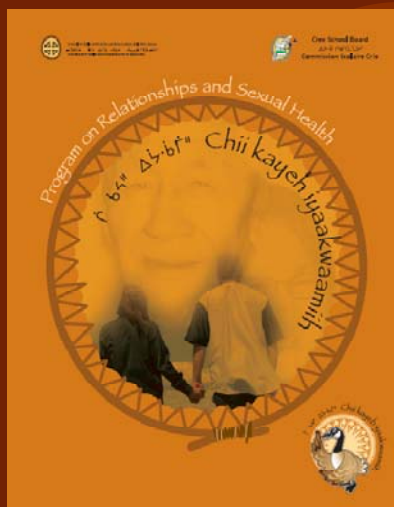


# chii kayeh iyaakwaamiih

## *Program on Relationships and Sexual Health*



**Presentation to**  
**Local Awash and Uschiniichisuu**  
**Coordinators**  
**October 19, 2011**

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# Presentation Plan

- What is the program about?
- What are some of the challenges?
- What could be done?
- What is being done?



# What is the program about?

## **Why was it created?**

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Teen pregnancy rates are triple the Quebec average.



Compared to the average provincial rate,  
Chlamydia among youth is 8x to 9x higher  
Gonorrhoea is 6x higher

# What is the program about?

## **Why was it created?**

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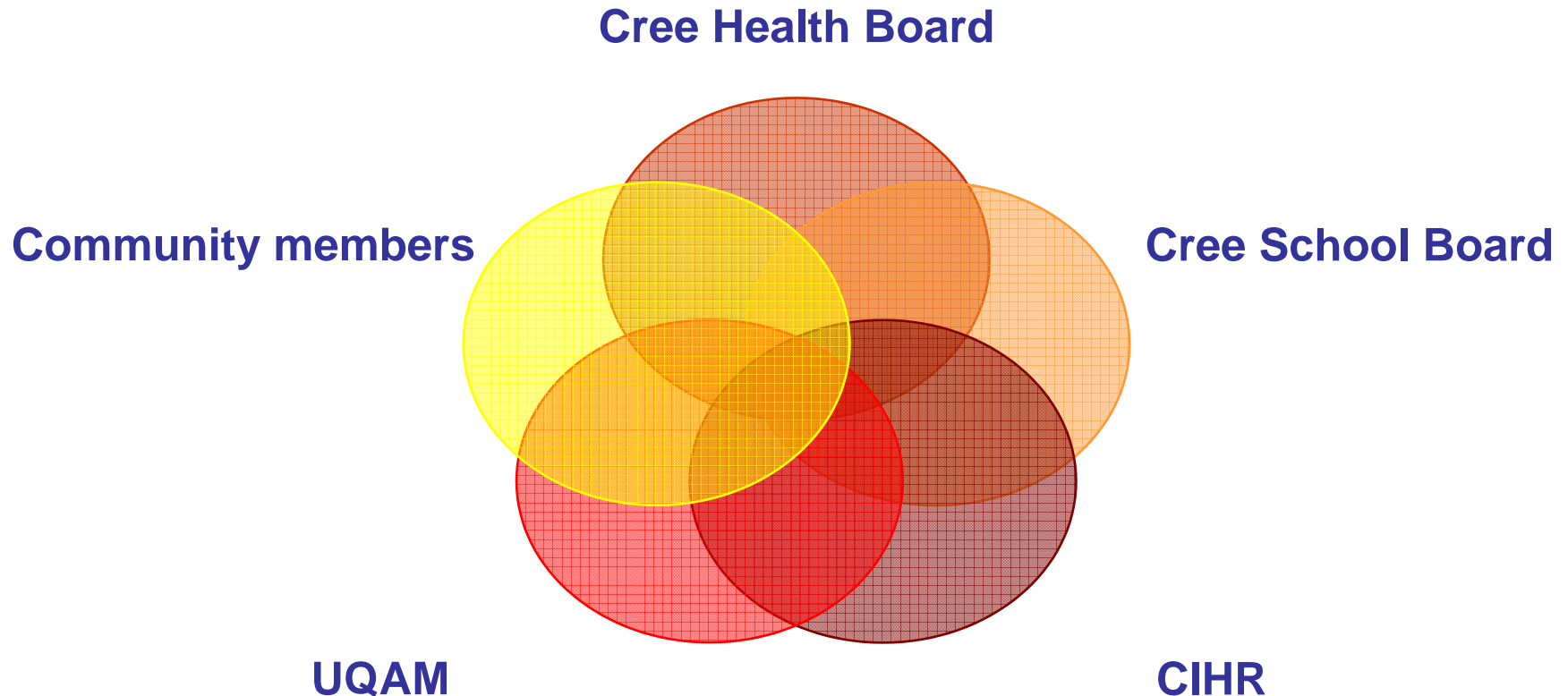
These higher rates of STIs are a big concern because a community severely affected by STIs is at a higher risk of being affected by HIV/AIDS

Community members wanted to create a Cree program to address these issues.



# What is the program about? **How was it created?**

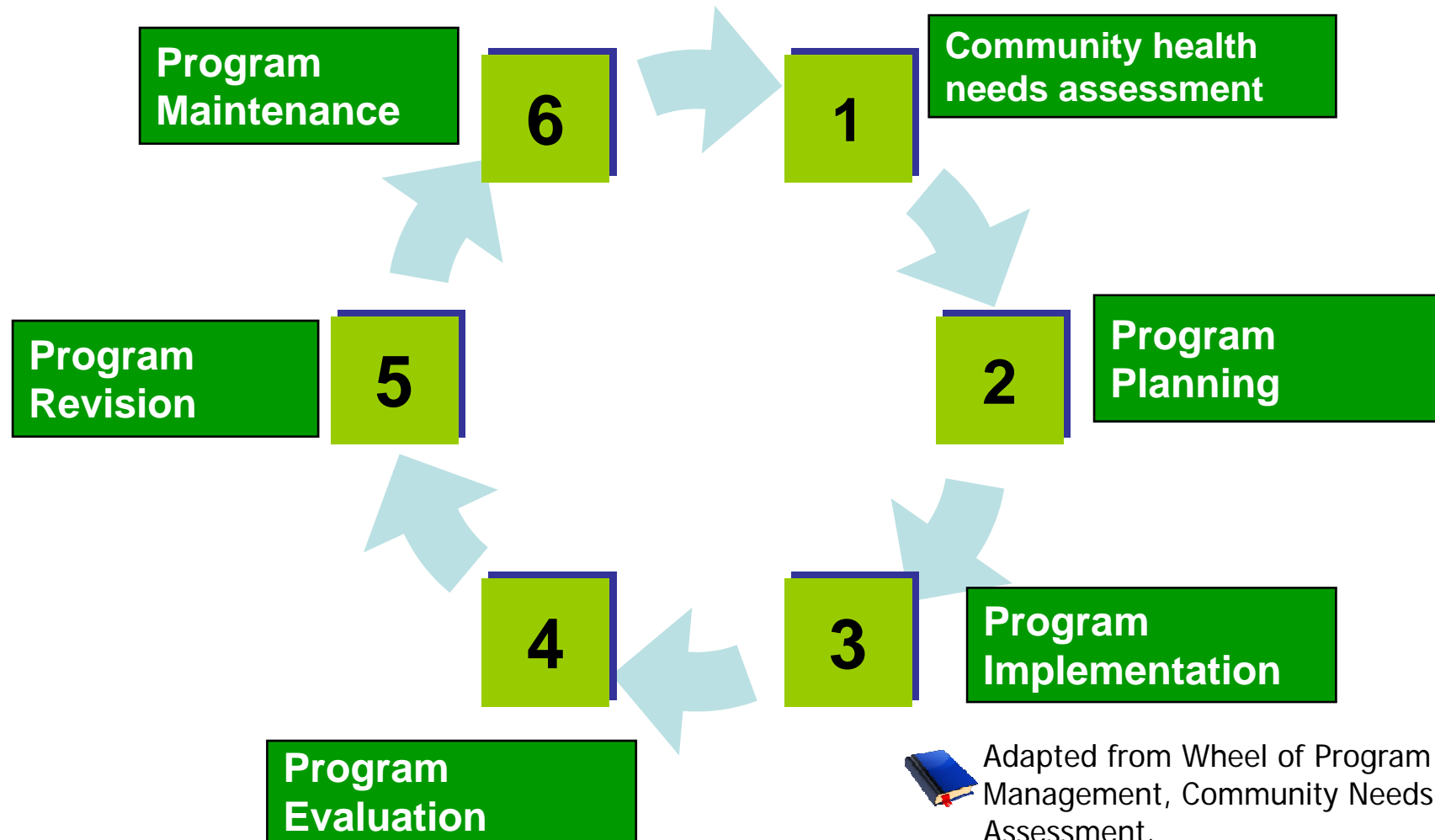
Many partners worked together to make it possible



# What is the program about?

## How was it created?

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Adapted from Wheel of Program Management, Community Needs Assessment, A Guide for First Nations and Inuit Health Authorities, Health Canada 2000.

# What is the program about?

## **How was it created?**

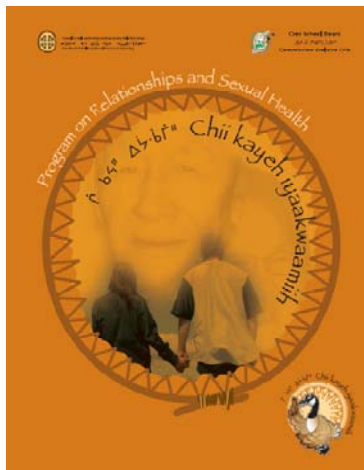
- The program was created with suggestions from youth, Elders, teachers and community members.
- It was pilot tested in two communities and then modified by a Working Group



# What is the program about?

## How was it created?

The final version of the program is more culturally sensitive and better adapted to the ways of learning of the youth.



What is the program about?  
**What do students learn?**

- Chii kayeh iyaakwaamiiah means “*you too, be careful*”.
- This name reflects the spirit of the program: To encourage youth to care not only for their own well-being but for that of others too.



# What is the program about?

## **What do students learn?**

- ✓ It is for secondary 3 (50 hours/year)
- ✓ Or secondary 4 students (2 Credit course)

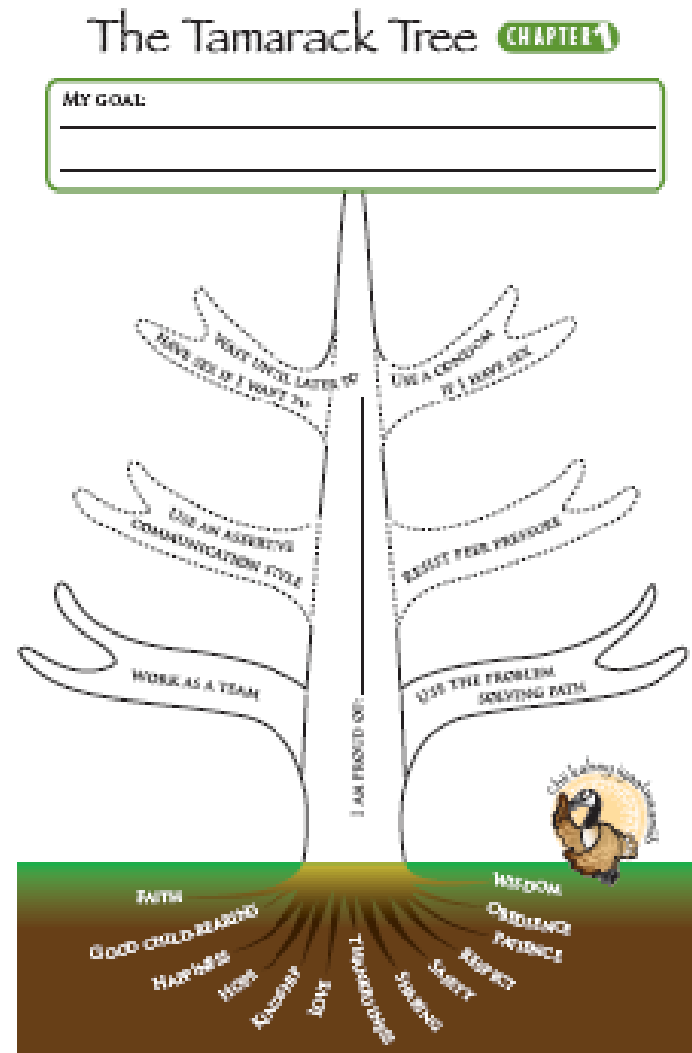
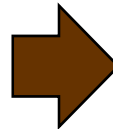
**The goal is**

To prevent STI/HIV infections and  
unplanned pregnancies

# What do students learn?

- Having a personal goal
- Self esteem
- Being assertive
- Resisting peer pressure
- Problem solving
- Waiting until later to have sex
- Using a condom
- Team work

## Connecting to Cree values and culture



# What is the program about?

## What do students learn?



1

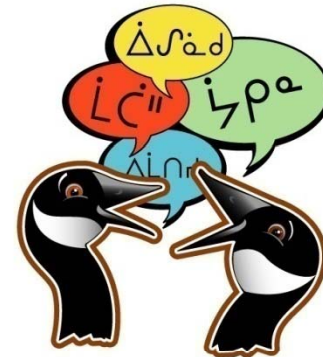
### Healthy sexuality

- Miyupimaatisium; Sacred Circle of Life
- Cree traditions
- Self Esteem
- Problem solving

2

### Assertiveness:

- Communication styles
- Refusal Skills
- Resisting peer pressure



# What is the program about?

## What do students learn?

3



### Waiting Until Later to have sex:

- Advantages of waiting
- Situations that make waiting difficult
- Ways to make waiting easier to do

4

### Condom Use:

- Advantages of using a condom
- Situations that make condoms difficult to use
- Ways to make condoms easier to use



What is the program about?

## What do students learn?

5



### STIs / HIV-AIDS :

- What they are
- How to evaluate the risks of transmission
- How to prevent them

6

### Team Work:

Students create a project to share their knowledge with other students in the school.



What is the program about?

## What do students learn?



7

### Unplanned pregnancy

- Methods of contraception
- Thinking of the consequences
- FASD

8

### Love relationships:

- Respecting each other's rights and freedom
- Signs of healthy and unhealthy relationships
- Types of violence and what to do

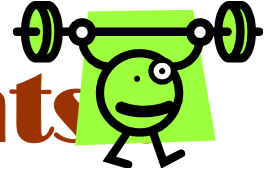


9

Wrap up: Students apply what they have learned in every days situations

# What is the program about?

## **What are the strong points**



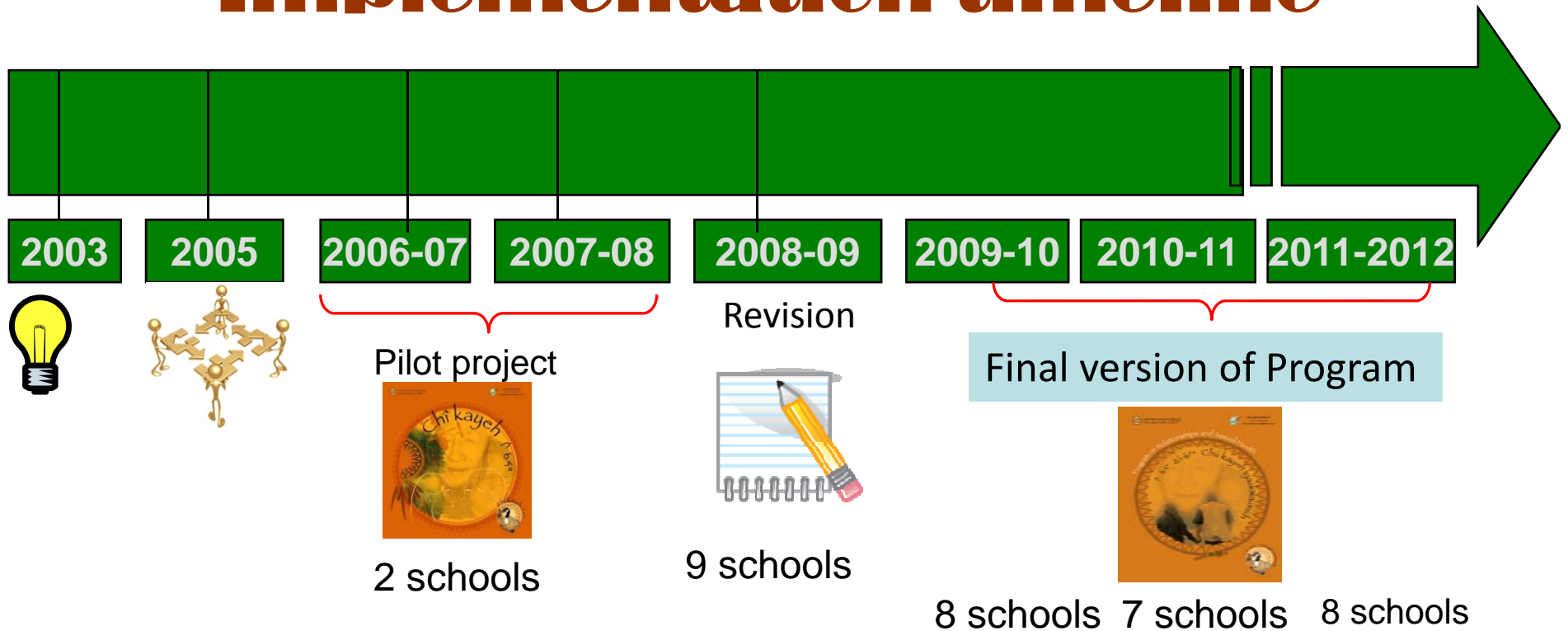
Based on Cree values and refers to Cree content

Respects the characteristics of effective school-based programs on sexual health

Develops the factors that to lead to both success in school and good health (such as self-esteem and social skills)

# What are some of the challenges?

## Implementation timeline



# What are some of the challenges?

## Main challenges

Making sure the program is maintained, implemented and supported properly

The program is not offered in all the schools every year

The parents' committee and the community are not well informed

Youth are not always receiving the program in the best way

- The teachers are often uncomfortable with the cultural components
- The tools provided are not always used
- The aashuumiih (team work and sharing) is not always done

What could be done?

**File holder/team at local level**



To make sure the program stays in the school

- Help to pass a resolution of the parents' committee
- Stay informed on how the program is doing
- Promote the program in the community

What could be done?



**File holder /team at local**

To ensure program is **level** given in the best possible way

- **Make sure teachers have materials**
- Support lessons with Cree cultural components, on STIs, condoms, contraception, unhealthy relationships
- **Support students during projects**

# What is being done?

## **Public Health at the regional level**



- Provides materials to teachers and meets new teachers when requested
- **Monitors the program**
- Supports the local file holder/team  
Provides Implementation Guide & materials
- **Offers training to local teams and teachers**



# Questions Comments Suggestions



Megweetch...

S

Thank you...

Merci...

