



THE NETWORK
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



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"PRIMARY HEALTH CARE: A PATH
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SYSTEMS AND COMMUNITY BASED
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TUFH 2020 Abstracts

Title	A Child-to-Child Health Education Program for Students in Northern Saskatchewan
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Content

Background There is a need for culturally sensitive, strengths-based, health education to empower Indigenous youth with health information. The Child-to-Child approach to health advocacy has the potential to strengthen the capacity of children with health information that can facilitate health behavior change in themselves, their families, and their communities. This study proposes to develop, implement, and evaluate a health education program for school students in Île-à-la-Crosse– a Métis community in northern Saskatchewan, using the child-to-child approach. **Methods** The program could consist of a combination of informational videos, class activities and interactive sessions relating to community health issues that are primarily informed by traditional ways of knowing and supplemented by western worldviews. Every stage of the program, including the curriculum development, will actively involve community Elders, school instructors, health professionals, and student representatives. The program will be integrated into the school curriculum and be used as a part of an existing health education course. The study will follow a concurrent mixed methods design. In-depth semi-structured sharing circle discussions and interviews will inform the qualitative portion of the study. Pre-test and post-test questionnaires will be used to measure the change in subject knowledge of the students. **Conclusion** The study has the potential to train children as advocates in their communities, contribute to their future learning and career as well as strengthen cultural identity and community cohesiveness.