

Youth Needs and Assets Assessment – What We Heard Report

October 28, 2019



The Youth Needs and Assets Assessment explored existing opportunities for youth and young adults in the County between the ages of 14-29, while identifying areas for improvement.

Engagement and Survey Results

From May to August 2019, youth, parents, and community agencies were invited to participate in online surveys, intercept engagement, and focus groups to better understand the needs of youth and young adults and identify assets and opportunities in the community. A total of 896 youth and young adults, 208 parents, and 7 agency representatives participated in the first round of engagement, and 35 youth and young adults, 12 parents, and 41 agency representatives participated in the second round.

“We need a sense of community – for youth to develop a connection to the community.

Sherwood Park Resident

YOUTH AND YOUNG ADULTS

Areas of Concern

- Half of youth and young adults were concerned about pressures to do well in school (50%) and nearly one-in-three were concerned about finances or having enough money (30%).
- The majority of youth and young adults felt that a loved one’s mental health was important (80%), followed by nearly three-quarters who felt their own mental health (73%) and their own physical health (71%) were important.

Recreation Needs and Habits

- Most of the youth and young adults have accessed indoor sports and recreation (78%) and outdoor parks, trails, and green spaces (73%) in the last year.
- When asked what is preventing them from participating in services or programming near them, a third of youth and young adults stated that transportation (34%) was an issue.
- One-in-five youth and young adults felt that supports for mental health (20%) were needed where they lived, while over two-in-five (43%) felt that no more were needed.
- Nearly half of youth and young adults liked to do physical activity (45%) in their spare time and nearly two-in-five like to spend time with family and friends (38%).



78%

OF YOUTH AND YOUNG ADULTS HAVE ACCESSED INDOOR SPORTS AND RECREATION IN STRATHCONA COUNTY IN THE LAST YEAR

Communication

- Youth and young adults would most commonly rely on friends (76%) and family (54%) for help and support.
- Nearly three-in-four youth and young adults felt that Instagram (74%) was the best way to share information within the community. Nearly half felt that Snapchat (50%) and SMS (44%) would also be effective.

PARENTS

Areas of Concern

- Most parents felt that friends and peers (85%) were a major influence on youth and young adults under their care, followed by parents and guardians, including themselves (62%).
- Three-in-four (76%) parents talked with their children frequently or all the time.
- Over half of parents were concerned about their children’s mental health (55%) and nearly two-in-five were concerned about peer pressure (39%), alcohol and drug use (39%), and their children doing well in school (38%).

Recreation Needs and Habits

- Families with youth and young adults were most likely to have accessed outdoor parks, trails, and green spaces (84%) and indoor sports and recreation facilities (84%) within the last year.
- When asked if there were any barriers preventing their family from participating in services or programming, half of parents stated the reason was due to transportation (50%).
- Nearly one quarter of parents felt that supports for mental health (22%) were needed for Strathcona County.
- Two-in-five parents felt that recreational activities (39%) was something the County is doing well for youth and young adults.

Agencies and Stakeholders

- Two-in-three parents would seek a health care professional (68%) or their partner/spouse if they needed help or information for the youth or young adult under their care.
- The majority of parents identified the Strathcona County Website (78%) as the best way to share information with them about their community, followed by Facebook (59%) and E-newsletter (53%).

What’s Next?

The survey responses were used as a basis for a second round of engagement that took place through focus groups with youth and young adults, parents and agencies in August 2019. Participants

discussed and reflected on what was heard in the survey. Input received through the survey and public workshops informed the Youth Needs and Asset Assessment Final Report and recommendations, which went to Council in October 2019.



FIND MORE INFORMATION ABOUT THE YOUTH
NEEDS AND ASSET ASSESSMENT AT
[STRATHCONA.CA/youthvoice](https://www.strathcona.ca/youthvoice)

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Read the Full Report: https://www.strathcona.ca/files/files/fcs_-_youth_needs_and_assets_assessment_final_report.pdf