthy, not in the sense of being skinny or muscular but by using our resources (workout machines) to give youth/adults

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confidence and a good mental space with the bonus of being "fit".

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2. Examples of Health and Physical Activity - pick the ones that you would like to see.

Grade 4 Responses:

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music programs;

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Grade 7 responses:

hockey after school;

Grade 9 responses:

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computer programs - for example learn how to make YouTube Videos;hiking group;

hockey after school;Video Games - for example Fortnite tournaments;

music programs;computer programs - for example learn how to make YouTube Videos;Video Games - for example Fortnite tournaments;

music programs;computer programs - for example learn how to make YouTube Videos;Video Games - for example Fortnite tournaments;hiking group;

music programs;

---

Grade 12 responses:

music programs;

Workout groups;music programs;computer programs - for example learn how to make YouTube Videos;Video Games - for example Fortnite tournaments;biking group;hiking group;

---

3. What would you like to see for mental health? What things can be done to help students with their mental health?

Grade 4 Responses:

---

see counseiors

---

Grade 7 responses:

idk

Grade 9 responses:

dono

More counseling

one on one with students teachers checking up on them even if they seem ok we never know what people are going through, it takes time to open up

Coping skills offered in like activities where they can play and socialize with children and teens their own age out side of school during weekends... such as games boards, sharing circles, trips out of the reserve even if its just to watch a movie ? anything to keep away from the devils water and other bad habits and drama if its with friends or even at home

more counseling and coping skills although we do but maybe more often instead of having coping skills once a month

Grade 12 responses:

Having more activities for the youth that take them out of the rez, because young people need to see more of what's out there for them. not many aboriginal youth have that opportunity to this this cause of personal problems at home.

Start by having one on ones everyday or even a simple card where the students fill out how theyre feeling after each class/ end of the day possibly even get them to write down whats troubling them or just to explain how theyre feeling. They wont know but this is getting them to let those feelings out in a positive way.

### 3. What do you need help with?

Grade 4 Reponses:

splin klob

Grade 7 responses:

nothing

Grade 9 responses:

Don't know

Nothing

math and focusing

Math tutoring, encourage more older students to participate in math and literacy nights <3  
more educational fun after school <3

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math

---

Grade 12 responses:

To cope with depression and to stop overthinking.

I need to make sure I sleep earlier

---

#### 4. What do your friends need help with?

Grade 4 Reponses:

---

rids blici

---

Grade 7 responses:

idk

---

Grade 9 responses:

---

?

ldk

most likely math and participation

self love conferences, these children dont know how to love them selves anymore or maybe they werent really taught self love ... more workshops during school so theyd have no chioce to go ... and again sharing circle <3

maybe open up more because they seem to be depressed all the time and won't tell anyone why and im kinda worried about them

---

Grade 12 responses:

Anything they need to keep them going this involves working at home, in school or actually work. etc.

They could use anger management or to help with understanding where there anger/hurt is coming from.

---

#### 5. What subjects or interests would you like to learn more?

Grade 4 Reponses:

---

art

---

Grade 7 responses:

nothing

Grade 9 responses:

Don't know

idk

history, how to play new sports

social studies and travelling the world learning new cultures and taking in strange living so we can learn respect on other levels

health/sex ed

Grade 12 responses:

Law and music

Not for me but i think the kids should be having discussions regarding their career/education path and a kind of life skills course.

## 6. New Subjects that you would like to learn? or something else

Grade 4 Reponses:

video production

Grade 7 responses:

video production

Grade 9 responses:

Robotics

photography

photography

drama/acting

drama

Grade 12 responses:

photography

video production

## 7. What would you like to see for Culture and Tradition in your school?

Grade 4 Reponses:

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snairing  
painting  
beading  
medicines

---

Grade 7 responses:

---

i would like to see more learning on the land

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Grade 9 responses:

---

I already see lots  
idk  
teaching students to do well needed things (how to smudge people, etc)  
powwow dancing and learning the ways after becoming a woman  
learn how to dance jingle

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Grade 12 responses:

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Showing more of the older trick on how to find the pray. (animals)  
I think my school is pretty good within this area but there's always room for improvement  
such as being more interactive.

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## 8. What do you want to be when you grow up? What do you think you need to learn to help to get a Job?

Grade 4 Reponses:

---

jnastix

---

Grade 7 responses:

---

idk

---

Grade 9 responses:

---

Happy - life training

Carpenter and to master math

a school counselor or therapist

to lie nice things about yourself and transfer it to your resume for company bosses to love you as much as the lies sound so nice lol..... i want to be a teacher so i can do things differently...

i want to be a nurse but you need to know your math and science but i seem to be bad at math or maybe be a therapist or a psychiatrist

---

Grade 12 responses:

I have no propose at the moment.

Possibly a lawyer but not sure yet.

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9. What activities would you like to see in your community? For the other members in your community parents, older cousins and Grandparents and all other community members?

Grade 4 Reponses:

---

clobs

---

Grade 7 responses:

i would like the elders to reach out to the kids more so there ready for what comes next

---

Grade 9 responses:

---

walking but not around the track

More sports

family nights, dances, youth workshops, workshops, movie nights, etc

on reserve jobs

longer treaty days

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Grade 12 responses:

i don't know

More community gatherings.

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## 10. Most important for Youth in your community?

Grade 4 Reponses:

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Reduced at risk behavior;

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Grade 7 responses:

---

Culture;

---

Grade 9 responses:

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Education;

Health, Mental Wellness and Physical Activity;Education;

Health, Mental Wellness and Physical Activity;Education;Reduced at risk behavior;

Health, Mental Wellness and Physical Activity;Education;Culture;Employment;Reduced at risk behavior;

Health, Mental Wellness and Physical Activity;

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Grade 12 responses:

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Reduced at risk behavior;

Health, Mental Wellness and Physical Activity;Education;Culture;Reduced at risk behavior;

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## 11. What do you need right now? How can the community help to stop youth suicide in the MLTC Reserves?

Grade 4 Reponses:

---

look out for bulis

---

Grade 7 responses:

---

idk

---

Grade 9 responses:

---

Treat everyone the same no matter age or gender

idk

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personally i think we need one on one conversations with youth, even if everyone seems okay, no one really knows what a person thinks, the little things tell students things ask about his/her day

they need to be taught selflove ... these kids dont love themselves and more if we could just erase social media forever that would help alot bbut also confrences and workshops on self love

ask people if they need help or maybe have a place for them to go but not like a helping center because they may feel useless like they "need" help but like a place to feel safe

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Grade 12 responses:

I don't really know, ask that question everyday.

As stated before an outlet for their emotions.

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## 12. what do you do when you feel pressured or stressed?

Grade 4 Reponses:

piay with stress toys

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Grade 7 responses:

pressured

---

Grade 9 responses:

Can't remember

put my head down

keep it to myself, i find it very hard to open up

have a cigarette

sleep, read or listen to music

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Grade 12 responses:

What everyone feels. a big pressured on my shoulder's and don't know how to cope with a problem.

I get lethargic and panicked.

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### 13. What would you like to see from the schools and community to help students stay in school ?

Grade 4 Reponses:

---

connect with the school

---

Grade 7 responses:

---

more fun stuffs

---

Grade 9 responses:

---

Happy and fun teachers

---

idk

---

more encouragement no one tries to keep them in school no one motivates the student to stay

---

school cheques for good attendance and handed in done worksheets from classes

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school cheques

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Grade 12 responses:

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More reason to stay in school.

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School allowance, an incentive for them to be encouraged and know that they're working for something.

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### 14. Why do you come to school?

Grade 4 Reponses:

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to ion

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Grade 7 responses:

---

to get a good education and go work

---

Grade 9 responses:

---

For my future

---

to get my education

to learn, see friends

so i can graduate and get myself the frank outta here then come back when im big and strong

to learn and graduate and get a job

Grade 12 responses:

To get it over and done with.

To get educated because that is what our people need and to set myself up for success.

15. Why are students dropping out? what can be done to help students stay in school and graduate?

Grade 4 Reponses:

bullying work is to hard they have to woek

Grade 7 responses:

idk

Grade 9 responses:

Give them a goal

idk

some students dropout from gang related things

because they dont think theyre smart enough ... frustrations on harder classes like math they need further tutoring till the are a little more comfortable with the subject they are struggling with and maybe some other deal with bullies

because when they try and fail they give up and don't ask for help and get yelled at for not doing anything

Grade 12 responses:

Mostly drug related or actually personal reason.

Incentives.

## 16. What weekend activities does your community need?

Grade 4 Reponses:

---

jnistax

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Grade 7 responses:

---

idk

---

Grade 9 responses:

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?

more sports

family nights, family skating, movie nights, youth groups

to be drugs and alcohol free and to stop judging one another or acting better then each other to be equal... i dont know what kinds of activities a community needs but i do know gthat most people dont attend because they know others will judge and act the way they always when they think they are rez royalty

i already answered this^^^^ what is this trickery?

---

Grade 12 responses:

---

i don't know.

We are actually doing pretty good but there's always room for improvement

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## 17. Does your community need more facilities or upgrades

Grade 4 Reponses:

---

Track and Field

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Grade 7 responses:

---

idk

---

Grade 9 responses:

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Track and Field

Outdoor Hockey Rink, Summer Basketball Courts

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Track and Field

Basketball courts!!!! and youth center upgrades... And maybe a career center

Walking paths

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Grade 12 responses:

Outdoor Hockey Rink, Summer Basketball Courts

Track and Field

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