Youth & Family Wellness Survey

Tsartlip First Nation has received funding to identify youth and family wellness needs in the community as the ﬁrst step in designing a community building to support healthy youth and families.

The purpose of this survey is to understand your current wellness, what is going well with existing child, youth, and family programs and services, where there are opportunities for improvement, and what excellent programs and services should look like. Through these questions, we want to understand the programs and services that would support you and your family’s wellness such as cultural activities, sport/recreation programs, language classes, or counselling.

The information is being collected by Urban Systems, a consulting company hired to support this work. No personal information that can identify you will be shared elsewhere.

**By submitting your survey, you will be entered into a draw for 1 of 2 iPads**. Please submit the survey no later than March 3rd, 2023, to the Administration or Health Building to enter into the draw.

1. What is your name and email address and/or phone number? This information will be used to contact you for the draw prize and no other purposes.

Name:  
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Email Address or Phone Number:  
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1. Are you a member of Tsartlip First Nation?
   1. Yes
   2. No
2. Do you live on Tsartlip First Nation reserve lands?
3. Yes
4. No
5. Occasionally
6. What age group are you in?
7. 0-6 years old
8. 7-12 years old
9. 13-18 years old
10. 19-29 years old
11. 30-39 years old
12. 40-49 years old
13. 50-65 years old
14. 65+ years old
15. What gender do you identify with?
16. Male
17. Female
18. Gender non-conforming
19. Prefer not to answer
20. Are you a parent or caretaker of a child or youth member?
21. Yes
22. No
23. Prefer not to answer
24. What types of activities do you or your family members enjoy?   
    (Select all that apply)
25. Learning about Tsartlip’s language and culture
26. Giving back to the community
27. Playing music
28. Creating art
29. Gathering, harvesting, or preparing food
30. Carving, woodworking, or other crafts
31. Playing sports and/or being active
32. Being in nature
33. Reading
34. Playing games
35. Spending time with family or friends
36. Other (please list):

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1. In general, would you say your overall health and wellness is:
2. Excellent
3. Very good
4. Good
5. Fair
6. Poor
7. On a scale of 1 to 10 (1 meaning “Not well” and 10 meaning “Excellent”), please rate your average day-to-day mental health. (Circle the number or the line in between two numbers that is closest to how you feel)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Not well** |  |  |  |  |  |  |  |  | **Excellent** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

1. Overall, how would you rate the availability and quality of child, youth, and family programs for Tsartlip members? These programs and services could include cultural activities, sport/recreation programs, language classes, counselling, or any other activity that directly serves children and their families.
2. Excellent
3. Good
4. Fair
5. Poor
6. If you chose poor, please explain why:

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1. Where do you access child, youth, and family programs?

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1. What child, youth, and family programs provided by Tsartlip do you or your family members attend or use? (Select all that apply)
2. Early years childcare services and programs
3. After school youth services and programs
4. Cultural programs
5. Recreational programs
6. Intergenerational programs (youth and Elders)
7. Educational programs
8. Other (please list):

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1. What, if any, are barriers to your family accessing child, youth, and family programs? (Select all that apply)
2. Travel distance
3. Time or availability
4. Conflicts with other activities such as work or school
5. Not feeling safe attending programs and services
6. The right programs and services are not available
7. Not knowing what programs or services are available
8. Other (please list):

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1. In your opinion, what would improve health or wellness for you or your family?

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1. In your opinion, what programs and services could be used to help strengthen your or your family’s health and wellness? (Select all that apply)
2. Early years childcare services and programs
3. After school youth services and programs
4. Cultural programs
5. Recreational programs
6. Intergenerational programs (youth and Elders)
7. Educational programs
8. Counselling or therapy
9. Other (please list):

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1. What words come to mind when thinking about healthy children, youth, and families in the Tsartlip community?

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1. How will we know when we have achieved our goals to support and strengthen child, youth, and family wellness?

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1. Do you have any other thoughts to share? (Provide your answer in the box below)