



## CITY OF VANCOUVER

### ADMINISTRATIVE REPORT

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TO: Standing Committee on Planning and Environment

FROM: Managing Director, Cultural Services; Director, Vancouver East District,  
Park Board; Interim Director, Social Planning

SUBJECT: Get Out! Youth Legacy Program – Evaluation and Next Steps

#### INFORMATION

- A. THAT Council receive *Get Out! The Pilot Year 2005/06* report for information.

#### RECOMMENDATION

- B. THAT Council approve the Get Out! program principles and objectives as outlined in this report.
- C. THAT Council approve the continuation of interdepartmental GetOut! Staff Steering and Technical Committees to manage and coordinate future GetOut! Programs and services.
- D. That Council authorize the GetOut Steering Committee to seek additional funding partners and make applications to funding programs as outlined in this report; and
- E. THAT Council direct staff to report back with recommendations for any future GetOut! programs and services in the context of the 2007 Annual Operating Budget, departmental program reviews, strategic planning initiatives and potential partnership opportunities.

## GENERAL MANAGERS' COMMENTS

The General Managers of Community Services and Park Board recommend approval noting that the pilot phase of this interdepartmental initiative has created new opportunities for active youth engagement in arts, sports, recreation and cultural activities, has in a very short time, reached over 3,500 youth, primarily youth at risk, and has helped to inform current programs and services and build towards a longer-term strategy for youth involvement within the City.

## COUNCIL POLICY

Vancouver Civic Youth Strategy Policy - Council adopted the Civic Youth Strategy (CYS) in March of 1995, and initiated new youth engagement methods with the establishment of the Youth Outreach Team in 2003. CYS includes a policy statement that commits the City to involving youth and youth-driven organizations as active partners in:

- the development, assessment and delivery of civic services which have direct impact on youth; and
- broad spectrum consultations and initiatives on civic issues, such as the Get Out! Project.

The policy statement above ensures that all City departments work towards 4 key objectives:

- ensuring youth have “a place” in the City of Vancouver
- ensuring a strong youth voice in decision-making
- promoting youth as a resource to the City of Vancouver
- strengthening the support base for youth in the City of Vancouver

The City's Cultural Goals, adopted by City Council on October 27, 1987 seek to:

- ensure that all Vancouver residents and visitors including senior citizens, youth, low-income people, members of ethnic minorities and other distinct groups, have opportunities to enjoy and participate in cultural activities.

In 1992, the Board of Parks and Recreation endorsed its Blueprint for Youth Services. The Blueprint was designed to enhance community centre youth programs, and to facilitate partnerships with local youth-serving agencies to develop further opportunities for youth.

On July 8, 2004, Council approved the Youth Legacy Framework and Phase I of the Action Plan. On April 28, 2005, Council approved the Phase II of the Get Out! Youth Legacy Program.

## SUMMARY & PURPOSE

This report presents the findings of the Get Out! Youth Legacy Program pilot phase 2005/06, and seeks Council's approval to develop future GetOut! opportunities, programs and services as outlined in this report.

## BACKGROUND

The quest to host the 2010 Olympic Winter Games in Vancouver was a catalyst for the development of the City's Olympic Youth Legacy Program. On July 8, 2004, Council approved a 2 phase pilot project for the Olympic Youth Legacy for Physical Activity, Sport, Culture and the Arts, including a budget of \$200,000 for each phase (report RTS 4247 <http://vancouver.ca/ctyclerk/cclerk/20040708/csb6.htm> on file at City Clerk's Office).

Out of the City's Olympic Youth Legacy, the Get Out! Program was shaped in consultation with youth and the community. The goal of the pilot program was to increase levels of youth activity and engagement by encouraging their participation in the development, design and implementation of arts, sports, recreation and cultural activities.

In mid-December 2004, Park Board and Council approved the Get Out! Youth Legacy Program comprised of four components:

- Get Out! Grants: a "youth-friendly" grants program with two different streams (Grants to Youth and Community Partnership Grants).
- Get Out! New Recreation Programs: a program to develop new community centre youth recreation programs.
- Get Out! Youth Action Teams: a youth development program designed to build capacity of youth and youth-serving organizations to increase youth engagement.
- Get Out! Ideas Factory: a program of activities to support GetOut! through research, development, evaluation, training, communications, youth program coordinator support services and the facilitation of partnerships, networks and communities of practice.

## DISCUSSION

### Program Overview

The Get Out! program was supported, internally, by an interdepartmental staff team from Social Planning, Park Board and the Office of Cultural Affairs. The program budget was approved by City Council at \$200,000 for each of the two pilot phases and the team continued to support the program with a significant level of existing resources throughout the phases and beyond the end of the pilot period. The staff team was guided by a Steering Committee comprised of senior staff from Cultural Services, Social Planning and Park Board. The collaboration among the departments addressed gaps in and complemented the youth programs and services offered by the City.

The Get Out! program was administered by a Program Coordinator who served as a link between the program departments and youth and provided guidance to youth and Youth Action Teams in orienting themselves throughout the program. Further, the Program Coordinator oversaw tasks that no one department could assume individually such as communications and evaluation.

The Program was also guided by a community Advisory Committee comprised of members of the youth serving and youth driven agencies including youth themselves.

During its pilot phases, GetOut! supported over 70 projects, programs and activities, and involved over 3,500 youth - 80% of whom had previously low levels of participation in arts, sport, culture, recreation and community activities.

Council received a summary from Phase I and Action Plan for Phase II in April, 2005 (report RTS 4985 at <http://vancouver.ca/ctyclerk/cclerk/20050428/documents/cs1.pdf>).

### *Recreation Programs*

The GetOut! New Recreation Programs stream provided new funding for 7 programs in Phase II ranging from \$1,700 to \$5,000 per program, to support and encourage recreation program coordinators to respond to the identified gap in youth-specific programming at facilities such as community centres, ice rinks and swimming pools. This also led to the development of innovative arts, cultural, sports and recreation programs that reach the city's at-risk and least active youth. For a complete list of programs developed, see Appendix A.

### *Grants Programs*

The Grants program was designed to provide support for youth (ages 12 - 24) to develop and implement their own ideas on how to get their peers more active through cultural or recreational projects with community partners. Two streams were offered: Grants to Youth (supporting youth-driven initiatives in partnership with community organizations) and Community Partnership Grants (supporting youth programming developed by two or more youth-serving community organizations in partnership). The Grants program was delivered by the Office of Cultural Affairs, and the grant applications were adjudicated by an independent assessment committee comprising members of the communities of interest, including youth members.

A high level of outreach was required to support youth in making applications and this was offered by members of the City's Youth Outreach Team, core staff and the Coordinator. Three community-based workshops were also delivered to assist youth in preparing applications.

On March 31, 2005, Council approved 25 Get Out! Grants for a total of \$100,000 (report RTS 4444 at <http://vancouver.ca/ctyclerk/cclerk/20050331/csb3.htm>). On Sept. 15, 2005, Council approved a further 14 Get Out! Grants for a total of \$78,000 (report RTS 5052 at <http://vancouver.ca/ctyclerk/cclerk/20050915/cs20050915.htm>).

### *Get Out! Youth Action Teams (YAT's)*

In order to reach and meaningfully involve the least active and most vulnerable of Vancouver's youth, research indicated that a more supportive approach including opportunities for relationship-building between youth/youth groups and adult allies was needed to develop successful projects and programs and in building the capacity to participate in the GetOut! grants program.

The GetOut! YAT's (10 groups of youth who work together to address issues and barriers to participation) are based on community youth development, participatory action research and participatory programming approaches. YAT's are facilitated by young adult mentors (UBC graduate students, trained in participatory planning and participatory action research) and

supported by staff at host community organizations, schools or community centres to support individual and group leadership development, to strengthen outreach, programming and fundraising skills, and to initiate, design and execute projects or programs.

### *Get Out! Ideas Factory*

The Research Team, branded as the Get Out! Ideas Factory, led by the GetOut Coordinator works with youth and graduate student interns. Ideas Factory activities include YAT coordination, research, program development, evaluation, training, communications, youth program coordinator support services and the facilitation of partnerships, networks and communities of practice. One key component of communicating these activities is the GetOut! website at [www.heygetout.ca](http://www.heygetout.ca). This online tool has been instrumental in serving as a virtual meeting place for program coordinators, networking tool, communications channel, and efficient means for the dissemination of support services and lessons learned.

## Program Evaluation

### *Methodology*

As a pilot program, evaluation was deemed to be critical and was built into the Ideas Factory's roles and responsibilities. A combination of qualitative and quantitative approaches were used in the assessment, including participant evaluation surveys, project coordinator reporting, facilitating 13 focus groups and in-depth interviews with participants and project coordinators, and hosting community feedback sessions. At the beginning of each funding cycle, the Get Out! Consultant team supported by the City's Youth Outreach Team, delivered participatory evaluation workshops for program coordinators to encourage them to become involved in this participatory approach to evaluation, to discuss the objectives and to provide training for using the evaluation tools.

Early into the program it was determined that the impact on levels of physical activity could not be accurately measured without a longer-term period within which to evaluate. As a result, the team adopted a more holistic methodology to measuring youth health. The focus of evaluation turned to measuring the impacts of Get Out! programs and activities in the engagement of participating youth.

The levels of youth-reported activity going into a project were captured by a survey given to participants. At the conclusion of the project, organizations conducted a final report which evaluated the project and impact on the participants. The evaluation revealed a number of program impacts and learnings as follows:

### *Impacts & Learnings*

A copy of the GetOut! evaluation report is attached to this report as Appendix B. In summary the impacts and leanings included:

#### *Impacts*

- Get Out! was effective in reaching relatively unengaged youth - 80% of youth, who participated in GetOut! Pilot projects, programs and activities were reported to have previously "low to moderate" levels of involvement in arts, sport, culture, recreation

and community service activities. Youth Action Teams (YAT's) were particularly effective with these youth.

- Get Out! provided youth with significant and meaningful opportunities to strengthen leadership skills and programming capacity (approximately 500 youth had a leadership role in organizing and delivering programs).
- Get Out! programs brought together youth from diverse backgrounds and helped to build mutual understanding, support and community.
- GetOut! promoted innovation, built community partnerships and enhanced Vancouver's capacity for youth programming - Over 95% of respondents considered GetOut! to have had a "Big Impact" on their work and that of their organizations.
- Multiple entry points through the four program components (grants, recreation programs, YAT's and Ideas Factory) and coordinated through a central source, provided easy access and orientation for youth to a number of different styles of programs and services. This allowed for youth to try out different types of programs depending on their engagement level and interest.

In summary, evaluation results indicate that young organizers who received Get Out! grants or who participated in the YAT's gained self-confidence, leadership and programming skills. They reported they had increased their capacity to take on their own projects and to design programs that effectively reached out to their peers. Project coordinators of Get Out! stressed that getting youth involved in these roles contributed to building self-esteem (45%), led to employment or honoraria (18%), empowered youth (45%), and strengthened their development as community leaders (33%). One respondent indicated that Get Out! shows the commitment that the City of Vancouver has to the healthy development of its young citizens.

#### *Learnings:*

- Projects that had fewer participants and that were not competitive (i.e. not based on competitive sports) were more accessible to less engaged or at-risk youth.
- Meaningful youth engagement requires significant resources (human, financial, time, etc.) to be effective. The pilot phase underestimated the resources required to administer and evaluate the number of programs.
- Measuring the impact of Get Out! programs and projects in increasing physical activity proved challenging given the pilot nature of the programs. Without a longer term study, the evaluation could not draw firm conclusions on long-term rates of physical activity.

In summary, the Get Out! program was positioned to address gaps in and complement the youth programs and services currently offered by the City. It provided a grants program for youth to develop and implement their own initiatives, provided critical outreach through a participatory youth engagement model that aided youth in accessing different elements of the program, and it also assisted Park Board community-based youth workers in developing new programming for youth and strengthening their relationship with less active or at-risk youth.

## Related Findings

There is strong public support for programs and activities that support youth projects, programs and activities. In February 2006, the City of Vancouver commissioned an Ipsos-Reid Public Affairs *Recreation and Physical Fitness Study*. This study indicated that Vancouver residents felt strongly that the following factors were important in encouraging physical activity among youth:

- Affordability of programs and activities (82%)
- Programs and activities are specifically targeted to youth (79%)
- Specific instruction, mentorship or coaching is provided by and for youth (69%)
- Involvement of youth in the creation and delivery of programs and activities (61%)
- Information on physical activity, health and well-being (69%)

## Future Get Out! Program

Based on the findings from the pilot phase, staff recommend that a future GetOut! program be developed building on the pilot programs and also be informed by the outcomes of departmental program reviews, planning initiatives and potential partnerships. To do so, staff seek Council's endorsement of the GetOut! program principles and objectives, the program structure, and authority to seek additional funding partners. Staff will then report back to Council with a proposed GetOut! program in the context of the 2007 Operating Budget.

### *Principles and Objectives*

Based on the findings from the pilot phase, staff recommend the scope of any future Get Out! program should continue to be guided by the following principles and objectives:

#### *Principles*

- Holistic approach to health
- Inclusion and access
- Innovation and creativity
- Collaboration and partnership
- Youth and community-driven process
- Active participation
- Systemic organization change
- Sustainability

#### *Program Objectives*

- Improve the long-term health and well-being of youth
- Increase the engagement of inactive youth and youth from diverse communities through a balance of arts, sports, recreation and cultural activities
- Encourage participatory youth engagement models throughout the program
- Create opportunities for youth to foster creativity and self-expression
- Encourage partnerships and collaboration between the City, youth, community groups and the greater community
- Build capacity for youth
- Promote active and sustained participation

### *Interdepartmental Program Support*

The program will continue to be administered by an interdepartmental Technical committee comprised of staff from Cultural Services, Park Board and Social Planning and led by an interdepartmental Steering Committee comprised of management personnel from Cultural Services, Park Board and Social Planning. The Technical committee will coordinate the transition of the program over the next few months including establishing clear terms of reference for committee members, timelines and program definition. The Steering committee will continue to provide leadership and guidance and actively seek out partnerships within the community for ongoing program support.

### *Funding Partners*

In order to build support for the program, the Steering Committee are seeking partnerships with other funding agencies to assist with the ongoing delivery and support of the Get Out! program. Several successful models exist where partners have come together in order to maximize limited resources for greater program impact and reach. One such example is the Partners in Organizational Development (POD) program, a program which provides capacity building assistance to non-profit organizations in the cultural, social services or environmental sectors throughout the province. Funding and administrative partners for the various streams include the City of Vancouver, the Province of BC, the Vancouver Foundation, the Capital Regional District, Columbia Basin Trust and United Way of the Lower Mainland. The program is administered by an independent non-profit agency, the Centre for Sustainability (based in Vancouver), and guided by an Advisory Committee comprised of representatives of the funding partner agencies and staff of the Centre for Sustainability.

Recently another successful model has been launched in Toronto called *Artreach*. This initiative was inspired by aspects of the Get Out! program and offers funding for youth-driven community arts projects. Support for the program has been made possible through the collaboration of eight funding partners and other support partners including all three levels of government and several community foundations (United Way of Greater Toronto, Laidlaw, Trillium and Toronto Community foundations). The program aims to reach under-served youth and communities and increase access to arts programming. A total of \$1.2 M in funding will be made available for youth-driven initiatives over the next three years.

These types of best practise models will act as important examples in an effort to secure partnerships for the Get Out! program. Preliminary conversations have been held with community foundations and all levels of government where positive interest has been expressed in support of various aspects of a future Get Out! program.

### *Immediate Next Steps*

Over the next few months the staff will undertake the following actions:

- adjust the program based on impacts and learnings
- establish a clear process for support; implement clear terms of reference for the Steering and Technical committees, create a timeline with key activities and dates
- leverage support for future program and services by seeking funding partners
- build on the website and Get Out! brand as communication vehicles
- continue to work with a Community Advisory Committee for input and guidance



- link with other civic initiatives under development including Active Communities (Report to Council Sept. 19<sup>th</sup>), departmental program reviews and strategic planning initiatives

## FINANCIAL IMPLICATIONS

At this time there are no financial implications related to this report. Staff will report back with recommendations for a future Get Out! program in the context of the 2007 Annual Operating Budget, departmental program reviews, strategic planning initiatives and potential partnership opportunities.

## CONCLUSION

The Get Out! pilot program and approach has demonstrated an effective method of reaching out to youth who had previously low levels of participation in arts, sport, culture, recreation and community activities. Research demonstrates that this increased youth engagement in community activities results in positive youth development and positive outcomes in youth health and well-being.

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## Summary of Get Out! Recreation Programs

Name of Program	Sponsor	Venue	Partners	Amount	
Chillin on Ice - Skating	PB	Killarney Rink	Killarney CC Society	\$8,000	This youth driven program brought hundreds of youth out for music, skating and youth-led programming.
YPPP - Youth Pregnancy & Parenting Project	Renfrew Park CA	Renfrew CC	Van Coastal Health	\$2,000	A collaboration between the Evergreen Health Centre and Renfrew Community Centre – artist worked with youth to develop a program at Renfrew which would sustain involvement beyond an initial stage.
Mural and World Beat Project	Kensington CA	Kensington CC		\$2,500	Youth explored different world percussion forms and selected one to pursue in greater depth. Youth created a mural in the youth room of the centre.
Marimba Project	Britannia CC	Britannia CC	Britannia World Music	\$4,000	Youth at risk were introduced to Marimba and integrated into the community program.
Transition Project	Kensington CA	Kensington and David Thompson Sec School	Access to Media Education Society, Peer Perspectives	\$4,000	Youth identified through grade seven; teachers were brought by the Kensington youth worker to Thompson for media workshops to assist in transition to high school.
Build a Bike Project	Gathering Place	Gathering Place and Roundhouse	Pedal Power Arts Society	\$5,000	Ten Downtown South youth built bikes from components, styled them with the help of artists and took bike trips.
Late Nite Swimming	Park Board	Percy Norman	Riley Park CC	\$6,000	Late Night Pool Parties on Fridays with youth-driven special events in the indoor pool, paralleled the late night sports program in the gym. Collaboration between community youth worker, pool programmer and a youth planning group.
Video Training for Youth Reporters	Pacific Cinematheque	Pacific Cinematheque	Pacific Cinematheque	\$1,500	Six youth reporters received video training for participatory reporting on Get Out! Projects.

PHASE 1

Skateboarding for Girlz Project	Roundhouse Society	Roundhouse CC	Roundhouse & Vanc. Skatepark Coalition	\$4,000	Young women attended workshops on building, painting and using skateboards.	
Guys on the Move	Kitsilano CA	Kitsilano CC	Kits High	\$1,728	Boys aged 11 to 16 years will be exposed to a number of physical activity pursuits including archery and kickboxing.	PHASE 2
Percussion	Renfrew CA	Renfrew CC	Still Moon Arts Society	\$5,000	2 artists/musicians worked with at-risk youth in a project to turn discarded items into percussion instruments and performed at Canada Day celebrations.	
Sunset youthdownsouth	Sunset	John Oliver and Sunset	John Oliver	\$3,500	Web-development project with a youth Web designer.	
Youth Week	Park Board	Citywide	Britannia	\$2,000	GetOut! supported the development of youth-driven components of Youth Week.	
Thunderbird Mural	T-bird CA	T-Bird		\$4,000	The youthworker engaged youth not currently active in Thunderbird through the creation of a mural on the youth room.	
Strath Youth in Action	Strath CA	Strath		\$3,500	This tri-level (UBC, Britannia Secondary School and Strathcona Elementary) mentorship project engaged grade seven students in out of school leadership activities.	
Get Moving	Champlain Hts CA	Champlain Hts		\$4,000	This project was to get girls aged 10 - 14 more active by reducing barriers to participation in physical activities and getting them interested in continuing in an activity.	PHASE 3
Sunset Chilln'Out	Sunset CA	Various locations	ISS MY Circle Action team	\$3,300	Multicultural Outdoors Buddy Program involved newcomer youth in sports and recreation opportunities in Vancouver under the guidance of the Sunset Youth Worker.	

Roundhouse Hip Hop	Roundhouse Society	Various locations	MAC Collective	\$2,700	Hip Hop artists presented demos in community centres and a 3 day workshop intensive for youth from the downtown and eastside communities were held at the Roundhouse.
Madskilz	Britannia Society		Purple Thistle	\$3,000	A youth barter system for individual and group skills exchanges with youth mentoring youth was facilitated.
Trout Lake Power Squad	Grandview Community Association	Trout Lake CC	Greater Vancouver Assoc for the Deaf, Cedar Cottage NH	3,772	This was a collaboration between youth 13-19 years old from the GVAD, Trout Lake Youth Council, and Cedar Cottage for summer taiko and dance workshops.
Reel Youth	Hastings CA	Various and Rdhse.		\$3,000	This youth focused media arts project created dialogue among youth on issues that are important to them through film-making workshops.
Total to date:				\$76,500	

## Impacts & Lessons learned from **GetOut! the Pilot Year 2005-2006** (full-length version)



A Youth Engagement Initiative of the  
City of Vancouver and the Vancouver  
Board of Parks and Recreation



prepared by  
Juan Gabriel Solorzano  
and the GetOut! Consultant Team  
May 2006

## Contents

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Executive Summary	3
Background	6
Methodology	14
Learnings: successes and lessons	18
Recommendations	39
Conclusion	44
Appendix One: Participant Survey	45
Appendix Two: Report Back Form	48
Appendix Three: Interview Guide	56

## Executive Summary

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In 2003, a City staff working group from Social Planning, the Vancouver Board of Parks & Recreation and the Office of Cultural Affairs designed and launched *GetOut! Push Your Boundaries*, in consultation with youth and youth-serving community organizations.

A grant program and a new recreation development program were established to support youth, youth-serving agencies and community centre associations in providing over sixty innovative arts, cultural, sports and recreation programs that reach the city's at-risk and least active youth.

Eleven GetOut! Youth Action Teams, developed on a participatory action research model, provided additional insights into the barriers that vulnerable youth face in trying to get active and involved in their communities. The GetOut! Youth Action Teams developed their own specific programs that responded to the needs that they discovered. One of the GetOut! Youth Action Teams, the GetOut! Youth Reporters, was also trained in community-based internet journalism and was directly involved in documenting the many stories of GetOut!.



**The Tupper Secondary School GetOut! Youth Action Team led the way in actively engaging their peers and building community at their school through GetOut! Games, a program they initiated, designed and executed.**

The GetOut! Consultant Team, the research and development department of GetOut!, worked together with organizers and young participants to evaluate the challenges, opportunities and lessons learned in the over 70 GetOut! projects, programs and initiatives of GetOut!'s 2005-2006 Pilot Year.

The results show that over 3,500 youth participated in GetOut! projects, programs and initiatives – the majority (est. 80%) being formerly less active and less engaged youth.

## Successes

- **GetOut! engaged disengaged, physically inactive and marginalized youth.**

GetOut! successfully reached out to and engaged youth with moderate to low levels of involvement in arts, sport, culture other physical activities and community. Most of these youth also had low levels of physical activity. Many of the youth came from marginalized communities of youth, including disabled, street-involved, immigrant/refugee and Aboriginal youth.

- **GetOut! encouraged organizations to involve youth meaningfully in their programming and decision making.**

GetOut! created significant opportunities for youth to develop leadership skills. Most of the projects involved youth directly in project or program design and implementation. Meaningful involvement contributes to positive youth development by enhancing self-esteem, strengthening community connections and providing positive alternatives to unhealthy activities and behaviours.

- **GetOut! provided youth with significant opportunities to strengthen leadership skills and develop their programming capacity.**

Young organizers involved in GetOut! had an opportunity to develop important leadership skills like outreach, facilitation, group decision-making, administration and budgeting skills, partnership-building, peer support and long-term visioning. GetOut! helped many youth to take the next step beyond simply participating in existing programs to creating new opportunities for themselves and their communities. A few projects also led to employment opportunities for participating youth.

- **GetOut! funding allowed organizations to build on successful programming, continuing to engage youth at risk and serving as an introductory step to other programs.**

GetOut! projects, programs and initiatives led to increased youth involvement by strengthening the support network for youth in the city and by connecting participants to this network of programs, organizations and services. GetOut! grants also helped support youth-serving organizations expand or continue their services to marginalized youth not ready to move into other programs.

"You have to understand that he had been in tears too many times to count because of the lack of friends, being left out, feeling that maybe if he just gave in and tried smoking cigarettes, pot or drinking that then he would fit in. You never know what the different paths of life can do to you or for you and I believe that Guys on the Move saved my son from having to make some very hard choices."

– Parent of a youth participant in GetOut! Guys on the Move



- **GetOut! promoted innovation, built community partnerships and enhanced Vancouver's capacity for youth programming.**

Participating youth coordinators both in public institutions and other youth-serving organizations reported that GetOut! was very effective in promoting innovation and building their capacities. GetOut! encouraged empowering youth by meaningfully involving them in the program decisions that affect them. This not only generated a greater sense of ownership of the program among the participating youth, but also helped programmers learn what youth wanted and needed.

GetOut! positively impacted the health, well-being & resilience of youth in Vancouver. The GetOut! approach has demonstrated itself as a successful and cost-effective means in reaching out to youth who had previously low levels of participation in arts, sport, culture, recreation and community activities and low levels of physical exercise. GetOut! is succeeding in increasing youth engagement in healthy, positive, community-based recreational activities. Research strongly demonstrates that this increased youth engagement in community activities results in positive youth development and positive outcomes in terms of youth health, well-being and resilience.

This report documents the cumulative findings of the many collaborative and participatory efforts of staff, consultants, participants and program coordinators to evaluate the impacts of, and document the lessons learned from, GetOut!'s 2005-2006 Pilot Year. The names of participating youth and program coordinators have been omitted. The report also provides some key recommendations for City staff, youth workers and young programmers on enhancing GetOut! projects, programs and initiatives for the future.

## Background

### A Short History of GetOut!

In 2003, a working group, made up of City staff from Social Planning, the Office of Cultural Affairs and the Park Board, was formed. This working group, in consultation with Vancouver youth and other community stakeholders, developed a Youth Legacy Initiative framework and an action plan, which were approved by City Council and the Vancouver Board of Parks & Recreation in 2004.

Shortly thereafter, the initiative renamed GetOut! Push Your Boundaries (GetOut!) by a Vancouver youth, who had participated in a focus group during the initial stages of programme development.

The Initiative was given a core operating budget of \$200,000 a for two years.<sup>1</sup> This was supplemented by the City staff working group contributions to development and implementation of the initiative, a total of 1.5 FTE.



Youth together with Zine and collage artists in the GetOut Planning Salon discussed some effective practices in participatory youth programming.

July

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### GetOut! & the health, well-being and resilience of Vancouver's Youth

GetOut! responds to the decrease in levels of youth activity and an increase in associated health concerns among youth (such as adolescent obesity, heart disease and diabetes), reported in many recent reports.

Current research points to very strong linkages between positive youth development and participation in the arts, sport, culture other physical activities and community. Research advocates a *holistic* approach to youth health – recognizing the interconnectedness between physical, mental and social health, well-being and resilience. Enhancing the health of Vancouver youth is about assisting youth in creating the conditions that will lead to healthier decisions and lifetime resilience in body, mind and spirit: safer places in which to play and grow, positive venues for self-expression, more supportive social networks, venues for

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<sup>1</sup> For break down, see page 12.

the development of unrealized talents and higher self-esteem, positive mentorship and meaningful engagement in the decisions that affect them.

### **What is participatory youth engagement?**

Youth engagement refers to “the meaningful participation and sustained involvement of a young person in an activity with a focus outside him or herself.”<sup>2</sup> It “involves recognizing and nurturing the strengths, interests, and abilities of young people through the provision of real opportunities for youth to become involved in decisions that affect them at individual and systemic levels”.<sup>3</sup> Youth can become engaged in many activities including sports, arts, community service and politics. Youth who are meaningfully engaged experience an “enjoyed absorption” in an activity – an experience that connects them with other participants and with the outside world. Their activity and their place in society then begins to feel more “meaningful and significant.”<sup>4</sup> To successfully engage youth, programs need to create a respectful, inclusive and inviting atmosphere that supports the diverse expressions of young people and that offers them opportunities for personal development and skill building.<sup>5</sup>

### **The Health and Well-being Outcomes of Positive Youth Engagement**

Meaningful youth engagement has positive effects in the holistic health and resilience of young people. There is strong evidence of the protective role that meaningful youth engagement plays against risk behaviours such as drinking alcohol, using drugs or smoking. A study by Eccles and Barber (1999) using data from the Michigan Study of Adolescents Life Transitions showed that youth involved in prosocial activities such as volunteer work got drunk significantly less than those who did not engage in these activities.<sup>6</sup> Similar effects were found with youth involved in performing arts; in contrast, youth engaged in team sports reported a higher level of drinking. When youth were engaged in planning and delivering anti-drinking campaigns they consumed significant less alcohol than general participants. Engaged youth also showed lower levels of marijuana consumption.<sup>7</sup> The use of hard drugs is less frequent among individuals that participate in prosocial activities and extracurricular activities independent of their academic performance and affiliation with peers who use drugs.<sup>8</sup> A New Jersey study by Ching and Elis (1996) reported that youth with higher levels of smoking also showed significantly lower levels of participation. These findings are

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<sup>2</sup> S. Mark Pancer, Linda Rose-Krasnor, Lisa D. Loiselle. “Youth conferences as a context for engagement.” New Directions for Youth Development (2002): 47-64.

<sup>3</sup> McCreary Centre Society. “Youth Action. The Basics of Youth Participation.” Online < [http://www.mcs.bc.ca/ya\\_base.htm](http://www.mcs.bc.ca/ya_base.htm) > (April 2006)

<sup>4</sup> Mahoney, J., Schweder, A., Stattin, H. “Structured after-school activities as a moderator of depressed mood for adolescents with detached relations to their parents.” Journal of Community Psychology 30:1 (2002): 69-86.

<sup>5</sup> Idem.

<sup>6</sup> Eccles, J. and Barber, B. “Student Council, Volunteering, Basketball, or Marching Band: What Kind of Extracurricular Involvement Matters?” Journal of Adolescent Research 14:1 (1999): 10-43.

<sup>7</sup> Youniss, J. and Yates, M. “Social integration: Community service and marijuana use in highschool seniors.” Journal of Adolescent Research 12:2 (1997):245-262.

<sup>8</sup> Jenkins, J. “The Influence of Peer Affiliation and Student Activities on Adolescent Drug Involvement.” Adolescence 31 (1996):297-306.

consistent with results coming from youth assets research that reports that youth that have an absence of engagement assets were more likely to engage in risk behaviours.<sup>9</sup>

Youth engagement has also been associated with the emotional development of youth, as well as their patterns of sexual activity. McHale, Crouter and Toucker (1999) found that time spent in structured activities, including hobbies and sports, was inversely related to depression later in life. This relationship was corroborated by Mahoney, Schweder and Stattin (2002) that reported that adolescents engaged in structure after-school activities have significant lower levels of depression. In cases of youth detached from their parents (defined by parents with little knowledge of their children activities) this relationship proved to even stronger. In addition, youth engagement has been shown to influence the sexual activity patterns youth, particularly in girls. Miler et (1998) found that girls participating sports showed a later onset in sexual activity, had fewer sex partners and engaged in sexual activity less frequently.<sup>10</sup> This is consistent with the lower levels of teen pregnancy documented in actively engaged girls. Allen, Philliber, Herrling and Gabriel (1998) report that girls participating in an after school volunteer program had 41% less risk of teen pregnancy that the girls in the control group.<sup>11</sup>



**GetOut! offered young organizers like the youth behind Create Now the opportunity to develop a theatre program that gave other youth a voice.**

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In addition to its protective role, youth engagement has been shown to have positive impacts in improving school performance, preventing violent behaviour and crime, increasing physical activity and promoting connections with the community. The Search Institute in the US has identified a list of 40 external and internal developmental assets that strengthen youth personal growth.<sup>12</sup> Youth who are engaged have an opportunity to strengthen their external developmental assets of support (experience care and love from others), empowerment (be valued by their community and have opportunities to contribute to others), boundaries and expectations (develop understanding of the importance of limits) and constructive use of time (enjoying opportunities for growth through creative activities). Engagement also fosters youth internal assets of commitment to

<sup>9</sup> Roy, Oman, et. Al. "Reliability and validity of the youth asset survey (YAS)" *Journal of Adolescent Health* 31: 3 (2002):247-55.

<sup>10</sup> Miller, K., Sabo, D., Farrel, M., Barnes, G., Melnick, M., "Athletic Participation and Sexual Behaviour in Adolescents: The Different World of Boys and Girls." *Journal of Health Society Behaviour* (1998): 108-123.

<sup>11</sup> Allen, Philliber, Herrling, & Gabriel. "Preventing teen pregnancy and academic failure: Experimental evaluation of a developmentally based approach." *Child Development* 64 (1997):729-742.

<sup>12</sup> Search Institute. Online< <http://www.search-institute.org/>> (March 2006)

learning, develop positive values, grow in social competencies and build a positive identity.

Youth that are engaged do well at school. A study by Mahoney and Cairns (1997) found that youth who do volunteer are less likely to experience course failure or suspension during the year.<sup>13</sup> Involvement in extra-curricular activities was also associated with a lower rate of school drop out. Youth "at-risk" benefited the most. Their engagement was associated with nearly a five-time reduction in drop out rates. School achievement was also greater in youth who were involved in team sports, performing arts, school involvement and academic clubs. The rates of college graduation were also higher for individuals involved in after school activities.<sup>14</sup>

Violence, delinquency and antisocial behaviour are less prevalent in youth who are positively engaged. Participation in community service has been associated with a reduction in violent behaviour.<sup>15</sup> Youth participation in structured activities has also been linked to a decrease in the frequency and seriousness of delinquent acts.<sup>16</sup> Involvement in non-competitive sports had a similar effect; in contrast, unstructured leisure time (hanging out) was positively associated with an increase in frequency and seriousness of delinquency. A study on youth arrests also found that engaged youth, particularly those categorized as "at-risk", tended to be arrested at much lower rates. Antisocial behaviour was negatively correlated with youth engagement. The highest levels of antisocial behaviour were found among youth with a combination of no structured participation and involvement in an unstructured activity.<sup>17</sup>

Only 50% of BC's youth are active enough for optimal growth and development according to a report from Canadian Fitness and Lifestyle Research Institute (CFLRI).<sup>18</sup> These findings are consistent with the Physical Activity Statistics published by the Public Health Agency of Canada (PHAC) that states that over half of Canadians age 5-17 are not active enough.<sup>19</sup> The PHAC describes the optimal level of physical activity as an expenditure of approximately 8 kcal per kilogram of body weight per day, which is equivalent to 30 minutes of vigorous exercise plus

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<sup>13</sup> Mahoney JL, Cairns RB. "Do extracurricular activities protect against early school dropout?" *Developmental Psychology* 33:2 (1997): 241-53.

<sup>14</sup> Barber, B., Eccles, J., and Stone, M. "Whatever Happened to the Jock, the Brain, and the Princess? Young Adult Pathways Linked to Adolescent Activity Involvement and Social Identity." *Journal of Adolescent Research* 16:5 (2001):429-455.

<sup>15</sup> O'Donnell L. "Violence prevention and young adolescents' participation in community youth service - Implications for intervention." *Journal of Adolescent Health* 24:1 (1999):28-37.

<sup>16</sup> Agnew, R., and Petersen, M. "Leisure and Delinquency" *Social Problems* 36:4 (1989):332-350.

<sup>17</sup> Mahoney, J. and Stattin, H., "Leisure activities and adolescent antisocial behavior: The role of structure and social context." *Journal of Adolescence* 23:2 (2000):113-127.

<sup>18</sup> Canadian Fitness and Lifestyle Research Institute. "Physical Activity Monitor." Online < <http://www.cflri.ca/cflri/pa/index.html> > (April 2006)

<sup>19</sup> Public Health Agency of Canada. "Physical Activity Statistics." Online < [http://www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/index.html](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/index.html) > (April 2006)

an hour of less intensive exercise like walking.<sup>20</sup> In Canada, only 18% of youth meet this guideline.

These findings are particularly alarming when compared with the increasing prevalence of overweight youth in Canada. PHAC statistics show that the percentage of overweight youth rose from 15% in 1981 to 35.4% in 1996. Obese children tend to become obese adults and have an increase risk of diabetes, heart disease, chronic diseases and orthopaedic problems. There is also a reported increase of hyperlipidemia, hypertension and diabetes in youth. Physically vulnerable children are more likely to be targets of bullying, depression, social isolation and lower self-esteem. The effect becomes cyclical. Bullying, depression, social isolation and low self-esteem contribute to further risky behaviour and poorer physical health.

Youth engagement in structured athletic activities has proven to be the best predictors of physical activity later in life.<sup>21</sup> In particular, engagement in sports at least once a week for females and twice a week for males were associated with high levels of physical activity in adulthood.

### **How Does Engagement Work?**

Several mediating processes have been described to explain the positive impacts on youth health and well-being. First, it provides enhanced opportunities for personal development to which youth often have no access. Effective structured activities with increasing levels of challenging and complexity help youth gain social competencies such as planning, social and problem-solving skills.<sup>22</sup> After school engagement differs both from academic experiences (high concentration and challenge but low motivation) and unstructured leisure time (high intrinsic motivation, but low challenge and concentration). Because youth engaged in after school activities often experience success and recognition for their abilities, they gain a sense of mastery, self-efficacy and positive self-esteem.

Engagement activities broaden youth social context, provide with adult role models and influence youth identity formation. Youth find in structured activities an opportunity to find friends with similar interests and values. Youth in choosing their activities define their peer group relationships.<sup>23</sup> The formation of adult relationships outside the family can provide youth with role models and helps them make the transition to adulthood.<sup>24</sup> Finally, after school activities affect youth identity formation by allowing youth to develop specific competencies and

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<sup>20</sup> Idem.

<sup>21</sup> Telama, R. "Associations between physical activity and risk factors for coronary heart disease: The Cardiovascular Risk in Young Finns Study." *Medicine and Science in Sports and Exercise* 29:8 (1997):1055-1061.

<sup>22</sup> Mahoney, J., Stattin, H. "Leisure activities and adolescent antisocial behavior: The role of structure and social context." *Journal of Adolescence* 23:2 (2000):113-127.

<sup>23</sup> Bonnie L. Barber, Jacquelynne S. Eccles, and Margaret R. Stone. "Whatever Happened to the Jock, the Brain, and the Princess? Young Adult Pathways Linked to Adolescent Activity Involvement and Social Identity." *Journal of Adolescent Research* 16:5 (2001):429-455.

<sup>24</sup> Eccles, J and Barber, B. "Student Council, Volunteering, Basketball, or Marching Band: What Kind of Extracurricular Involvement Matters?" *Journal of Adolescent Research* 14:1 (1999): 10-43.

explore their interests, as well as reinforcing positive values and peer norms.<sup>25</sup> Community service activities influence youth identity by promoting a sense of agency, community connections and moral-political awareness.<sup>26</sup>

### **GetOut!'s approach to youth engagement**

Based on this research and in consultation with Vancouver's youth and the youth-serving community, GetOut! adopted a holistic approach to youth health and established the following fundamental objectives:

- Improving health and well-being of youth.
- Promoting active and sustained participation for youth in recreation, sports, arts and culture.
- Creating opportunities for youth to foster creativity and self-expression.
- Increasing the engagement of inactive youth and youth from diverse communities.
- Encouraging partnerships and collaboration between youth and the larger community.
- Encouraging the development of partnership programs between youth and youth-serving or community-based organizations to strengthen the support network for youth in Vancouver.
- Building capacity of youth and youth-serving organizations to organize and develop self-sustaining projects and programs in their communities.

Leading up to Phase I of GetOut!, the working group focused on program development and community partnership building:

- Consulting the community, particularly youth and youth-serving organizations, to help shape the initiative and its programmes.
- Forming a Community Advisory Committee to provide strategic direction to the staff working group.
- Developing three pilot programmes: Grants to Youth, Community Partnership Grants and New Recreation Programs.
- Contracting a research and evaluation team to assist with research, community capacity-building and outcome assessment.



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<sup>25</sup> Y  
<sup>26</sup> Jour The youth-driven GetOut! Youth in Action program at Strathcona successfully blended arts, culture and physical recreation activities to bring together university, senior secondary school and junior secondary school youth. ol seniors."

The core operating budget in Phase I was \$200,000: coordination, research and evaluation (\$50,000); 13 Grants to Youth (\$33,260); 12 Community Partnership Grants (\$66,740); 11 New Recreation Programs (\$45,000); and 4 Youth Action Teams (\$5,000).

The core operating budget in Phase II was \$200,000. Phase II built on the learnings of Phase I, which suggested the need for increased support for building programming capacities of youth and youth-serving organizations. Budget priorities were shifted to reflect these new priorities. In Phase II, the GetOut! Community Advisory Grant Adjudication Subcommittee recommended to Council the awarding of 7 Grants to Youth (\$33,000) and 6 Community Partnership Grants (\$44,500). GetOut! also supported the establishment or continuation of 12 New Recreation Programs (\$40,000) and a total of 10 Youth Action Teams (\$12,000). Administration and coordination costs added to a total of (\$44,000); research and evaluation (\$26,500).

An additional \$35,000 were found in internal resources for the Transition Phase which supported the completion of the above projects, evaluation and transitioning into a long-term, sustainable initiative. After their involvement in Phase I and II projects and programs, many youth participants have become involved in other projects and programs. The community has identified the continued need for creating opportunities for continuing supporting this youth and new youth coming in.



## Methodology

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Consistent with its guiding principles and objectives that aimed at building partnerships, providing meaningful opportunities for community and youth involvement and building community-capacity, GetOut! took a collaborative and participatory approach to evaluation.

The GetOut! Consultant Team has been working together with participants and program coordinators in the over 70 GetOut! projects, programs and initiatives to assess the impacts of, and collect the lessons learned from, GetOut!'s pilot year. At the start-up of each funding cycle, the GetOut! Consultant Team hosted Participatory Evaluation Workshops for program coordinators to encourage them to become involved in this participatory approach to evaluation, to discuss the objectives of the evaluation, and to provide training for using the evaluation tools.

A combination of qualitative and quantitative approaches was used in the assessment – including participant evaluation surveys, program coordinator reporting, 13 focus groups and in-depth interviews with participants and program coordinators, and community feedback sessions.

The evaluation focused on the impacts that GetOut! projects, programs and initiatives had on youth participants, program coordinators and youth-serving organizations.

Measuring the effectiveness of some GetOut! projects, programs and initiatives in increasing physical activity among youth was difficult. Without a longer term study, this evaluation cannot draw firm conclusions on the effects of GetOut! on the long-term rates of physical activity and associated health outcomes among participating youth. Our methodology did not include a rigorous baseline measurement of physical activity levels.

Based on research that demonstrates the strong connection between positive youth engagement in recreation activities and youth development, health and resiliency, our methodology adopted a more holistic approach to youth health. Instead of focusing on physical activity, the evaluation assessed the impacts of GetOut! programs, projects and initiatives in the engagement of participating youth. This approach was consistent with the overall vision of GetOut!, as well as the recommendations of the GetOut! Community Advisory Committee. If one considers the continuum of unengaged and physically inactive youth at one end and more engaged and physically active youth at the other, then the study of GetOut! impacts on youth engagement can provide an indirect estimate of the effects of this program in promoting physical activity of youth.

## **Participant Evaluation Surveys**

The survey was an optional tool that the GetOut! Consultant Team developed, in collaboration with City staff working group and program coordinators, to assist program coordinators in the evaluation of their projects, programs and initiatives. A sample of the Participant Survey can be found in Appendix One (page 46).

The survey collected information on participants' frequency of physical exercise and of participation in arts, sport, culture other physical activities and community. It also collected information on participant background (including age, gender, language spoken at home and ethnicity) and participant feedback on individual projects, programs and initiatives.

Participant Evaluation Surveys were distributed to youth participants in a broad sample of GetOut! projects, programs and initiatives. This report analyzes the participant evaluation survey information that was available by February 2006 – representing nine GetOut! projects, programs and initiatives.

## **Program Coordinator Reporting**

Program coordinators of all GetOut! projects, programs and initiatives were required to complete a report back form in order to collect information on:

- Levels of physical activity among youth participants,
- Degree of youth involvement in project or program design,
- Project or program outcomes,
- Project or program sustainability,
- Project or program impacts on the lives of youth participants and organizers, and
- Lessons learned about effective practices.

The report back form was developed by the GetOut! Consultant Team, City staff working group and program coordinators. It was meant to encourage reflective practice among program coordinators and to ensure that lessons learned could be shared widely.

This report assesses the reporting by program coordinators of 28 GetOut! projects, programs and initiatives, based on the report back forms received by February 2006.

## **Focus Groups and In-depth Interviews**

The GetOut! Consultant Team conducted 13 focus groups and/or in-depth interviews to assess a diverse sample of GetOut! projects, programs and initiatives. The purpose of these focus groups and in-depth interviews was to develop a richer understanding of impacts and lessons learned.

These sessions were also designed to encourage reflective practice, to build community-capacity and to share lessons learned from other GetOut! projects, programs and initiatives. They also provided an opportunity for participants and program coordinators to provide feedback on GetOut!

The focus group and interview sample was also designed to involve the full range of stakeholders within GetOut! projects, programs and initiatives: participants, program coordinators and partner organization representatives.

In total, twenty youth participants (from four projects, programs and initiatives), eight young organizers (from four Grants to Youth projects), three program coordinators (from two Community Partners Grants projects), four Recreation Programmers and two Youth Action Team facilitators participated in the series of focus groups and in-depth interviews.

## **Additional Evaluation Data**

Additional documentation of GetOut! projects, programs and initiatives were also used in this evaluation of GetOut!'s 2005-2006 Pilot Year. These included stories filed by the GetOut! Youth Reporters, media reports, multimedia documentation provided by program coordinators, and video reports created by Projections, a not-for-profit youth film project. More information can be found at the GetOut! website ([www.heygetout.ca](http://www.heygetout.ca)).

## **Article I.                    Mural Helps Ease Transition into High School The Community Mural Project at Windermere**

by Get Out! Youth Reporter

"Now people notice the Tennis court ... and it is welcoming to the Grade 7's", explains Neelam, when asked what impact the Windermere Mural Project has had on the school. The mural, an opulent reflection of the school's north facing view of the North Shore mountains, provides a beautifying touch to the pale grey tennis court encircled by chain link fences.

Encompassing over 300 hours on the part of the participants, the youth-driven project not only welcomes the eye to the school, but also serves as a mechanism to ease the transition of new students into the school. The mural, which involved grade 7's from five of Windermere's "feeder" elementary schools and current grade 8's from Windermere, provides an arena where participants work side-by-side with their future peers and classmates. Such collaboration functions to encourage the formation of peer networks across the divides of Elementary and Secondary Schools. The importance of such community building is emphasized when considering information from the McCreary Centre's recent Adolescent Health Survey, which identifies the first two years of Secondary School as the time when the lowest percentage of students feel safe in school.

EC, who envisioned and implemented the project for his grade 12 leadership class, explains the mural "gets them ready for their future at Windermere... they own something of Windermere before they come." With plenty of blank wall left, Eric sees the opportunity for the mural to continue growing down the wall along with the relationships created between participating students.

## Learnings: Successes and Lessons

Success

1

**GetOut! was effective in reaching relatively unengaged youth**

During its pilot year 2005-2006, over 3,500 youth participated in the over 70 GetOut! projects, programs and initiatives.

An analysis of the report back forms and the participant surveys shows that before joining GetOut!, youth participants had low levels of engagement in sports, arts or recreational activities (measured by the number of times per week that youth participated in the activity).

Program coordinators estimated that:

- Over 80% of youth participants had “very low” to “moderate” levels of participation in sports, arts and other recreational activities previous to becoming involved in a GetOut! project, program or initiative.
- Over 50% had “very low” to “low” levels of participation.

These findings were corroborated the participant evaluation survey results. Here, the average GetOut!

youth participant reported being involved in only one sport/recreational, arts/culture or volunteer/activism activity per week. This finding was consistent among youth participants in all surveyed GetOut! projects, programs and initiatives with the exception of youth participants in Community Partnership Grant projects, who reported, on average, that they participated in sports activities “more than once a week.”



**The GetOut! Youth Reporters saw older youth mentor younger youth to become community journalists, helping document and evaluate GetOut! projects and programs.**

by

Information from focus groups and in-depth interviews showed that many of the GetOut! projects, programs and initiatives were successful in reaching out to communities of youth that traditionally have low levels of participation in sports, arts and other recreational programs and in their communities in general: street-

involved youth, immigrant and refugee youth, Aboriginal youth and youth with disabilities.

This success can be attributed to GetOut! support of new or expanded programming within organizations that have established, long-standing relationships with marginalized communities of youth. For example, a GetOut! Community Partnerships Grant allowed the Leave Out Violence project based at the Broadway Youth Resource Centre to introduce new programming that helped the organization reach out to new participants (Aboriginal youth, street-involved youth and youth involved in violence), as well as sustain the participation of those previously involved in their organization.

In other cases, GetOut! projects, programs and initiatives were able to reach out to previously less-active youth by partnering with other youth-serving organizations. For example, by partnering with the Greater Vancouver Association for the Deaf, the GetOut! Youth Action Team based at Trout Lake Community Centre and Cedar Cottage Neighbourhood House is able to reach out to a community of youth that has traditionally shown low levels of participation in the community.

#### **Frontline report: break-dancing friendships**

The GetOut! funded Friendship Underground Project reached out to a diverse community of youth with low levels of engagement. Aboriginal and non-Aboriginal youth got excited about this innovative project and joined in on break dance and hip hop classes. The program is continuing on sustaining youth participant involvement with several community performances that have already been witnessed by more than 500 attendants. The participating youth have transitioned from being relatively inactive to becoming role models in the community for their peers. Program coordinators are hoping to sustain the engagement of these youth by involving them in future projects in the host organization, Knowledge Aboriginal Youth Association, and by continuing to assist them in connecting with other services and employment opportunities.

Success

2

## GetOut! was effective in reaching physically inactive youth



**Strathcona Youth in Action Mentorship Program engaged youth from different backgrounds including some having trouble with school or with low self-esteem. Besides getting healthier and more active, youth in this program made many new friends and got more connected with their community.**

International guidelines recommend that youth exercise vigorously for at least half an hour every day for optimal growth and development. GetOut! was successful in reaching youth who were substantially below this guideline.

Most of the youth in the participant evaluation surveys reported exercising vigorously for only once or twice *in the last week* (with the exception of youth in Chillin' on Ice who reported exercising 3-4 times in the previous week).

The Report Back forms showed that around 80% of youth participants had "very low to moderate" levels of

physical activity and around 50% "very low to low" levels.

These findings were corroborated during the focus groups and in-depth interviews, where participants and program coordinators confirmed previously low levels of physical activity among GetOut! participants.

<p>Success</p> <p><b>3</b></p>	<p><b>GetOut! provided youth with significant &amp; meaningful opportunities to strengthen leadership skills and develop their programming capacity</b></p>
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Data from the report back forms shows that approximately 500 youth (15% of total youth participants) had a leadership role in organizing and delivering the programs.

Program coordinators made the point to stress that getting youth involved in these roles contributed to building self-esteem (reported by 45%), led to employment or honoraria (18%), empowered youth (45%), and strengthened their development as community leaders (33%).

The GetOut! Grants to Youth and GetOut! Youth Action Teams especially helped develop the capacity of youth as organizers and programmers.

Focus groups and in-depth interviews showed that young organizers who received GetOut! grants or who participated in GetOut! Youth Action Teams gained self-confidence, leadership skills and programming skills. They felt that they were better skilled to take on their own projects and to design programs that effectively reached out to their peers. In the Phase II GetOut! funded Killarney Youth in Action Program, two youth who were participants in a Phase I GetOut! project took the next step, initiated their own program and became program coordinators. Several other Phase II GetOut! projects and programs were similarly initiated and coordinated by participants in previous GetOut! initiatives.

**"The youth involved with this project were able to take on leadership roles through mentoring one another... role modeling healthy positive activities with their peers and community watching helped build not only their own capacity but the capacity of the community."**

**– Program Coordinator, Friendship Underground Project.**

Evaluation findings show that GetOut! helped many youth strengthen their capacities in many areas: group facilitation and decision making, outreach, development of a long term vision of the program, peer support, partnership building, program design, planning and delivering workshops, and budget management.

In many cases, this skill building process took place as a group learned by doing or through mentorship through partnerships with youth workers and other supportive adults. For example, the youth of the GetOut! funded Youth of the Unsung Talents Heard at Dunbar Community Centre engaged in a group learning process with youth workers at the community centre on how to do outreach and



programming. Many of the youth said that they saw this experience as a defining moment in their lives, something they would look back and remember as pivotal and “a truly memorable experience.”

**Frontline report: youth helping youth get connected**

The GetOut! funded Strathcona Peer Mentorship Program provided youth in grades 11 and 12 with the opportunity to put the leadership skills they acquire in the community centre to good use by becoming role models for younger youth at-risk. Mentorship while doing recreational activities together helped strengthen community connections, and the development of a sense of identity and belonging among mentors and mentees. Youth mentors considered the experience rewarding and the majority expressed an interest in returning to keep the program going. Participants reported in their training evaluations that the program was important in building their teamwork, communication and conflict resolution skills.

Success

4

**GetOut! Grants were easily accessible to youth and allowed many of them to take the next step from participants to organizers**

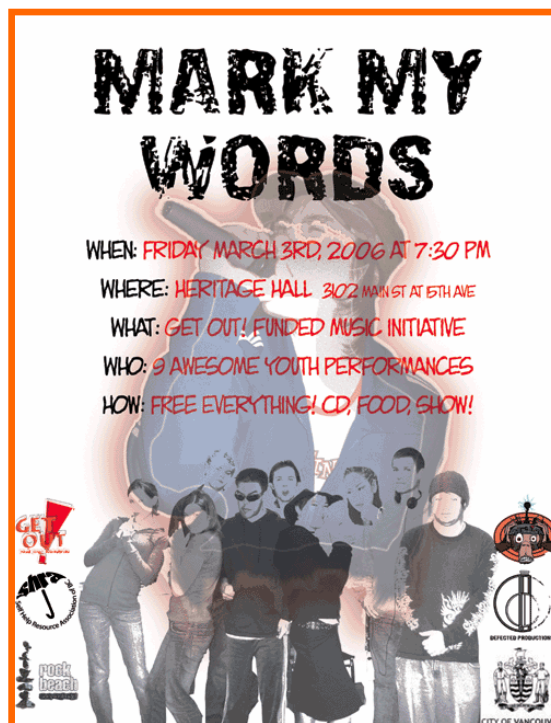
There are very few grants available specifically for youth applicants and/or that are accessible to youth. GetOut! grant application and process were youth-friendly, non-intimidating easy to fill out and take on.

The young organizers from Create Now!, Youth in Action, Youth of the Unsung Talents Heard and Mark My Words all reported in the focus groups in-depth interviews that the grants were non-intimidating and "youth-friendly" in terms of requirements, language and format. This opinion supported by many in the program coordinator's report-back.

Young organizers felt that the GetOut! grants were something they could actually go for. They stated that many times the complex requirements and confusing language of other grant applications can discourage youth right from the start. The GetOut! grant application and process was very positive for youth.

The interviewed youth also felt respected by the granting program and the initiative as a whole. They were impressed by the GetOut! mandate to recognize them as powerful agents of change in their communities.

JC, the youth organizer of Create Now!, partnered with her friend MH to develop a theatre program that brought together youth and professional artists to produce a play that supported young women in finding and sharing their voice. JC sees her experience as a youth organizer, supported by GetOut!, as an empowering process for herself and her peers. She is now committed to passing on the skills she learned to the young women she mentored. Without the GetOut! grant, JC. stated that she would have been unable to develop her program. She feels that GetOut! shows the



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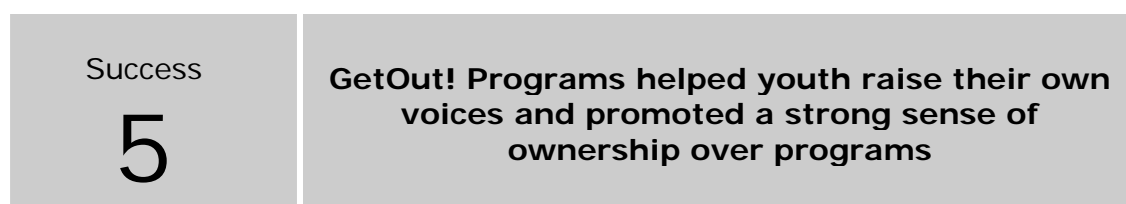
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**GL took the next step from participant to organizer and opened new spaces for youth to raise their voice.**

commitment that the City of Vancouver has to the healthy development of its young citizens.

In other cases, GetOut! grants, new recreation program development and other initiatives supported youth graduating from previous participation in another project, program or initiative (GetOut! sponsored or otherwise) to move into a leadership role. This was the case of GL, who graduated from the Phase I GetOut! Y:57 youth radio project, and decided to initiate another program using her skills in sound engineering and music. A Phase II GetOut! grant allowed her to push herself to the next level and become the program coordinator of GetOut! Mark My Words youth studio project. GL thinks that GetOut! provides one of the few granting programs that gives full credit to young people as capable of creating programs to engage their peers.



GetOut! took a distinct approach to youth involvement and development.

In most cases, the youth participating in GetOut! projects, programs and initiatives had the otherwise rare opportunity to influence the design and content of the activities in which they were involved. GetOut! worked with program coordinators to create spaces for youth to voice their ideas and participate in decision-making. This resulted in participants developing a stronger sense of ownership over the projects, programs and initiatives.

This participatory approach to youth programming has also played a role in participants learning how the program works, what goes into developing it, and how it might be done again. In one of the in-depth interviews, JC (the young program coordinator of the GetOut! funded Create Now! Project) recounted how the youth participants in her program came a long way through the course of the project. In the early workshops, many youth participants would barely speak. By the end, on performance night, these same participants were engaging the audience in lively and thoughtful discussions about the project and their experiences in it.

In a similar way, the GetOut! funded Phase II Leave Out Violence Publishing Project gave Vancouver youth a way to find their voices. This youth-driven project collected the stories of youth victims and perpetrators of violence in a way that allowed them to share them with a broader youth community and develop new understandings and connections in the community.

Similar stories of youth taking ownership of the GetOut! projects, programs and initiatives; finding and raising their distinct voices and feeling empowered were repeated by many of the program coordinators in their report-back's.

**Frontline report: youth in Create Now! developed a strong sense of ownership over their program**

Performance Night for Create Now!'s young actors. The youth come together backstage. They are nervous, and as they wait to begin the performance, the tension builds. Soon, their friends and family begin to arrive and fill the room. They take their first tentative steps onto the stage, under the lights. As they perform, their confidence rises. The performance ends to a rounding applause. What follows is even more incredible. One of the audience members stands up to ask the young women to talk about their process. How did they come to their final creation? An unplanned post-performance discussion ensues. The young performers, some of whom had barely been able to speak when they started the program, lead the discussion confidently and expertly. That night, they *own* the project: this was their program. And, these were their words.

Success

6

**GetOut Programs brought together youth from diverse backgrounds and helped to build mutual understanding, support and community**

Bringing together youth that otherwise would not meet and promoting an environment of mutual understanding were among GetOut!'s accomplishments.

In many GetOut! projects, programs and initiatives, youth from diverse (and sometimes rival) backgrounds learned to see beyond their differences and started to feel part of the same community. In LOVE's project, youth that had been perpetrators of violence came together with youth victims of violence in a publishing project that voiced their experiences. In a similar way, Killarney Youth in Action promoted a shared understanding among youth of different ethnic backgrounds and helped to break the tensions between different groups. The youth mentors created a safe space where younger youth with behavioural issues could interact with each other and with older youth. The mentors helped to establish 'non-oppressive' boundaries that served the younger youth as a frame of reference for how to interact positively with people in general and with people from other cultural backgrounds.

These insights into GetOut! projects, programs and initiatives are also supported by the program coordinator report-back's. More than half of the projects, programs and initiatives were reported to have been designed especially to bring together youth from different age, economic, cultural, and geographical communities. Some GetOut! projects, programs and initiatives also served to bring together youth with other generations and improve relations between youth and the broader community.

Connection to community and appreciation of diversity among youth participants were two outcomes strongly reported by many GetOut! Programs. The youth organizers at Our Community Story also were successful in bringing youth from all over the city to participate in the program. They see in after school programs an opportunity for youth from different backgrounds to come together and learn from each other.

"The moment that stood out most for me was when we put our hands together in a circle and looked at the skin tones and touched each others hair. That made me feel our very real connection in our experience as...brown? Other? Alien? And how strong the medicine of this gathering really is."

– Youth participant in The Colouring Book Project

The GetOut! Youth Action Teams also were designed to bring together youth from different backgrounds. The Survival Guide to High School GetOut! Youth Action Team brings together young women from public and private schools. The Youth Power Squad GetOut! Youth Action Team brings together youth of different abilities in a joint-effort to break down barriers, such as those which keep hearing and non-hearing youth from interacting.



**Youth at Our Community Story used animation and other media to capture the stories of the Hasting Sunrise Neighbourhood.**

The GetOut! Games organized by the Tupper GetOut! Youth Action Team brought together over 100 youth from ages 13 to 18, of different cultural backgrounds and different "cliques," in cooperative games to build a stronger sense of community. The Community School Coordinator, J.M., was astounded: "This is the first time I've seen kids from every grade, every ethnicity, "joiners" and "non-joiners"... all come together and interact at the same event."

Success

7

**GetOut! funding allowed organizations to build on successful programming, continuing to engage youth at risk and serving as an introductory step to other programs**

Sustaining youth involvement and participation can take many forms. Many GetOut! projects, programs and initiatives built sustaining youth participation into their programming by connecting participants from one program to another. In most cases, this approach was useful for keeping youth engaged without necessarily needing to keep any one particular program running. Youth often appreciated also the opportunity to try new activities. Youth-serving organizations, working and networking together for youth, can offer this.

GetOut! projects, programs and initiatives often served as an important link reaching the least-engaged youth, and then, connecting them to other youth programs. Youth who felt intimidated by some of the “bigger and more formal” programs, found in GetOut! an opportunity to build up their confidence, skills and community connections first. For instance, in Create Now!, youth with no theatrical experience were able to develop the skills and confidence to be able to apply to other youth theatre programs and festivals offered by organizations such as Up in the Air Theatre and Leaky Heaven Circus. The young program coordinator, J.C., reported that her GetOut! funded program, Create Now!, filled an important gap for youth, helping break down the fears and barriers to applying to other theatre programs and festivals.

In some cases, sustaining the participation of certain youth requires keeping the *same* program going. Youth in more vulnerable situations often need the stability of the same group of peers and adult mentors, a program that runs for a longer time and allows them to build trust and strong relationships.

GetOut! Grants to Community Partners helped youth serving organizations offer additional programming to help keep the youth-at-risk with whom they work healthy and engaged.

For example, the GetOut! funded LOVE Publishing Project presented their youth with a new and exciting challenge that helped keep them interested and engaged in the organization where they have found strong support. LOVE was able to develop additional programming that provided youth-at-risk new challenges within a stable and trusted structure. Many of the youth in

“Our approach was oriented towards working with a “cross section” of youth in grade 7, including youth who were identified as vulnerable in some way by teachers/youth workers as well as others. With much help from the Community Schools Coordinator,” we were able to reach out to target youth.

– Program Coordinator, the Transitions project.

this program have developed strong bonds with their peers and the adults in the organization. These bonds, built over many months (and sometimes, years) of building trust are crucial to keeping them involved and connected. For many of the youth, this is the only program they have ever become involved in and they are not yet at a stage to feel comfortable entering into new group. Support to organizations with long-term relationships with youth at-risk also ensures a place for them to return if they ever relapse. One of the youth in the LOVE program dropped out and went back to doing crystal meth on the streets. It was the other youth in this group who were able to reach out and bring this youth back.

In other cases, GetOut! funded projects such as the Build-a-Bike project and YouthCo AIDS Puppet project at the Gathering Place provided opportunities to take the first initial steps in reaching out and building relationships with many street-involved youth who were new to Downtown streets. Many of the youth participants were connected for the first time, through the GetOut! projects, to important services such as healthcare, employment and housing.

<p>Success</p> <p>8</p>	<p><b>GetOut! promoted innovation, built community partnerships and enhanced Vancouver's capacity for youth programming</b></p>
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Program coordinators reported that GetOut! funding and other GetOut! support activities such as participatory evaluation workshops, program development assistance, check-in's and Youth Action Team supports helped them create new programs, expand and enhance existing programs, build new partnerships, and innovate new approaches.

Over 95% of the projects, programs and initiatives considered GetOut! to have had a "Big Impact" on their work and their organizations, allowing them to have "pushed their boundaries." Most program coordinators reported to have learned a great deal personally, professionally and organizationally through their involvement in GetOut!.

GetOut! projects, programs and initiatives offered youth-serving organizations, youth workers, established program coordinators and emerging young program coordinators considerable opportunities for innovation and professional development.

The program coordinators in the Y:57 youth radio project were enthusiastic:



"GetOut! was a great incentive to try something new. The best part was the unique partnerships that we formed. There were four partners: Kinex Youth Initiative of Self Help Resource Association, KAYA, Britannia Teen Centre and Co-op Radio. Each partnering organization brought great knowledge and experience in certain areas. Having the cost for Co-op membership fees covered made Co-op Radio accessible for youth. The youth involved in the project were able to push personal boundaries. All of the roles for radio were a new experience. Some youth gained tech training/experience while others got to out new personas as hosts."

GetOut!'s effect in building new partnerships between organizations will likely play a major role in promoting positive systemic change in Vancouver youth programming and youth services.

Many projects were also able to use GetOut! to set up demonstration projects and leverage funding from other organizations to expand their projects, programs and initiatives. For example, Our Community Story used funding from GetOut! to showcase their art and attract additional sponsors. Mark My Words also used a GetOut! grant to secure donations from other organizations. Through this project, coordinator GL established a strong relationship with the president of a recording studio, who now plans to continuing offering his studio to youth in future projects.

Most GetOut! projects, programs and initiatives experimented with new ways of offering youth programming that went beyond traditional approaches. For example, the New Recreation Programs, Chillin' on Ice at Killarney and Kitsilano ice rinks and the Late Nite Pool Parties at Percy Norman and Templeton swimming pools presented community centre facilities to youth in a new light. GetOut! New Recreation program development allowed these centres to experiment with youth-specific timeslots and late night programming. At Killarney's Chillin' on Ice, local youth organized a successful series that brought hundreds of youth to the ice drawn by the unique combination of live local youth DJ's, nightclub lighting and prizes. Program coordinators reported that Chillin' on Ice renewed the interest of youth in their facility. Local youth began to perceive skating as "cool and social."



try

**The GetOut! Youth Reporters learned about alternative ways to present their story, like this stylized photo by TR.**



### Frontline report: waves of change in youth media

57 minutes can be enough for youth to get creative and open new ways to share their talents and perspectives. This is the message that youth participants and program coordinators in GetOut! funded Y:57 Youth in 57 Minutes project want you to know. This project started up a new forum for youth voices all over the city. This youth-driven radio program brought together youth and community partners to challenge the ways in which youth are represented in the general media. Their shows profiled local youth artists and hosted excellent discussion panels on the impact of media on youth, on immigration issues and on Aboriginal youth events. The program encouraged everyone to push their boundaries and try new things: from learning new radio skills to trying on new personae as radio hosts. The unique community partnerships that the program created were also highly successful and will create lasting change in the participating organizations.

Success

9

**GetOut grants encouraged organizations to involve youth meaningfully in their programming and decision-making**



The Youth Action Team at Champlain Place organized an outstanding community bbq and talent show that brought together youth and parents.

Support from GetOut! helped youth-serving organizations and community centres try different ways to involve youth in decisions that affect them.

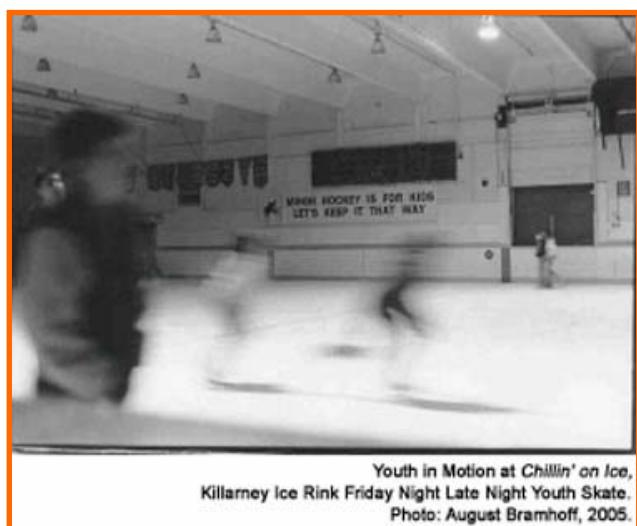
GetOut! funding emphasized the importance of bringing youth to the centre of programming and this changed how many organizations work. D.W., Youth Program Leader at Dunbar Community Centre, explained that GetOut! gave him new insights on how to work with youth. GetOut! supported a process where the youth took the main lead in identifying the issues they wanted to address and designing a program that best reflected these interests. The

youth from Dunbar's Youth of the Unsung Talents Heard project were responsible

for designing the entire program, hiring the art instructors and outreaching to their peers. D. provided ongoing support and mentorship, but respected the fact that the program was youth-driven, an opportunity for youth to develop their leadership skills and tailor a program that met their particular needs. This approach reverses the traditional top-down approach to youth programming. And for D., it was an excellent way to see the benefits of planning *with* youth in a way that goes beyond mere consultation and goes a long way to empower them in their own lives.

Success <b>10</b>	<b>GetOut! Programs positively impacted youth health &amp; resilience</b>
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GetOut! projects, programs and initiatives had a positive effect on youth health, well-being and resilience.



**GetOut! Funding allowed community centres to push their boundaries and offer more innovative programming like late night skating and music in Chillin' On Ice**

GetOut! helped participating youth increase their levels of participation in arts, cultural, sports and recreational activities. Program coordinators estimate that over 3,500 youth increased their level of activity as a result of being part of GetOut! projects, programs and initiatives.

This effect is likely to be sustained as many of the youth that participated in GetOut! projects, programs and initiatives have moved to new programs and projects.

sports, arts and volunteer activities one to two times per week. This was consistent with the average level of youth activity found in the Vancouver Youth Week online survey of May 2005.

The physical activity and diversity surveys administered at the end of the projects showed that most of the youth participants in GetOut! participated in

Overall GetOut! projects, programs and initiatives were successful in introducing youth to new activities and experiences. Youth became not only more active in community-based activities, but also strengthened their self-esteem and social

connections to their communities as well as to important community supports and services. Research demonstrates that participation in positive recreational activities, higher self-esteem and stronger connections to community are key protective factors for youth against poor health choices and risky behaviours.

#### Frontline report: new bike, new trade

Youth in the GetOut! funded Build a Bike Program, not only built themselves a new bike, and got a lock and a helmet, they also learned valuable mechanic skills and one of them even got a job as a bike mechanic with a local bicycle store. The project at the Gathering Place brought youth from a diversity of backgrounds, including street-involved youth and Aboriginal youth, together. Everyone learned basic mechanic skills and got a chance to creatively express themselves in a bike decorating workshop. The project culminated with a mass ride around the sea wall. Data from the participant survey shows that the youth are continuing to use their bikes everyday, that they love to ride around the city and that the bikes have dramatically increased their mobility.

Through the project, participating youth were also connected with critical community services including affordable housing and medical services.

Success

11

**GetOut! funding enabled program coordinators to leverage for additional sources of funding**

GetOut! Funds were effective in enabling youth and the community to leverage additional financial resources – based on financial information reported, the City's \$150,000 investment in Phase I through GetOut! Grants and GetOut! New Recreation Program and Youth Action Team funding resulted in leveraging over \$297,000 additional funding and in-kind donations from external sources (an additional \$2 for every \$1 of City investment). Many program coordinators reported that GetOut! Grants or funding was critical in obtaining support from other organizations. As a result, several projects and programs – such as Our Community Story, open i and the BYRC Youth Art & Media Gallery, were able to grow in scope well beyond their original plans.

Lesson

1

**While sport and physical recreation projects, programs and initiatives appear to be able to involve more participants by the nature of their design, projects that have a smaller number of participants encouraged participation of more vulnerable, less active youth**

The evaluation confirmed that positive youth engagement plays an important role in achieving meaningful youth health outcomes, including expanding community support networks, decreasing risky and unhealthy behaviours, and strengthening self-esteem. Lack of physical activity is not the only cause of poor youth health, and all these health factors (physical, mental, social and spiritual) are interconnected.

According to data from the program coordinator report back forms, over 3,000 youth in GetOut! projects, programs and initiatives increased their overall level of engagement (participation) in arts, cultural, sports and recreational activities. Of these, 50% had "very low" to "low" levels of activity, while 80% had "very low" to "moderate" levels of activity prior to their involvement in GetOut!. An estimated 80% of this engagement was reported as continuing beyond individual projects and programs.

69% of GetOut! projects, programs and initiatives were significantly or entirely arts & culture-based sports/recreation programs accounting for 30% (with 1% of projects being primarily community activism-based). However, sport & physical recreation programs accounted for the overwhelming majority of youth participants in GetOut! For example, 860 of the total 1,700 Phase GetOut! youth participants were part of Killarney's Chillin' on Ice youth night skating program. Sport physical recreation projects, programs and initiatives appear to be able to involve more participants by the nature of their design.

It should be noted, however, that projects that have a smaller number of participants encouraged participation of more vulnerable, less active youth who reported finding these settings more welcoming and less intimidating. It should



with

**Youth Reporter K.K. documents program innovation in the city using a variety of media, including her own brand of "collage cartooning."**

| and

also be stressed that a diverse mix of arts, culture, sport and physical recreation programming is required to meet the diverse needs and desires of individual youth. Arts and culturally-based projects, programs and initiatives, however, might better incorporate some physical activity into their design.

#### Frontline report: youth in GetOut! want to keep active

Reducing the barriers to participation, and getting young women to try activities they had never tried before or thought that they didn't like, got girls aged 10 to 14 out and active in the GetOut! New Recreation Program at Champlain Heights Community Centre. An encouraging and non-judgmental environment, where activities were taught as if no one had played them before, drew 42 girls to get physically active. Gradually, participants built up confidence and now that the project is over, 90% are continuing with a more active and healthy lifestyle by joining the community centre's physically active leadership program.

#### Lesson

## 2

**Sports and physical recreation programs that reached the least active youth de-emphasized competitive components and emphasized relationship building**

The evaluation found that some of the GetOut! projects, programs and initiatives that enlisted sports and physical recreation as a tool were less successful at reaching the least active youth in Vancouver. They also seemed less likely to involve youth in decision-making and leadership roles when it came to programming.

Sport and physical recreation activities seem to be able to involve large numbers of participants by design, but these large-group, competitive settings seem to be barriers to the participation of the most at-risk and least active youth. Some GetOut! projects and programs, such as the Gathering Place's Build a Bike, the Roundhouse's Girlz Skateboarding program, Kitsilano's Guys on the Move, Chillin' at Sunset's multicultural outdoors buddy program and Champlain Heights Girls in Motion, provided a supportive, small group environment that was welcoming to vulnerable, less active youth. These projects and programs were based on sport and physical recreation, while de-emphasizing competitive components and emphasizing relationship building with adults and peers. Some also incorporated arts and/or cultural components to serve as an additional draw for participants and to help build community.

Table 1. Most popular sports reported by youth in GetOut! projects, programs and initiatives

Sport	Youth involved (% of all surveyed)
Basketball	8%
Soccer	13%
Volleyball	9%
Swimming	7%
Running, cross country and track field	8%
Tennis/badminton	10%
Cycling/skateboarding	8%

A significantly large percentage of the sport and physical recreation projects, programs and initiatives did not involve youth meaningfully in decision-making and programming. These opportunities to empower youth through programming and reap the positive outcomes of youth leadership development on health, well-being and resilience were missed.

Curiously, only a few sport and physical recreation-based projects and programs were youth-initiated. Only a small percentage of Grants to Youth applications were for projects that were sport or physical recreation-based, and only a minority of Youth Action Teams chose to initiate sport or physical recreation-based projects or programs.

#### Frontline report: Vancouver's youth cup

The GetOut! funded MY Circle Youth Multicultural Soccer League program successfully reached out to new immigrant & refugee youth in Vancouver. Tapping in on the cross-cultural popularity of soccer, the program helped newcomers feel more connected to the community and linked them with other settlement services. Every Thursday, the youth organizers got really excited to see new faces in what seemed more of a World Cup than a co-ed pickup game at a local community centre. Cheers were heard in many languages. Players included youth from Afghanistan, Ethiopia, Mexico, Iran, Venezuela, Eritrea, India, Russia, and Colombia. Training sessions and games were followed by social activities and youth-led group discussions about issues important to immigrant & refugee youth.

Lesson

3

**Greater support is needed for recruitment, sustainability and project administration.**

## Recruitment and Outreach

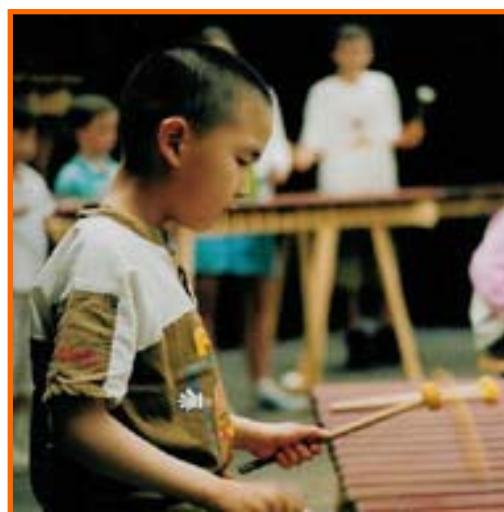
Although many GetOut! Programs were successful in reaching out to their target youth, some had problems recruiting the number and diversity of participants that they set as their goals.

The beginning of summer for Phase I projects and programs was reported as a common challenge by program coordinators. June was reported as a bad time to start recruiting participants, as many youth are in final exams and others are planning for the summer holidays. The summer grant deadline for Phase II grant applications was also challenging, since many program coordinators are very busy with summer programming, schools are closed and many other organization support staff are on holidays. Moreover, many youth service-based groups take a break and school-based clubs disband during the summer.

Exclusively youth-driven and youth-to-youth programs had greater difficulty in outreaching to youth with the lowest levels of activity, especially outside their immediate peer groups. Young organizers were least likely to have extensive community networks for effective outreach. In many cases, young organizers found it hard to reach beyond their cultural communities. Projects and programs that were youth-led but adult supported (youth-adult partnerships) were more successful in attracting the desired number and diversity of participants.

Projects, programs and initiatives that had a strong mentorship component (adults or older youth mentoring younger youth) demonstrated, not only more successful levels of recruitment, but also better rates of participant retention. This was particularly significant for projects, programs and initiatives involving more vulnerable youth.

Youth from marginalized communities and younger youth presented the greatest outreach challenges. GetOut! projects, programs and initiatives successful in recruiting street-involved, disabled or Aboriginal youth did so by partnering with organizations that have a long-



**The youth in the Kensington World Beat Project used the oral tradition to get other youth excited about learning the instrument.**



standing relationship with these communities. In a similar way, general outreach was ineffective in recruiting younger youth. Success in reaching this age group was found in projects, programs and initiatives that partnered with schools.

Most projects, programs and initiatives also needed significantly more time to do active outreach before the launch of programming. In many cases, program coordinators (adult or youth) also lacked the skill-set for doing active and effective outreach. There is need for additional support in learning how to do outreach and designing effective outreach strategies.

Based on the lessons of Phase I, GetOut! provided additional training and time and support for project or program development to Phase II and III projects, programs and initiatives. These modifications and support services proved very effective. On the whole, Phase II and III projects, programs and initiatives were more effective in achieving their desired number and diversity of participants.

Again, however, it should be clearly stated that achieving high or maximum numbers of participants should not always be the goal. Projects, programs and initiatives involving fewer participants are often more attractive to the most vulnerable, more timid and least active youth. Smaller projects offer a less-intimidating social environment and greater opportunity for one-to-one mentoring with adults or older youth.



be

**GetOut! Outside the Box program brought together "a collection of brilliant minds, hearts and talents."**

Other factors that contributed to a successful recruitment included:

- Free or very low cost to participate.
- Availability of food.
- Multiple entry points and continued efforts at active outreach (opportunity for word of mouth to take effect).
- Word-of-mouth was found to be especially important to projects relying on passive outreach. These programs can significantly benefit from involving youth in the design and planning stages. This leads to greater ownership by youth of a project, program or initiative, which leads to the organizing youth spreading the word to their social networks.



## **Sustained Engagement**

Many GetOut! projects, programs and initiatives were challenged by keeping participants engaged and actively participating throughout the program. In these, participants did not always feel fully committed to the project, program or initiative and missed sessions or dropped out (especially when things got busier at school or with work). Entirely youth-led programs had a more difficult time keeping consistent levels of participation. Some program coordinators mentioned that while offering a free program makes it more accessible, participants sometimes feel less at stake if they miss sessions.

## **Project & Program Administration**

One of the challenges reported by GetOut! program coordinators was the amount of time and effort spent on administration tasks and facilitating meaningful youth involvement in programming and decision-making. Many program coordinators did not adequately figure this time and effort into their proposed time and/or cost budgets. Some coordinators found it difficult to keep up once the program was running.

Time-consuming administration tasks cited by program coordinators included regular monitoring of participants to keep them engaged and doing well and arranging venues and other logistics for performances and final showcase events. Projects, programs and initiatives with strong organization supports found these tasks less challenging either because they received administrative support or because they were advised during project design stage to consider these expenses in terms of time and money into their budgets.

### **Frontline report: Reaching out and keeping it rolling**

Projects, programs and initiatives that started their recruitment early or that worked in partnership with local schools or other organizations were more successful in reaching out to their target youth in terms of number and diversity. The GetOut! funded Youth Photography Contest project at Mt. Pleasant Neighbourhood House incorporated a long lead-up time for partnership building and outreach into their project design. Program coordinators reported that it was important to leave enough time for youth to talk a project up to each other and spread the word. The project was also designed to allow youth to join in at multiple points. The project started with 20 participants, but had more than 85 youth participating by the end.

## Recommendations

### Recommendation

1

### Strengthen Outreach & Recruitment Strategies

Getting youth actively involved in projects and programs is a process that requires, not only time and energy, but a great deal of experience – especially when targeting less-active and more vulnerable youth. Future GetOut! grant recipients should be encouraged to carefully strategize their outreach timelines and approaches.

Outreach should be given a longer timeframe before the start of the project. Successful strategies drawn from the experience of diverse GetOut! projects include designing multiple, more flexible entry points to be able to include youth

who want to become involved after the project has already started. Organizers cautioned against starting up a program in the summer (especially in June during exams) when it is more difficult to outreach to youth.

In most cases, additional support will encourage participation – such as covering transportation costs, providing food, personal check-ins and reminders, and ongoing personal mentoring. Partnering with youth-serving organizations might offset some of these costs.

Reaching out to marginalized youth can be greatly assisted by partnering with organizations that have long-established relationships with youth in these communities. Adult mentors, community centres and youth organizations can provide access to networks of youth and youth workers. For many projects, partnerships with



Reaching out to vulnerable youth requires the establishment of a relationship of trust.

schools were very important. Teachers, counsellors, multicultural workers and librarians were important in referring youth who would benefit the most from a particular project or program. Strengthening the connections between project organizers and between youth-serving organizations also builds the support network for youth in general throughout the city.

Many organizers would benefit from training, skill development and support in active outreach and recruitment.

Recommendation

2

**Incorporate Opportunities for  
Meaningful Engagement & Youth  
Leadership**

GetOut! programs that offered opportunities for meaningful youth involvement in decision-making and leadership were more successful in recruiting and retaining the participation of less-active and more vulnerable youth.

Involving youth in designing a project or program can ensure that the project or program will be youth-friendly, have youth appeal and address barriers to youth participation. Providing training to youth and encouraging them to take on leadership roles also contribute to long-term youth participation in an organization and overall program sustainability.



**Our Community Story offered youth summer internships positions where they developed a variety of media skills.**

Meaningful youth involvement in service and decisions that affect them leads to positive health outcomes and greater resilience. These opportunities need to be supported by mentorship, skills development and capacity-building. Youth can take the valuable leadership skills that they acquire with them to future community involvements and employment. Some of the successful programming models used in GetOut! programs included participatory action research with youth, adult-youth partnerships, and peer or youth mentoring programs.

Recommendation

3

**Consider Creative Ways to Incorporate a Physical Activity Component**

More sport & physical recreation projects and programs should be supported, since they have the dual benefit of reaching out to target youth and getting them physically active. The importance of getting youth physically active should be emphasized to youth recreation programmers, so that they can design a more active component into their programs – even if their program is arts or culturally-based.

Greater attention needs to be paid to the barriers to participation by vulnerable youth in sport and physical recreation. Different approaches might need to be considered – less competitive and less intimidating approaches. Innovative approaches that combine sport with youth-to-youth mentoring can be quite successful, as some of GetOut! Programs demonstrated.

GetOut! can also likely do more to help encourage a more youth-empowering practice in sport and physical recreation programming. Training and support in involving youth meaningfully in project or program design and decision-making might be useful. It might also help future projects and programs incorporate approaches that will help them reach out and engage more at-risk and significantly less active youth.

Recommendation

4

**Promote Innovation & Organizational Capacity to Program with Youth**

GetOut! should continue to promote innovation and to help build organizational capacity to program with youth by encouraging youth program coordinators to push their boundaries and by providing financial and GetOut! staff support for training, project development and support for involving youth in project design and implementation.

GetOut! should offer more training opportunities (grant writing, active outreach, diversity, accessibility, etc.) to current and potential program coordinators. Projects, programs and initiatives would also benefit from greater GetOut! staff helping them refine their projects and programs. This would also involve GetOut! facilitating partnerships between different youth-serving and other organizations.

**Combining Youth Action Team support with other programs**

GetOut! experience with the Youth Action Team (YAT), grant programs and new recreation programs suggest that these programs can be combined.

Support in the form of a YAT facilitator to assist in project or program development, meaningfully involving youth in decision-making and building youth and organizational capacities could be considered as an add-on to a grant award. Such a model would combine the strengths of the participatory and capacity-building GetOut! YAT approach with the financial and other resource supports of the grant and new recreation programs.



**GetOut! Multicultural Soccer exemplifies how sport programming can play a role in community development for immigrant youth waiting to join the Buddy Program.**

Such a program would start by identifying applicants to the Call for Project Grant Proposals, who might benefit from additional developmental support. These groups would then be provided with YAT facilitator support to refine their projects or programs with grant monies set aside for their revised project.

Recommendation

5

**Focus on Sustaining Active Youth Participation, rather than Program Sustainability**

Ensuring the long-term involvement and engagement of youth participants and young organizers in community activities is more important than the long-term duration of the projects themselves. Many GetOut! projects served the important function as the first entry point for vulnerable and less-active youth to other services, projects, programs and involvements.

A particular project or program need not be designed to run forever. It is a natural process for youth participants and young organizers to move on to new opportunities. Program coordinators need to anticipate how to connect youth with other opportunities to remain active in the design of their projects. GetOut! can assist in this through support of project and program design, and in establishing networks between program coordinators, youth workers and youth-serving organizations.

It is important that program coordinators are aware of the different programs and resources available to youth throughout the region, so that they may act as a bridge to other opportunities and support networks. An integrated source of opportunities is likely to be a useful resource for coordinators.

Sustaining the participation of more vulnerable youth requires the stability of long-term relationships based on trust with an adult mentor and a supportive group of peers. A system that requires youth to seek out and join new projects and programs may not be appropriate for many at-risk-youth who need personal, rather than organizational, connections.

Some GetOut! funding should continue to support organizations that work with at-risk youth over a long-term by helping them keep youth, with whom they have developed strong supportive relationships, involved and active during critical stages in their personal development.

It is also important to note that there is a need for ongoing support for active youth programming, not only to sustain the engagement of today's youth through connecting them to peer programs and services, but also to recognize that new cohorts of youth come to age each year.



**Youth at the Pacific Cinémathèque,  
National Film Board and JF Strong's  
GetOut! project *open* i challenged media  
representation of people with disabilities.**



## Conclusion

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This study demonstrated that aiming to create a legacy of sports, culture and arts for Vancouver's youth, especially those most vulnerable, required a change on how youth programming was being done. Different and innovative approaches had to be taken to make programs attractive and accessible to those young people who were not already engaged.

During its pilot year, GetOut! worked with youth and youth-serving organizations to push their boundaries and reach out to inactive and/or unengaged youth from diverse communities. Over 3,500 youth were engaged. More than 70 different projects, programs and initiatives were developed – the majority continuing in some form. Many new partnerships came into being due to GetOut! and these new partnerships strengthened the networks that support the health, well-being and resilience of Vancouver's youth. Through GetOut!, moreover, our collective knowledge, skills and capacities as a community to actively engage less-active youth continues to grow.

The level of physical activity and community involvement increased among participants in GetOut! projects, programs and initiatives. Participants learned new skills, developed new interests, made new positive social connections and gained access to other support services. Community centres and youth-serving organizations benefited from GetOut! support in being able to test new approaches and to learn from each other through GetOut! Consultant Team activities.

It is recommended that GetOut! continue to increase the number, quality and diversity of initiatives that reach out and engage less-active youth; to build the knowledge, skills, capacities and networks of community organizations and youth; and to support the stability of organizations that have long-term supportive relationships with at-risk youth.

To do this, it is important to increase assistance from GetOut! to youth program coordinators and young organizers to strengthen their projects or programs (especially in outreach, incorporating physical activity and sustaining youth participation beyond the project); should provide training and skills development opportunities, and should provide assistance to organizations to actively involve youth in decision-making and leadership roles. GetOut! filled a gap in the financial and developmental support accessible to youth and youth-serving organizations to push their boundaries and launch innovative engagement programs for youth. Finally, it is recommended that GetOut! continue to actively facilitate partnerships between organizations, and to support youth programmers to push their boundaries and try innovative ways to involve and empower youth.

Through these activities, GetOut! will continue to enhance the health, well-being and resilience for Vancouver youth.

## Appendix One Participant Survey

The Participant Survey was administered by program coordinators and filled in by participating youth. GetOut! hosted four evaluation sessions to discuss the evaluation objectives of the different programs and the tools that would be used. The administration of the survey was optional for the program coordinators.



[program name]

[date]

Hi! We want to make sure that GetOut! Programs are welcoming and interesting to you. Please help us make them even better by answering the following questions as honestly as you are comfortable with. This information will be kept absolutely

confidential. We are not asking for any names.

Age: \_\_\_\_\_

Gender: ☐ female ☐ male

What would you say is/are your ethnic or cultural background(s)?  
\_\_\_\_\_

Language(s) most spoken at home: \_\_\_\_\_

Let's talk about the sort of activities that you liked to do regularly over the past year before joining in on [program name].

What sort(s) of **arts or cultural** activities?

how often?

- |   |  |
|---|--|
| <input type="checkbox"/> didn't do it last year   | <input type="checkbox"/> a couple times in the past year |
| <input type="checkbox"/> Once a month             | <input type="checkbox"/> once a week                     |
| <input type="checkbox"/> a couple of times a week | <input type="checkbox"/> three or more times a week      |

What sort(s) of **sports or recreational** activities?

how often?

- |   |  |
|---|--|
| <input type="checkbox"/> didn't do it last year   | <input type="checkbox"/> a couple times in the past year |
| <input type="checkbox"/> Once a month             | <input type="checkbox"/> once a week                     |
| <input type="checkbox"/> a couple of times a week | <input type="checkbox"/> three or more times a week      |



What sort(s) of **volunteering or community service**?

---

how often?

- |   |  |
|---|--|
| <input type="checkbox"/> didn't do it last year   | <input type="checkbox"/> a couple times in the past year |
| <input type="checkbox"/> Once a month             | <input type="checkbox"/> once a week                     |
| <input type="checkbox"/> a couple of times a week | <input type="checkbox"/> three or more times a week      |

Please tell us how often you exercised over the past year, before joining [name of program]. - **either ½ hour of vigorous exercise (like running) or 1 hour of moderate exercise (like walking)**

- |  |  |
|--|--|
| <input type="checkbox"/> 0 times last week   | <input type="checkbox"/> 1-2 times last week       |
| <input type="checkbox"/> 3-4 times last week | <input type="checkbox"/> 5 or more times last week |

How many hours a day on average do you watch TV, play videogames, surf the net or chat online?

---

Sometimes it is hard to participate in as many activities as one wants to. If this has happened to you, please tell us what sort of things got in the way. **(check all that apply):**

- |  |  |
|--|--|
| <input type="checkbox"/> I didn't know about programs/places to go             | <input type="checkbox"/> I find it hard to get there                     |
| <input type="checkbox"/> I didn't have anyone to go with                       | <input type="checkbox"/> I didn't feel welcome or didn't know what to do |
| <input type="checkbox"/> I was not really into any of the available activities | <input type="checkbox"/> I was too busy                                  |
| <input type="checkbox"/> Other (please explain):                               |  |

Did [name of program] help you to get more active and involved?

- ☐ No
- ☐ Yes. Please tell us how (check all that apply):

- |   |  |
|---|--|
| <input type="checkbox"/> It got me to try something new.  | <input type="checkbox"/> It helped me make some new friends.   |
| <input type="checkbox"/> It motivated me to do more exercise.   | <input type="checkbox"/> It taught me new skills.              |
| <input type="checkbox"/> It inspired me to think about getting involved in organizing projects like this one. | <input type="checkbox"/> It introduced me to some cool adults. |
| <input type="checkbox"/> Other (please explain):  |  |

Will your experience in [name of program] motivate you to get involved in other extra-curricular activities in the community or in school?

☐ yes ☐ no ☐ don't know

What did you like about [name of program]? \_\_\_\_\_

\_\_\_\_\_

What did you not like about [name of program]? \_\_\_\_\_

\_\_\_\_\_

Would you recommend [name of program] to a friend?

☐ yes ☐ no ☐ don't know

Is there anything else that you would like to say about [name of program], [about the objectives of the program], or about this survey?

\_\_\_\_\_

\_\_\_\_\_

## Appendix Two Report Back Form

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The Report Back Form was completed by program coordinators and YAT facilitators. The Report Back Form was designed to be filled in electronically and sent back by e-mail. Training on how to complete this tool was offered during the four GetOut Evaluation workshops.



GET OUT! is in its pilot phase and we're all still learning together. Please share what you've learned with us and with others who are organizing similar projects around Vancouver: your successes, challenges, stories and remaining questions.

This Project Report Back form is one way to help you do that. Please fill this form out *electronically* and as honestly as you can. Feel free to answer in point form. Tell us about all the great things that did work, but also be sure to include what might not have worked so well... so we can all benefit from the lessons learned and continue to learn together how to reach out to Vancouver's diverse young people and help them get out and get active.

---

### **SOME QUICK DETAILS!**

1. Title of the project:
  2. Project sponsor organization:
  3. Brief description of project:  
Who were the targeted youth? What did the program entail? Where and how long?, etc... (you can cut & paste from your application)
-

**WHO GOT OUT?**

4. Did you have your participants fill out Get Out! Participant Surveys?

**Yes**

**No**

If so, we will contact you shortly to arrange for pick up of the surveys.

5. Number of youth involved:

If your project consisted of a series of events, please provide an attendance breakdown on a separate sheet.

**at the start by the end**

(of the project) (of the project)

**5a. Total number of youth involved**

**5b. As participants**

**5c. As organizers**

6. Average age:

**6a. Of the participants?**

**6b. Of the (youth) organizers?**

7. Were other youth consulted in the design of the project?

**Yes**

**No**

7a. If so, how?

8. Were you able to engage all the people you had intended to in terms of diversity and "target" groups?

**Yes**

**No**

8a. If so, how? If not, do you have any thoughts as to why not?

9. How active do you think most of the youth involved were before your project?

Please mark an "X" beside the answer that you think might best describe the youth involved in your project:

**Most of the youth involved in my project were involved in more than two sports, arts or cultural activities per week.**

**Most of the youth involved in my project were involved in two sports, arts or cultural activities per week.**

**Most of the youth involved in my project were involved in less than two sports, arts or cultural activities per week.**

10. Will your project continue in some way beyond GetOut! funding?

**Yes**

**No**

10a. If so, how and in what ways? Will it continue "as is", enter a new phase, spin off into other projects, etc.?

11. Are you continuing to involve or engage participants from this project in the continuation of the project or in other projects or programs?

**Yes**

**No**

11a. If so, how many participants and in what ways?

---

### **IMPACTS !**

12. What were your original project goals & objectives and what were the actual outcomes?

Under "Actual Outcomes," please indicate some measure of whether or not the project goals & objectives were achieved and to what extent?

If you had more than three Project Goals & Objectives and need more space, hit return after you have entered the information in the last item of the list in *both* columns. New bulleted points will be created.

--	--

12a. Project Goals & Objectives	12b. Actual Outcomes
a.	a.
b.	b.
c.	c.

13. Did you meet all the above project goals and objectives?

**Yes**

**No**

13a. If not, no worries... can you tell us why not and what happened, so that others can learn from your experience?

14. Were there any unanticipated outcomes?

**Yes**

**No**

14a. If so, what were they?

•

15. To what extent did the Get Out! program have an effect on you (as an organizer), your group or your organization?

Please mark an "X" beside the best answer:

**A lot.**

**A little bit.**

**No effect at all.**

15a. If the Get Out! program did have an effect on you (as an organizer), your group or your organization, please describe what effect(s) it had:

•

16. One of the key components of Get Out! is working in partnership with others (youth, other organizations, etc.). How would you rate the experience of working with different partners?

Please mark an "X" beside the best answer:

**Excellent**

**Good**

**Average**

**Challenging**

**Very Bad**

16a. What were some of the benefits and some of the challenges of working with your partner(s) – other youth, other organizations, etc.?

- 

17. How much did Get Out! help your project, your group and/or your organization push their boundaries to try new things and engage new young people?

Please mark an "X" beside the best answer:

**A lot.**

**A little bit.**

**Not at all.**

17a. If you were able to push your boundaries to try new things and engage new young people, in what ways?

- 

---

## **SHARE STORIES & LESSONS LEARNED !**

18. Did anything in your project change along the way (goals, objectives, strategies, etc.)?

**Yes**

**No**

18a. If so, what changed and why?

•

19. What things would you do differently next time?

•

20. In point form, please tell us about some things you learned about actively engaging youth through this project.

What worked?, What didn't?, What were the greatest challenges?, How did you overcome these challenges? Did you try anything new?, How did that go?, etc...)

•

21. What effect did your project have on the lives of the young people, adults, communities, etc. involved? Please provide some examples.

•

22. Money Stuff:

<p>22a. Proposed revenue &amp; expenses</p> <p>Please list your original estimate of revenue sources &amp; expenses by category (with \$ amount in brackets). Be sure to include other sources of funding, in-kind services, donations, etc.</p>	<p>22b. Actual revenue &amp; expenses</p> <p>Please list what was actually received &amp; spent by category (with \$ amount in brackets). Be sure to include other sources of funding, in-kind services, donations, etc.</p>
<p>Revenue:</p>	<p>Revenue:</p>



•  Total Revenue:	•  Total Revenue:
Expenses:  •  Total Expenses:	Expenses:  •  Total Expenses:
Balance: (Total Revenue minus Total Expenses)	Balance: (Total Revenue minus Total Expenses)

23. Get Out! wants to get the word out about your great work and your wonderful project. Do you have any photographs, video, written stories or other materials to share with us and the rest of Vancouver?

**Yes**

**No**

23a. If so, what kind of materials?  
We'll be in touch to arrange pick up.

•

24. Any other stories, suggestions, comments, questions, etc. to share?

•

---

### **AND FINALLY !**

25. Please tell us the name of person(s) filling out this Report Back form:

Name(s)

Email Address(es)

Phone Number

•

•

•

26. Can we list you as a contact person for more information on your project on the [www.heygetout.ca](http://www.heygetout.ca) website?

Others in the city (and maybe, around the world) might have more questions about your project and learn more from your experiences organizing it.

**Yes**

**No**

26a. If so, whose name(s) should we list?

26b. If so, can we list your email address(es)?  
Phone numbers will **not** be listed.

**Yes**

**No**

26c. Are you under 18 years of age?\*

**Yes**

**No**

\* If you are under 18 years of age, legal guardian consent is required to publish your name and contact information. No worries... we will be in contact with you and your legal guardian shortly for that. Your name and contact information will only be published after legal guardian consent is acquired.

**BE SURE to SAVE the CHANGES you made to this document.**

*Thanks for filling this out for us!  
We hope to be talking with you soon!*

## Appendix Three

# Follow Up Interview Guide

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Process Evaluation  
Interviews with GetOut! Partners, Programmers, Youth  
Organizers, and Youth Participants

### Community Partners and Youth Programmers

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#### Youth Health and Personal Development

- **Was GetOut effective in breaking down or lessening barriers for engagement?**
  1. What would you say are the biggest barriers to engagement facing the youth in your program?
  2. What were the most important steps you took to reduce these barriers? Do you feel you were successful?
  3. How active were the youth participants in your program? “Active” can mean levels of physical activity and degree of involvement in other community programs that offer opportunities for interaction and skill development.
    - a. How active were the youth who participated at the beginning? Can you share any stories to help describe this?
    - b. How active were youth during your program (did they do physical activity? arts and cultural activities? volunteering? how often?)
  4. What changes did you notice among the youth in your program over the course of their involvement in your program?
    - a. changes in engagement within the program?
    - b. changes in engagement outside the program/ in the community?
  5. [Recreation Programs]
  6. [Arts, Culture, Activism or Community Programs]
    - a. Did you incorporate any physical activity components into your programming?
    - b. Why or why not?
    - c. Some of GetOut!’s goals were to increase youth engagement in physical activity and to work to reduce youth health risks linked to inactivity. In your work with the youth in your program, especially those who you would consider to have been relatively unengaged, did you notice any links between youth health and increased engagement in [area of program, ie: arts, activism, education, etc.]
  7. What were the challenges you faced in incorporating active components into your programming? (space, resources, youth interest, your own knowledge or skills)
  8. What do you feel were the most important impacts that your program achieved with the youth who participated?

- **Was GetOut effective in encouraging increased and sustained engagement?**

1. Is your program still running?
2. Are you planning future related programming? How many of the youth who participated will be involved? Will they become involved in a different capacity?
3. Do you keep in touch with the youth who participated? Are they remaining involved in similar or other activities?
4. Did youth find out about other resources in their communities during your program (other services, programs, community centres, places to do certain activities, classes, etc)?
5. What do you think is the most important thing a programmer can do to make sure their program keeps youth interested and involved after it finishes? (so it is not just a one-shot deal)?

**Was GetOut! helpful in improving your outreach strategies?**

1. Did any resources provided by or connections made through Get Out! help you learn more about how to do outreach to other youth?
2. Did you go to any of the workshops that Get Out ran? Any other workshops you went to? Were they helpful?
3. What would you say are the 3 most important lessons you learned about youth outreach during your experience as a youth programmer?
4. What were the biggest challenges you faced?
5. Who were you trying to reach (your target group)? Do you think you were successful? Why or why not?
6. Did people from diverse backgrounds participate in your program?
7. Did you notice that it was particularly hard to reach certain groups you wanted to involve? Why do you think that was?
8. What might you try for next time?

**Stories/testimonies:**

Got a favourite story about your program?

Describe your program/experience in one word?

Why do you think this kind of program is important for youth health and wellbeing?