

# YOUTH group

## NOVEMBER *Ha'lilaxsits'a'ax* The time for getting clams

November 2018 | Kitsumkalum Youth Group Newsletter | Britt McDougall, Youth Coordinator

Hey Kitsumkalum!

As always, it has been a pleasure spending time with the seeds of the community this past month. Junior Youth Group (ages 5-11) has regular attendance with as many as 15 and an average of 12.2 youth coming out each Tuesday in October! Bowling on October 30 with Halloween costumes was a solid way to end the month! **HALLOWEEN 2018!**

To honour the needs of the group, starting on November 13, we will have new times for Junior Youth Group, breaking up the age groups. Ages 5-9 will gather from 3:30-5:30pm and ages 10+ will gather from 6-8pm. We'll see how this works for everyone and reassess in December.

I am still working to find space for youth to gather regularly, ideally on reserve. Also, I am aiming and eager to connect with you, the community members who may be interested in sharing cultural knowledge or skills with youth. Please reach out if you are interested in sharing what you have to offer.

The Youth Dialogue on Cannabis had very low attendance though we still had a great conversation about this big change with the legalization of recreational cannabis. Correction from last months newsletter; In BC Cannabis is legal for adults **19 years of age** and older. Our conversation brought four main concerns into the circle, harm reduction, legal information, medicinal uses and substance respect. We talked about some of the reasons why folks may be timid to come and talk about cannabis, perhaps because there are many strong ideas about cannabis and whether it is good or bad. Most of the research on cannabis and its negative health effects on cognition, the developing brain, intelligence and educational attainment, causality of schizophrenia, cannabis "gateway drug" theory, and cannabis causing lung cancer are all inconsistent and inconclusive. (Sensible Cannabis Education, Youth Education Toolkit) It is clear that the substance can be addictive, like anything. What are some warning signs that an addiction may be present? What is an addiction?

It is clear that the issue is not black and white. We can however conclude that rather than the substance itself being good or bad, it is an individual's *relationship* to cannabis that is the determining factor for the role the plant will pay in one's life.

Important Info:

- avoid the use of synthetic cannabis, "K2" all together
- medicinal cannabis which is available with little to no THC (the component of the plant which makes the user feel 'high') and may help some people who use it by the recommendation of a doctor for pain relief, depression, anxiety, seizures and more
- If an adult (19+) is found giving or selling cannabis to youth or using a young person to commit a cannabis related crime, it may result in a maximum penalty of 14 years in prison.
- What does it mean to respect the spirit of the plant? Reflect on this.

We are looking into offering a 6-week cooking session with Melodie at the Health Center for youth ages 13 and up. Stay



tuned for more information.

As for Youth Action Team for ages 18-30, the idea has been planted and now we need the interest and participation to make it happen and mold it to meet the needs of the community. This is a pilot project which will gather and mobilize young people to get educated, share ideas, ask questions and serve in the community. Each month we can have 3 sessions of about 2-5 hrs each: one training session about the Indigenous history in Canada, one community project planning session and one action session. E-mail Britt to apply today!

As always, check out the Kitsumkalum Youth Groups page on Facebook for the latest news. If you don't have Facebook, send Britt an e-mail to receive a monthly Calendar of Youth Events by e-mail.

"Your joy matters. It is the greatest strength you have." - Woman Stands Shining

### Community Roles to Fill:

**Back up Junior Youth Group Helper** – the lovely young Aly Guno has gotten involved helping out with Junior Youth Group. So, so awesome! We also need another few youth and/or parents to be available to support if Aly could not one day. Junior Youth Group attendance has been as many as 24 children! Honorariums offered.

**Elders** to be present at various events. Honorariums offered.

**Drummer/Singer/Dancer** – Teach and or be present with Junior Youth Group (ages 5-10+) learning traditional dance approx. one day (4 hrs) per month Honorariums offered.

**Youth Action Team Recruiter** – encourage young people to connect and engage by applying for a position on the YAT

**Community Youth Programs Consultant** – bring a whole community perspective to offer Britt feedback on youth programming and cultural relevance



Blessings,

Britt

Find the NOVEMBER Calendar of Youth Group events on our website!

[www.kitsumkalum.com](http://www.kitsumkalum.com)



KITSUMKALUM **YOUTH group** Kitsumkalum Youth Groups  
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SU	MO	TU	WE	TH	FR	SA
		<b>JUNIOR YOUTH GROUP on TUESDAYS!</b>		1	2	3 Ganhada (Raven) Feast
4	5	6 BASKETBALL @ Hall 4:00 pm - 6:00 pm	7 New Moon	8	9	10
11 Remembrance Day	12 Additions Awareness Week NOV 12-16	13 Craft w/ Melodie @ Hall Ages 5-9: 3:30 pm - 5:30 pm Ages 10+: 6-8pm	14 Youth Action Team (Ages 18-30) 3:30 pm - 4:00 pm YAT Info Session Britt's Desk @ Band Office	15	16 Family Dance @ Skeena Mall 5:00 pm - 8:00 pm	17 Inflatable Fun @ Kitsumkalum Hall 10am-5pm \$5
18 Inflatable Fun @ Kitsumkalum Hall 10am-5pm \$5	19	20 Soccer w/ Nick @ Hall Ages 5-9: 3:30 pm - 5:30 pm Ages 10+: 6-8pm	21	22	23 Full Moon	24
25	26	27 Adventure Day @ TBA Ages 5-9: 3:30 pm - 5:30 pm Ages 10+: 6-8pm	28	29	30 Senior Youth Group (Ages 12-17) Boardgames Night @ TBA	

Brittany McDougall, Kitsumkalum Youth Coordinator

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Working Hours:

Tuesdays 9:00am-6:30pm

Wednesdays 9:00am-4:30pm

As needed for planned activities throughout the week