



# Youth Health in Rural Southwest Norfolk County

## 1. What Do We Know?

Youth in Southwest Norfolk age 14 to 21 years attend bush parties/bunches. At these bush parties/bunches youth drink alcohol, use drugs and engage in other risk-taking behaviours. Bush parties/bunches are often held at a parent's home when the parents are away and literally hundreds of youth attend these parties.

## 2. What We Did?

We asked both low-German-speaking and English-speaking youth during lunch or during a health break in Grades 7, 8 and 9, to describe bush parties/bunches and their school and community.

## 3. Why Did We Ask Them?

We wanted to find out what the youth wanted in their community and school to make southwest Norfolk a better place for youth to live and play.

## 4. What We Found #1

Youth would like to have access to sports, recreational activities and art programs at, and outside of school.

## 5. What We Found #2

The barriers preventing youth from participating in sports, recreational activities and art programs are:

- o Activities not available.
- o No transportation.
- o Cannot afford to participate in organized sports.



## 6. What We Found #3

- Youth in southwest Norfolk get hurt by tractors and ATVs.
- Youth reported that it was safe to ride their bikes at night.

## 7. What We Found #4

- Youth hang out at bush parties/bunches at a parent's home when the parents are away.
- Youth would prefer to go to another place to hang out, such as a skate park, rather than a bush party.

## 8. What We Found #5

Youth would like to have a youth drop-in centre that is easily accessible and governed by youth.

## 9. We Are Looking for Parents, Youth and Community Members to:

- sit on the *All Youth Matter Committee* that consists of representatives of parents, youth, schools, public health and other key stakeholders to make southwest Norfolk a better place for youth to live and play.

## Would You Like To Help?

Please contact Marilyn Antkiw, Public Health Nurse at the Haldimand-Norfolk Health Unit, at 519-426-6170 Ext. 3252, or e-mail [marilyn.antkiw@hnhu.org](mailto:marilyn.antkiw@hnhu.org).

The full report, *Adolescent Health in Rural Southwest Norfolk County: A Social Phenomenon*, can be found on the Haldimand-Norfolk Health Unit website at [www.hnhu.org/images/stories/reports/Adolescent\\_Health\\_report\\_web.pdf](http://www.hnhu.org/images/stories/reports/Adolescent_Health_report_web.pdf).

For more information, please contact Deanna Morris, Epidemiologist, Haldimand-Norfolk Health Unit at 519-426-6170 Ext. 3215, or e-mail [deanna.morris@hnhu.org](mailto:deanna.morris@hnhu.org).