

Breakdown of responses : Question # 14 – MLTC Youth Survey Winter 2020

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

Total responses from all the communities

grade 4: 21

grade 5: 52

grade 6: 46

grade 7: 51

grade 8: 53

grade 9: 37

grade 10: 26

grade 11: 33

grade 12: 17

Total grade = 336

Breakdown of responses: Grade 4

1. Canoe Lake Grade 4 response :

2. Clearwater River Dene Grade 4 response :

need to focus more on outdoor activities

no answer

don't know

don't know

don't know

no answer

don't know

no answer

3. English River Dene Grade 4 response :

4. Flying Dust Grade 4 response :

look out for bullies

trips

sharing circles

look out for bulls thrips sharing srkols

no mean parents and stop bullying at school

5. Loon Lake Cree Grade 4 response :

6. Ministikwan Lake Cree Grade 4 response :

7. Off-Reserve Urban Grade 4 response :

no answer

8. other non-MLTC Grade 4 response :

look out for bullies
trips
sharing circles

9. Turner Lake Dene Grade 4 response :

10. Waterhen Lake Cree Grade 4 response :

look out for bulis

[Breakdown of responses: Grade 5](#)

11. Canoe Lake Grade 5 response :

nothing im good

idk

idk what that means sorry

go to the hospital and like a school to STOP cutting there arms

help people by taking them to hospitals and giving them medication

Help

to not think about suicide don't do drugs don't smoke

to not think about suicide live life

i need break

yana group

Talk to your friends

having fun
more often

Helping

help people

hockey

idk

Therapy a Y.A.N.A grope more things to do with the community.

12. Clearwater River Dene Grade 5 response :

get help

no answer

psychiatrist

no answer

no answer

no answer

i dont know

i dont know

i dont know

13.English River Dene Grade 5 response :

14.Flying Dust Grade 5 response :

idk

15.Loon Lake Cree 5 response :

tell them stuff

stop bullying

I need a hug from the cat and dog

i dont know

by keeping us focused on stuff and doing stuff with the youth

counsellors for the ones who need

idk

idk

idk

IDK

another store

better care

more taking to people and dont always trap your kid in the house

16.Ministikwan Lake Cree Grade 5 response :

17.Off-Reserve Urban Grade 5 response :

18.other non-MLTC Grade 5 response :

I don't know

Help them by doing activities with kids and being nice to them.

Help getting rid of the bears. To put on more presentations about bullying, violence or pure pressure.

19.Turner Lake Dene Grade 5 response :

I don't know

I don't know sorry

I don't know, They need to talk about it.

Nothing, The community has to have police around to protect people from committing suicide.

Talk to them or make them feel better.

I need sleep, I don't know.

The adults have to quit getting mad and they got to quit arguing in front of the kids.

A good job for my mom. Need to stop the bullying.

Don't sell guns

20. Waterhen Lake Cree Grade 5 response :

Breakdown of responses: Grade 6

1. Canoe Lake Grade 6 response :

bullying

bulling

not bully

c

People caring for each other more and the bullying to stop

to talk to some one

i need nothing... im really good

have more fun

Try to prevent bullying which will bully's cause depression which will result into suicide.

need more teacher attention .

A dog

i want to get the flu shot to not get sick for a year

movie nights

Get rid of bully's

get help

to stop peoples hurting there selfs

to stop cutting yourself

stop bullying

2. Clearwater River Dene Grade 6 response :

they just need to have someone to talk too

talking to someone you trust

group sessions with each other

dont know

nothing

i dont know

i dont know

i dont know

i dont know

have more people go see a therapist

have more people like saxon

stop bullying

think happy

i dont know

3. English River Dene Grade 6 response :

4. Flying Dust Grade 6 response :

5. Loon Lake Cree Grade 6 response :

try to stop bullying

support

idk

swiming

talk to them be nice tell them not to commit suicide! cause we dont wanna lose more people in our school also we need more people to come work at our school and talk to all students what there going through. if its about depression tell them its not right to have depression feelings or thinking about suicide thoughts!!

dont know

something that will be fun for people so they get their mind off suicidal stuff

im fine

more activitys on mondays and fridays and wenesday and thursdaysfree

talk to someone

cool

talk to them

i need money

talk to them and tell them thats not the way

more nice kids and poeple

6. Ministikwan Lake Cree Grade 6 response :

7. Off-Reserve Urban Grade 6 response :

8. other non-MLTC Grade 6 response :

9. Turner Lake Dene Grade 6 response :

have more activities to do, contact with parents, dance, gymnastics. Instructors for canoeing, swimming, paintball.

10. Waterhen Lake Cree Grade 6 response :

Breakdown of responses: Grade 7

1. Canoe Lake Grade 7 response :

idk

cheer them up

stop bullying

camping trips

more youth stuff

do fun stuff like tubing

people to talk to

soccer

yes if there are more stuff to do

people for them to talk to that have goone through the same thing as them`

i dont know

they need the guide ness to help them though it

2. Clearwater River Dene Grade 7 response :

I don't know

they can stop it by reducing bullying and help with children with things going on at home

more therapy session and a therapists in the community

I don't know about that one

therapist

I dont know

I don't know

Stop BULLYING

make the place a lot better and help the people get along

3. English River Dene Grade 7 response :

4. Flying Dust Grade 7 response :

not sure yet

Tell them to "think about others before thinking about yourself"

talk to them more often

make the youth feel welcome

more outside activity's

I think that community's need professional people to talk to the youth in all the community's and they should put more youth events up and take the kids somewhere cool.

Maybe talk to them, hear them out. Listen to what they have to say. Make them feel like you understand. Make them feel wanted and loved. Tell them that they are important and that they do matter. And this goes for everybody, not just our youth, but adults to.

5. Loon Lake Cree Grade 7 response :

take them on walks

parents need to spend more time with their kids

elders

we need to help all the kids that are depressed and make them feel loved and help them

6. Ministikwan Lake Cree Grade 7 response :

eee

helping eachother and not leaving eachother out

I need a therapist

idk

friends

help a friend

just keep em busy

alot of circles and gym nights 12 - 19

have like a night where the people call the kids and they come and you guys can talk to them

to be nicer

7. Off-Reserve Urban Grade 7 response :

8. other non-MLTC Grade 7 response :

more talking too

talk to them

i don't know

stop bullying stop and let them do what they want make sure they dont do things that will effect their after life or future

9. Turner Lake Dene Grade 7 response :

Mental health center that people can talk and just do stuff, I think the community should spread awareness more because just putting in 2 therapists and just having little activitys cant be enough because most people are ashamed or afraid to talk

im a kid

talking to the elders

i don't know

10. Waterhen Lake Cree Grade 7 response :

idk

Breakdown of responses: Grade 8

1. Canoe Lake Grade 8 response :

to workout

help them

Stop drinking

therapy

idk

a treatment center

ldk

suicide aint the anwer for stoping what your feeling, dont be a scared to talk to someone, they can help you with things you might need.

idk

more activities

more activities

they need to talk, someone that would actaully understand their feelings, and the way you look at them youll seen them sad

thats for helping them to be fun!

people to talk to them more

i don't know

Community help and resources.

teach people to be nicer

2. Clearwater River Dene Grade 8 response :

therapy

stop bullying

stop bullying

I don't know

watch peoples behaviours

mental help

talk to someone to help you when needed

I don't know

To stop bullying and people to talk to

3. English River Dene Grade 8 response :

4. Flying Dust Grade 8 response :

a counclier

to have the youth center open on the weekend. it would stop the youth go to drink.

idk

5. Loon Lake Cree 8 response :

more support like give them a challenge if you can change the way you are thinking and acting and change your sadness you will get a reward?

no

nothing i want help[kinda but nobodys giving it :3

and thats okay

get more counseling

n\o

all the drugs/alcohol need to be out of reserves because young kids are doing them and it makes them a different person and they not come to school

alcohol. soooo many people drink, so many kids and teenagers. they seriously need help, everyone needs help. even the adults

6. Ministikwan Lake Cree Grade 8 response :

more activities to get there mind off of it

idk

just play volleyball haw

dont ask me i dont know anything

ask whats wrong keep a look out people might say their happy but they sometimes lie just to make sure no one knows they try and keep others happy when their not

more and more attention to the ones that look sad and seem like they need help

We need to get people that you know that have troubles and maybe comfort then as your own parents.

i dont know

i really don't know... i'm sorry. i tried answering this, but i can't think to write down for this.

The community could prevent youth suicide by getting therapists for the youth to talk to.

yes sit down with someone and listen

If the community can take the depressed kids on a trip like a shopping spree for clothes go

watch the movies go by them a meal at Mcdonalds

sports and activies

7. Off-Reserve Urban Grade 8 response :

test;

8. other non-MLTC Grade 8 response :

IDK

home shouldn't be a place for extra work or be more understanding with kids don't assume
let kids be more free then like being in a prison

just stop

9. Turner Lake Dene Grade 8 response :

10. Waterhen Lake Cree Grade 8 response :

Breakdown of responses: Grade 9

1. Canoe Lake Grade 9 response :

try reaching out to the people if they feel they need help

Do activities to keep them busy

get more in to activtys

more community activitys to have people come out and play

I'm not sure

More supportive family

support groups

stop bullying and calling people down

as much interactions with the kids to keep them away from drugs and alcohol which helps lead to suicide

for parents to talk and to connect with there kids

for the older people to talk to the kids and ask them whats wrong

they need more people to look up them and express how they feel.

I think probably more councillors and presentations

Do more teamwork activities to help team work skills and to help youth get their mind off things happening in thier lives. I think teachers need to speak up more and not allow bullying to happen.

Idk

make them feel supported

2. Clearwater River Dene Grade 9 response :

therapist

stop the bullying and more youth activities

put up signs and posters so others can see of who to contact when they want help

I don't know

I dont know

therapists

go to people you trust and play bingo and something for the youth

3. English River Dene Grade 9 response :

4. Flying Dust Grade 9 response :

5. Loon Lake Cree 9 response :

idk

to get in shape

probably more activites for kids

i dont need anything.....tell them to talk to u

i have no idea and i don't need help at the moment

Someone to talk to

weekly talks

keep the youth busy with sports

nothing. don't know the answer to that Question .

6. Ministikwan Lake Cree Grade 9 response :

7. Off-Reserve Urban Grade 9 response :

8. other non-MLTC Grade 9 response :

9. Turner Lake Dene Grade 9 response :

10. Waterhen Lake Cree Grade 9 response :

Treat everyone the same no matter age or gender

idk

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

Breakdown of responses: Grade 10

1. Canoe Lake Grade 10 response :

idk

idk

I dont really know

help them

stop bullying

To ask what's wrong

more activities

bullying

Talk to somebody for suicide

We need more things to do in the community like cultural things just like the old days.

More trips and more talks on how to stop a person from thinking about that

?

More presentations about suicide

more talking. more programs

Role models to look up to.

2. Clearwater River Dene Grade 10 response :

get kids out of their house with different actives targeting certain people

someone they can talk to and have more fun stuff to do with prizes so they can feel good about themselves

talking, keep a close eye.

I don't know because I'm facing problems like depression and other things.

activities outside with lots of people

youth development sleep over

I don't know

for there parents to stop drinking and doing a lot of drugs.

I need nothing

3. English River Dene Grade 10 response :

4. Flying Dust Grade 10 response :

just do more fun things in the community, to make people find happiness in little things.

talk to them more when someone looks drained and tired it would be a good thing to talk to them..

5. Loon Lake Cree 10 response :

6. Ministikwan Lake Cree Grade 10 response :

7. Off-Reserve Urban Grade 10 response :

8. other non-MLTC Grade 10 response :

9. Turner Lake Dene Grade 10 response :

10. Waterhen Lake Cree Grade 10 response :

Breakdown of responses: Grade 11

1. Canoe Lake Grade 11 response :

we need to feel more safe at school instead of having the staff look at us funny

i am not sure

take action when you see someone that is not 100% and ask them how they feel

LISTEN TO THE YOUTH WHEN WE OPEN OUR MOUTHS!

friends good ones

to stop

healthiness

they can take trips like the mountains and take them out canoeing or camping, do lots of after school activities

letting them talk about it or getting someone for them to talk too

talking to them about it, so they dont feel alone with what their going through

start talking to the kids, bring them out for sharing circles, get them out of that stage where they are afraid to talk about themselves and their problems

what i need right now is people to talk too like someone new

we need to start learning more about our culture, we sporting stuff and a fitness center

More support, theres to much suicides and bullying happening in the north, we need more support and all to come together as a community and stop all the bullying, we need therapists, we need help, not only from family but from others also, it'll help so much youth and older people, we got to be the change that we want to see.

2. Clearwater River Dene Grade 11 response :

Having someone consistently around who is trained and trusted to have these conversations. It's not a one stop fix. It must be ongoing.

have someone around 24/7 for the kids to talk to, have more therapists in our community not just someone thats here for once a week.

fun

nothing

We need more mental health workers and psychologists in my community. This way people get the help they need and release feelings of pain and anger in a more healthy way.

I think that people need to get more comfortable about talking about their feelings as some are

afraid to come out due to the myths about depression. Professional counselling, relaxation massage (massage therapist)

3. English River Dene Grade 11 response :

4. Flying Dust Grade 11 response :

5. Loon Lake Cree 11 response :

to be listened to

i dont know

support

i dont know

i dont know

6. Ministikwan Lake Cree Grade 11 response :

more activites, more get togethers to make more friends

to understand us

more activities and counselors

bring out most youth to do fun things. and be there for them most of the time

they need to start focusing on mental health

people to talk too

7. Off-Reserve Urban Grade 11 response :

8. other non-MLTC Grade 11 response :

look out for bullies
show them the bright side of life
trips
sharing circle
a youth center with pool tables

9. Turner Lake Dene Grade 11 response :

10. Waterhen Lake Cree Grade 11 response :

Breakdown of responses: Grade 12

1. Canoe Lake Grade 12 response :

A voice for those who are afraid and reassurance for them

I think to stop the suicides in MLTC reserves would be getting to know the signs of suicidal tendencies. There is always signs and i would like to see people look more into it. Such as online there will be signs. Also i think therapy for youth and adults and grandparents too.

I require more assistance in developing the career I desire and the steps towards achieving that goal. The community can ensure the decrease of suicides through adult providing support and a positive representation towards younger generations.

2. Clearwater River Dene Grade 12 response :

Arts and science after school programs. Dance

3. English River Dene Grade 12 response :

4. Flying Dust Grade 12 response :

help them not feel sad
look out for bullies

retreats, self esteem workshops

5. Loon Lake Cree 12 response :

families need to be home, parents need to have a connection with their children, and to learn to pay attention to realize when there is something off about their child. sometimes all a child needs is love and nurture from their parents.

speak to your children and ask them how their doing once in awhile

focus on the youth. and how to get the community together

6. Ministikwan Lake Cree Grade 12 response :

activities

more outdoor activities and to get kids involved in more events like hunting and fishing

listen to what the kids or student have to tell you!

I don't know what would help but anything would do really.

more activities to bring younger people together, a start to slowly making someone open up with their problems and finding a way to solve them

make it known that there is help, take them to places that they hardly go to, teach them that there is more to life than just one thing.

7. Off-Reserve Urban Grade 12 response :

8. other non-MLTC Grade 12 response :

9. Turner Lake Dene Grade 12 response :

10. Waterhen Lake Cree Grade 12 response :

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

As stated before an outlet for their emotions.
