

**CF Community Youth...speak up -  
we're listening.**



1. How old are you?                      12-14                      15-18
2. Are you?     male                       female
2. Where do you live?                      in PMQs                      off Base

***Spare time stuff***

1. Where do you spend most of your down time hanging out? (check the top 2)
- at home
  - at the mall
  - at friends
  - at the community centre/MFRC
  - at Tim Horton's
  - at school
2. What do you do with outside of school time? (check the top 2)
- competitive sport
  - recreational sport
  - play in a band
  - take music lessons
  - surf the net
  - play video games
  - watch TV
  - work at a paid job
  - volunteer
  - nothing
  - skateboard
  - hang out at the mall
  - other \_\_\_\_\_

**What's out there?**

1. Do you know what PSP Community Recreation is?     ya                       no clue
2. Do you know what the MFRC is?     ya                       no clue

3. Have you ever participated in activities organized by either of these places?  ya  
 no

4. If so how many?

- Once before
- This week
- last week
- this month
- in the last six months
- in the last year
- Only when I was a little kid

5. Are there organizations in your community that deliver programs and services specifically for teens?  ya  no  no clue

6. If you know of some... what do they do?

- sports stuff
- job stuff
- sex ed
- other health stuff
- homework help
- volunteer stuff

7. Have you ever used their services?  ya  no way

8. Can you name any?

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### **What's stopping you from joining in? (addressing barriers)**

1. If you are not in on the programs and services being offered by other organizations – why not?

- so not cool
- no cash/costs too much
- parent (s) won't let me
- doesn't fit in my schedule
- not interested
- can't get there
- too far
- don't know what's out there

2. What about the stuff offered at the Base – what's keeping you out?

- my friends can't come
- not interested
- can't get there

- no cash/costs too much
- doesn't fit in my schedule
- parent (s) won't let me
- so not cool
- no idea what's going on there

**What you'd like to be doing....?**

1. What sorts of things would you like to be doing or trying in your spare time?

- Sports
- Rock climbing
- Skateboarding
- workshops (art or computer classes, etc.)
- Arts (please list what would interest you)
- Music
- Drama
- Cooking
- Spend Time with friends
- Reading
- Homework Help
- Internet/computer activities
- Movies
- Dances
- Professional or peer support
- Help with resume writing and job search
- Learning about different careers
- Organizing special events
- Leadership program
- volunteering

List any others

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2. What can the MFRC/PSP Community Recreation do to help you get involved?

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**Jobs... and stuff to help you get one**

1. Do you have a paid job?    ya       no

2. If not, are you trying to find one?    ya       no

3. Do you feel like you have the right 'tools' (like a good resume, good interview skills...) to go out and get a job?  ya  no
4. Would you attend a workshop that would help you get the tools you need?  
 ya for sure  I'd consider it  no way
5. Do you volunteer?  ya  no
6. Would you volunteer if it would help you get a job?  ya  no
7. Do you know where to go/who to talk to about volunteering?  ya  no clue

### **Sex... and other health issues**

1. Do you feel you have/get enough information about safer sex and other health related issues?
2. Where do you get most of your information?  
 friends  
 teachers at school  
 parents  
 youth workers  
 health centres  
 other \_\_\_\_\_
3. Do you know where to go for the straight goods if you have a health related question?  
 ya  no clue
4. If you know – where would you go? \_\_\_\_\_
5. What are the biggest health related issues you face?  
 sex/relationships  
 drug and alcohol use  
 nutrition  
 self esteem  
 body image  
 mental health  
 eating disorders  
 other \_\_\_\_\_

We thank you for taking the time to complete this form and let us know what you are thinking. You and your ideas are important to us!

**Anything else to add? Let's have it.**

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