



Injury Issues Assessment

noregrets


Parachute

What do working, partying, snowboarding, playing hockey, riding horses, biking, and driving all have in common? These are all examples of activities that result in injury amongst youth in Canada. What is often overlooked is the fact that the majority of youth injuries and deaths are predictable and preventable.

Injury affects schools and communities across Canada differently. Climate and geographic terrain can have a lot to do with which injuries are more prevalent in certain areas. Even the thought process that contributes to a young person's decision to take risks—stupid or not—varies across the population as well. It is important for No Regrets teams to have some understanding of what priority injury issues are in their schools and some ideas on why young people in their communities cross their Stupid Lines.

An important component of the No Regrets program is for team members to investigate, assess, and identify injury issues and risk behaviours in their communities. Once you have this information you will be well prepared to recruit new team members and develop appropriate action plans for your No Regrets program. One way you can do this is through the injury issues assessment.

Injury Issues Assessment

A needs assessment is a vital tool and is the first step in the development of any good program plan. It involves finding key information out about a target group or community. One benefit of a needs assessment is its ability to define local needs, so that programs are not started inappropriately. The steps associated with an injury issues assessment involve gathering information, creating a school/community profile, and, in the process, fostering awareness on injury prevention and the No Regrets program. Once you have completed the assessment, you can do an analysis of the information and decide which risky activities you want to address with your No Regrets program.

The assessment form will help you to answer the following important questions:

1. What are the most popular activities that lead to injury amongst youth in your school/ community?
2. Why do you think some students continue to make poor decisions regarding risk?
3. Do youth know of any injury prevention programs in the community?

Assessing Your School/Community

After you have completed your assessments take some time to review them. A good way to start your analysis is to identify key words (drunk driving, snowboarding, texting, etc). This will start to give you a lay of the land. Identify some interesting quotes that surfaced during your assessments and look for patterns in participants answers. The number of individuals you interview is up to you, just make sure you get a diverse sample of your chosen population. Remember this is not meant to be a scientific analysis, just an opportunity to scan some of the issues in your school/ community.

Using the information collected, decide which injury issues you want to focus on. If ATVing or partying were identified as the most common issues at your school/ community, then consult the toolkit for more information specific to that issue. From there, focus much of your awareness raising activities and Stupid Line events on that specific topic. Remember, you don't have to focus on those specific issues only — the assessment just helps you to be aware of the main issues youth see as a priority at their schools/ communities.

You can also use this information to help develop your strategy for networking and community mobilization. As part of your activity planning, you can collaborate with other groups such as Students Against Destructive Decisions (SADD) or Ontario Students Against Impaired Decisions (OSAID) to strengthen the overall impact.

No Regrets School Injury Issues Assessment:

What you will need:

- A pen and paper to record the answers and a hard surface to write on
- A table and two chairs (optional)

Explain:

- What No Regrets is
- Your role as a No Regrets team member
- Why you are asking these questions and stress that you are looking for information on preventable injuries
- That the answers are confidential and that no names will be recorded

School Injury Issues Assessment questions: (feel free to simplify the language)

- 1.** Do you think preventable injury is a problem amongst your peers and in your school/ community? (For example, a concussion from skateboarding without a helmet or an injury from not wearing a seatbelt)
- 2.** What key activities have your school or youth been involved in that offer some degree of risk or potential for injury (e.g., youth sports, youth hobbies, annual events, celebrations, etc.)?
- 3.** In your view, what are the top three injury-related “risks” that youth in your school/ community are currently facing?
- 4.** Do you think injury is often a result of people taking risks they didn’t think through first?
- 5.** No Regrets focuses on Five Key Messages: Buckle Up, Look First, Wear the Gear, Get Trained, Drive Sober. What do you think are the most relevant messages are amongst your peers and in your community? You can choose as many messages as you like.
- 6.** What do you think is the best way to try and encourage people to take smarter risks?
- 7.** What do you think is the best way to get youth interested in No Regrets activities and projects?
- 8.** Have there been any significant/traumatic events related to injury/ fatality of a student(s) attending your school/ community in the last three years? If yes, please describe.
- 9.** Are you aware of any injury prevention programs at your school/ community? If so what are they?

Thanks for your time!