

TRIBAL PREP

YOUTH STRENGTHS & NEEDS ASSESSMENT

Inter-Tribal Council of Michigan

In 2017, the Inter-Tribal Council of Michigan (ITC of MI) teamed up with five Tribal and one Urban Indian agency to plan for teen pregnancy prevention and adult preparation programs within their communities. Youth from these six communities were asked to take a survey about their health risk behaviors, strengths, and needs. The results highlight the attitudes, behaviors, and community factors for youth which may put them at risk or be building blocks for success in adulthood.

PARTICIPANTS

320
youth took the survey



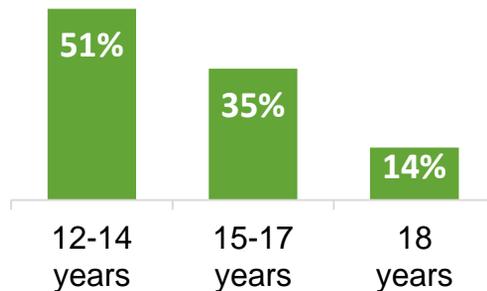
50% of youth were in high school, 44% were in middle school

More **males** than **females** took the survey



males **52%** females **47%** other **1%**

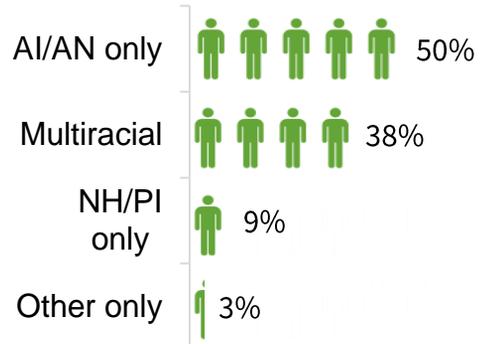
Half of youth were **12-14 years old**



The majority of youth identified as **straight**



Half of youth identified as **AI/AN only**



RISKY BEHAVIORS

26%



of youth ever tried smoking a cigarette

25%



of youth used an electronic vapor product

13%



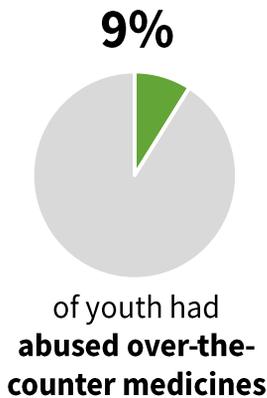
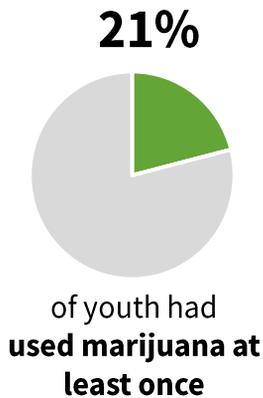
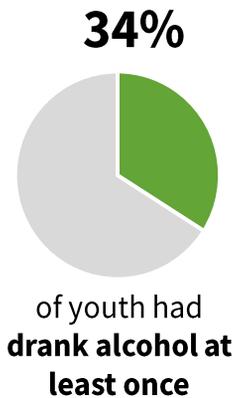
of youth had ever used chewing tobacco

10%



of youth had ever tried smoking a cigar

ALCOHOL & DRUG USE



Other drugs youth reported using included: inhalants (5%), barbiturates (3%), and hallucinogens (3%). Less than 1% reported trying steroids, ecstasy, methamphetamines, heroin, cocaine.

10% of youth were **offered or sold an illegal drug** on school property in the past 12 months



SEXUAL HEALTH



66% of youth had talked with a parent about what they expect them to do or not to do when it comes to sex



23% of youth have had sexual intercourse



40% of sexually active youth did not use condoms the last time they had sex



41% of sexually active youth did not use any method to prevent the spread of STIs

BULLYING



25% of youth had been cyber bullied



33% of youth had been bullied on school property

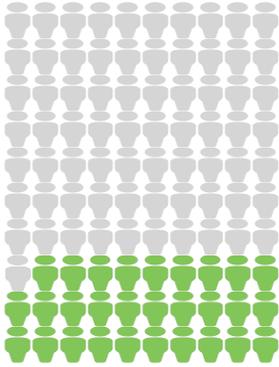


41% of youth had been either bullied on school property, cyber bullied, or both

DEPRESSION & SELF-HARM

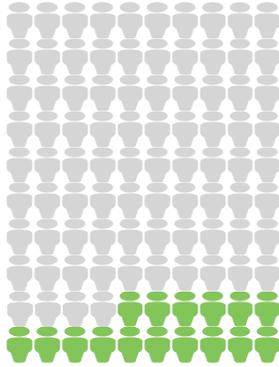
29%

of youth identified with signs of depression



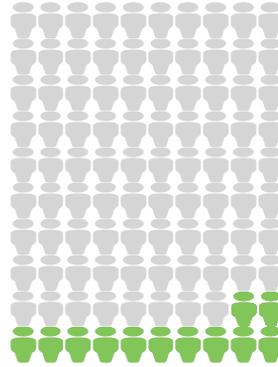
16%

seriously considered suicide in the last year



12%

made a plan about how they would attempt suicide

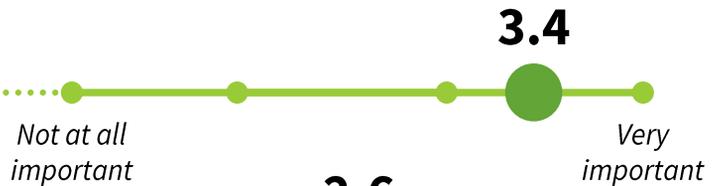


More than **1 in 10** youth considered and planned ending their own life

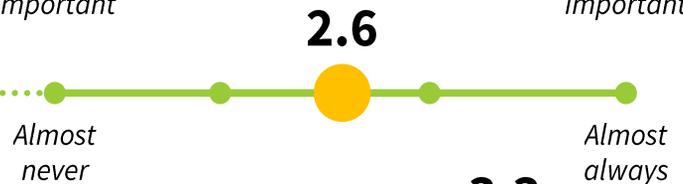
STRENGTHS & ASSETS



Future Aspirations



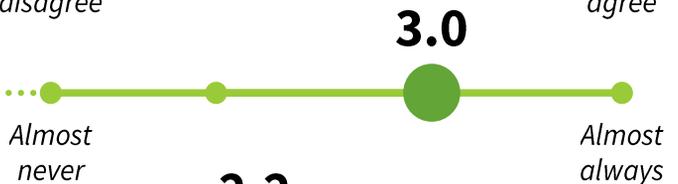
Family Communication



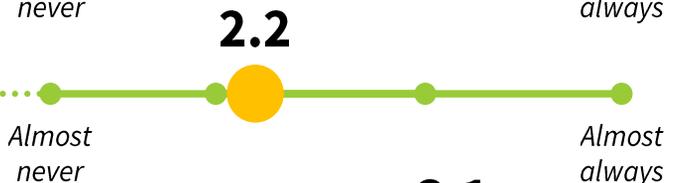
Adult Role Models



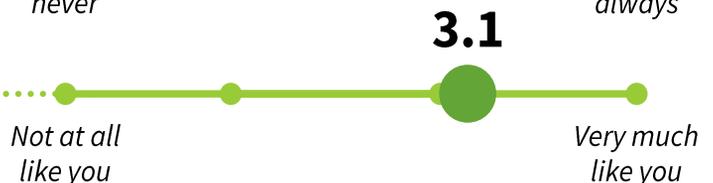
Peer Role Models



Community Involvement



Responsible Choices



● NOT AN ASSET (1.0-2.9)

● ASSET (3.0-4.0)

ADULT PREPARATION TOPICS



HEALTHY RELATIONSHIPS

You know adults who encourage you often.

3.3

You know at least one adult you can talk with about personal problems.

3.2

You have learned to stay away from people who might get you into trouble.

3.3

Strongly disagree

Strongly agree



PARENT AND CHILD COMMUNICATION

How often do you talk to your mother, father, or legal guardian about your problems?

2.5

How often do you talk to an elder or grandparent about your problems?

1.8

How often does your mother, father, or legal guardian try to understand your point of view?

2.7

How often does your mother, father, or legal guardian tell you he or she loves you and wants good things for you?

3.5

Almost never

Almost always



EDUCATION & CAREER

How important is it to your family that you continue your education after high school?

3.4

As you look to your future, how important is it to you to stay in school?

3.4

You want to do well in school.

3.6

Not at all important

Extremely important



NOT AN ASSET (1.0-2.9)



ASSET (3.0-4.0)

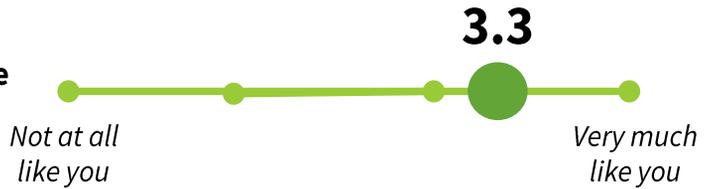


HEALTHY LIFE SKILLS

You take good care of your body by eating well and exercising.



You can identify the positive and negative consequences of behavior, and choose appropriately.



ADOLESCENT DEVELOPMENT

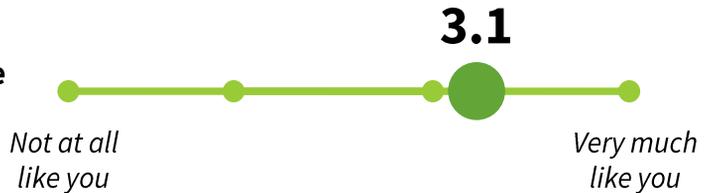
You think you should work to get something, if you really want it.



You know how to organize your time to get all your work done.

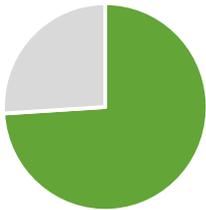


You make decisions that help you achieve your goals.



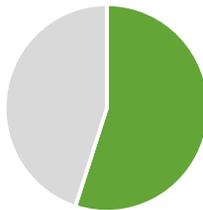
CULTURAL PRACTICES

74%



of youth had learned about traditional tobacco use

55%



of youth had been taught how to use traditional tobacco

36%



of youth used tobacco for traditional reasons

Youth participation in tribal ceremonies, sacred fires, pow-wows, or cultural events.

1.9



Frequency youth attended cultural events in the past 12 months.

2.1



KEY FINDINGS

The results of this assessment highlight the overall risk behaviors, needs and strengths of youth in six tribal and Urban Indian communities throughout Michigan. The program model selected for Tribal PREP services in these communities may consider the following key findings to build upon the strengths, address the risks, and tailor to the level of readiness and unique context of each community:

RISKS & NEEDS

- More than 1 in 4 youth tried smoking or used an electronic vapor product, and only a little more than half of youth had been taught about traditional tobacco use
- 1 in 5 youth were sexually active
- Of sexually active youth, only 60% used condoms during their last sexual intercourse
- More than 4 out of 10 youth were bullied in school or online
- Almost 1 out of 3 youth felt depressed for more than 2 weeks in the past year
- 16% of youth seriously considered suicide in the last year

STRENGTHS & ASSETS

- Youth had relatively low rates of use of inhalants, prescription drugs and hallucinogens
- About 2 in 3 youth had talked to their parent about expectations around sex
- Most youth said doing well in school and continuing their education was extremely important to their family and themselves
- Most youth said they had strong adult role models in their life
- More than half of youth had been taught about the traditional uses of tobacco

ADULT PREPARATION TOPICS

- Teaching skills and giving support to improve parent and child communication is needed
- Teaching, encouraging and modeling more healthy life skills is another area of need
- Youth suggested they have some assets in the area of healthy relationships which could be built upon, perhaps focusing on relationships with elders and grandparents
- Youth would benefit from opportunities to get more involved in their communities

This assessment was conducted by Inter-Tribal Council of Michigan in partnership with Michigan Public Health Institute (MPHI), American Indian Health and Family Services, Bay Mills Indian Community, Hannahville Indian Community, Keweenaw Bay Indian Community, Nottawaseppi Huron Band of Potawatomi Indians, and Saginaw Chippewa Indian Tribe. Funding to support the Tribal PREP program is provided through the US Department of Health and Human Services (US DHHS) Administration for Children, Youth and Families Tribal Personal Responsibility Education Program Cooperative Agreement # 90AT0019. The results presented in this brief is the work of the authors from MPHI and do not represent the US DHHS.

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