

Youth Action Institute



A Youth-Adult Partnership to Help Plan School-Based Health Center Services in Oakland Middle Schools

Youth Action Institute (YAI)

**A YOUTH-ADULT PARTNERSHIP TO HELP PLAN SCHOOL-BASED HEALTH
CENTER SERVICES IN OAKLAND MIDDLE SCHOOLS**

September 2008

Project Management

Alameda County Health Care Services Agency

Yvette Leung, School Health Services Director

YAI Staff and Consultants

Heather Manchester, Lead Facilitator

Chen Kong, Co-Facilitator and Project Coordinator

CB Smith-Dahl, PhotoVoice Facilitator

Jesus Verduzco, Co-Facilitator

Research Consultants

Philip R Lee Institute for Health Policy Studies

University of California, San Francisco

Samira Soleimanpour

Adrienne Faxio

Design Production

Burnett Consulting Associates, LLC and Marshall Cannon Company

For more information about the Youth Action Institute or for copies of this report or accompanying video, please contact the School Health Services Coalition housed within the Alameda County Health Care Services Agency at 510.667.7990 or shs.admin@acgov.org.

Table of Contents

PROJECT BACKGROUND

OVERVIEW

The Context: Oakland Universal Health Access
& Elev8 Initiatives 2

Youth Action Institute (YAI) 3

YAI Partner Roles and Project Structure 3

YAI Curriculum 4

YAI RESEARCH FINDINGS

YAI Research Methodology 5

YAI Student Survey & Photovoice Findings 7

Medical Services 7

Counseling Services 8

Sex Education Programs 9

Nutrition, Exercise & Health Education 11

Dental Services 13

RECOMMENDATIONS

YAI Recommendations 15

APPENDIX

Youth Action Institute Student Survey 17

PhotoVOICE Image Collection 21

CREDITS 25

Overview

The Context: *Oakland Universal Health Access & Elev8 Initiatives*

The Oakland Universal Health Access Initiative (OUHAI), funded by Kaiser Permanente Northern California Fund for Community Benefit and the City of Oakland, is a collaboration between Oakland Unified School District, City of Oakland, Alameda County Health Care Services Agency (ACHCSA) and Safe Passages. This initiative builds on the Atlantic Philanthropies funded Oakland Elev8 Initiative (formerly the Integrated Services in Schools Initiative - ISSI) that will provide extended learning opportunities, health promotion programs, and family support services at eight middle schools in the Oakland Unified School District (OUSD) on five campuses, including Coliseum College Preparatory Academy (CCPA), Roots International Academy, Cole Middle School, West Oakland Middle School, United for Success Middle School, Peralta Creek Middle School, Madison Middle School and Roosevelt Middle School. The Oakland Elev8 Initiative is led by Safe Passages.

Together, the OUHAI and Oakland Elev8 initiatives will expand overall health and wellness services to ten new middle and high school campuses to create a total of fifteen school-based health centers (SBHCs) in OUSD. The design of both initiatives incorporated youth development principles based on the premise that healthy and supported young people are better prepared to learn and succeed. Furthermore, the initiatives believe that involving youth in the planning and development of health programs can lead to more effective service delivery strategies, while also supporting them to develop a sense of ownership of the programs that serve them.

PROJECT BACKGROUND

Youth Action Institute (YAI)

Funded by Kaiser Permanente Northern California Fund for Community Benefit and Alameda County's Public Benefit Fund, the Youth Action Institute (YAI) was formed by ACHCSA's School Health Services Coalition (SHS Coalition) to engage youth in the design of health and wellness services in seven of the eight targeted Elev8 middle school sites in OUSD. The YAI is the first step in planning for these new SBHC sites. [Roosevelt Middle School already has an existing SBHC which will be expanded and redesigned through this Initiative, thus Initiative partners felt it was best to conduct different engagement activities with Roosevelt students and community members.]

The goal of the YAI was to advise and direct the planning services for the new health centers to be located at the Elev8 schools.

In January 2008, SHS began working in partnership with approximately 30 youth (4-7 youth per school) and a designated adult ally from each of the seven Elev8 middle schools on the development of a youth assessment, which included a *Student Health Survey* and a *Photovoice* project. Overall, the YAI leadership and research series actively engaged middle school students in helping to shape the planning process for developing SBHCs in Oakland middle schools. Their research provided a fundamental framework for future health center planning.

YAI Partner Roles and Project Structure

The YAI was a partnership between 30 student YAI participants from the seven Elev8 middle schools in Oakland, five consultants that served as facilitators and trainers, and eight adult allies that supported each site level YAI team. YAI participants were recruited through an application process from the general school population at each school site. Staff from ACHCSA and the University of California, San Francisco (UCSF), Philip R. Lee Institute for Health Policy Studies provided support and technical assistance to YAI – however, the YAI youth and adult allies determined and directed the planning work. Each of the partner's roles are outlined below.

YAI Participants:

- Conduct a youth-led research project through the development and implementation of a health survey and Photovoice project
- Develop and share recommendations based on research findings to help plan SBHCs at their schools

Adult Allies:

- Facilitate weekly site level meetings
- Support YAI members to conduct site level activities

Facilitators:

- Lead weekly YAI trainings
- Support YAI participants and adult allies to conduct their work

Health and Research Consultants:

- Provide research and technical support to YAI members
- Assist with data analysis
- Support dissemination and implementation of YAI recommendations

PROJECT BACKGROUND

YAI Curriculum

The Institute encompassed a series of youth in action activities, during which the youth and adult allies from seven middle schools came together to develop a *Student Health Survey*, implement a *Photovoice* project, and identify strategies to guide the future planning and development of the new SBHCs in Oakland middle schools.

The YAI training curriculum designed exclusively for this project included two key elements:

1. Mapping & Visioning: YAI Facilitators provided youth with the tools to map their communities and define from their vantage point what a healthy community would look like and to document what health issues their communities faced through photographic research; and
2. Health Services Assessment & Planning: YAI Facilitators introduced research and assessment tools to enable students to identify and categorize health services from a student perspective. Some services were deemed mandatory services to be offered at each new SBHC. Other services would be offered at the health centers only if the survey research pointed to needing the services.

Each of the seven schools had a team of 4-7 students who worked with an adult ally to support their site level work. Students received stipends for their participation. The 30 YAI members met six times from February to May 2008 (approximately twice a month) as a large group for trainings and project planning. Each site level team also met weekly with their adult allies and the project facilitators to implement the activities that were covered in the preceding larger group trainings.

The six larger group trainings focused on the following topics to prepare youth to conduct research through the development and implementation of the *Student Health Survey* and the *Photovoice* project:

- 1) Understanding the YAI Goals and Defining Health and the Issues:
 - a. Team Building
 - b. Project Overview and Timeline
 - c. Community Mapping/What is a Healthy Community?
 - d. What Health Issues are Facing Our Communities?
 - e. What is *Photovoice*?
- 2) What are School-Based Health Centers?
 - a. Review Existing Data and Research on SBHCs
 - b. What are standard services offered by SBHCs?
 - c. Discussion of what other services should be planned
 - d. Understanding Survey Tools
 - e. *Photovoice*: Documenting Health in the Community through Photos
- 3) Understanding Health Issues and Developing Survey Tools
 - a. Review Types of Survey Questions
 - b. Generate and Prioritize Survey Questions
 - c. *Photovoice*: Selecting Representative Photos
- 4) Building Presentation Skills and Preparing for Survey Administration
 - a. Develop and Pilot Survey and Administration Protocol
 - b. Develop and Practice Public Speaking Skills
 - c. *Photovoice*: Identify Photo Themes and Write Stories to Support Photos
- 5) Analyzing Data and Making Recommendations
 - a. How to Interpret and Analyze Data
 - b. Develop and Prioritize Recommendations Based on Data
 - c. *Photovoice*: Write Stories Corresponding to Photos
- 6) Dissemination
 - a. Preparing to Present Findings and Recommendations
 - b. Celebrating Action

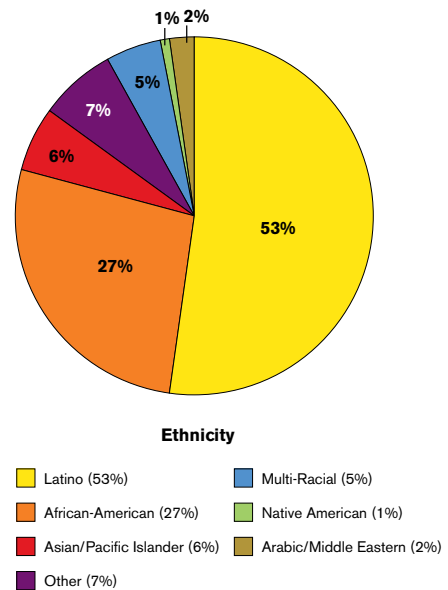
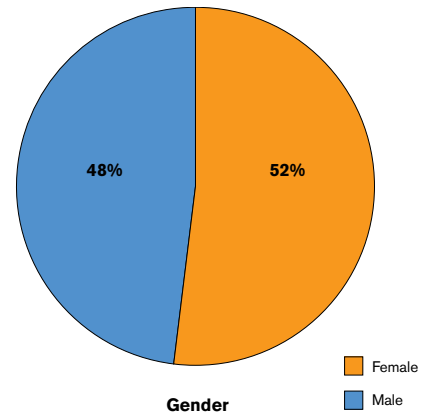
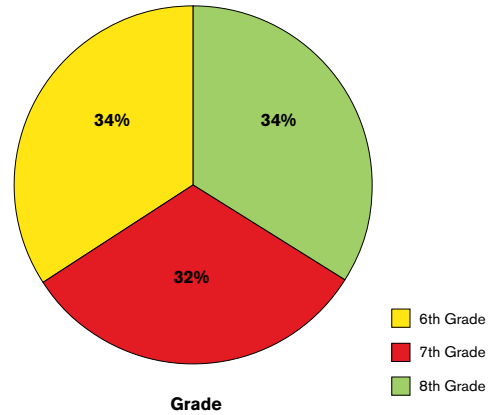
YAI Research Methodology

Youth used research and production techniques from *Photovoice**, coupled with survey research techniques to map health resources in their communities and also chronicle the health concerns/challenges.

Student Health Survey

In an effort to identify the major health issues faced by students at their schools, the YAI participants developed a *Student Health Survey* with the guidance and help of the adult allies. The 34-question survey asked students about the types of health services that could be offered at the SBHCs (counseling, medical, dental services, sex education programs, health education and nutrition and physical activity services), as well as the level of need or desire among their peers for these various services. Students completed the web-based *Student Health Survey* during two weeks in April 2008 on a computer in their advisory, science or physical education class. More than three-quarters (76%) of the estimated 1,573 total students at the seven schools completed the survey.†

The following charts describe the demographic profile of the 1,192 students that completed the *Student Health Survey*.



*Photovoice was developed by Caroline C. Wang and Mary Ann Burris. More information can be found at: www.photovoice.com.

†Staff from the Philip R Lee Institute for Health Policy Studies at the University of California, San Francisco assisted the students in analyzing and summarizing the survey results.



"This is a picture about me and a friend in our school library. As you can see our motto is 'Pride, Purpose, and Possibilities.' The library makes me feel comfortable because when I read, it removes stress. Books can also help you understand other people's feelings."

Photovoice Project

As part of the YAI project, students also took photographs and completed written exercises using the research/production techniques of *Photovoice*. Through group discussion, field research, and interviews of friends and family members, students engaged in a process of self-exploration and self-reflection around issues of individual and community health.

Photovoice goals were threefold:

- Enable students to record and reflect their community's strengths and problems;
- Promote dialogue about important issues through group discussion and photographs; and
- Engage policymakers and key stakeholders.

Photovoice follows the premise that what decision-makers think is important might not always coincide with what community members think is important.

The YAI students engaged in the following *Photovoice* steps:

- 1) Conceptualizing the problem,
- 2) Devising the initial theme(s) for taking pictures,
- 3) Taking pictures,
- 4) Engaging in critical reflection and dialogue (selecting photographs for discussion; contextualizing and storytelling; and identifying issues, themes and theories),
- 5) Documenting the stories, and
- 6) Reaching policymakers, funders media, researchers, and others who may be mobilized to create change.

YAI Student Survey & Photovoice Findings

The following sections of this report provide a detailed summary of the YAI *Student Health Survey* findings, and *Photovoice* project results, coupled with participant recommendations for future SBHC planning and development. Their findings and recommendations are organized within five broad areas of health care:

- Medical Services
- Counseling Services
- Sex Education Programs
- Nutrition, Exercise and Health Education
- Dental Services

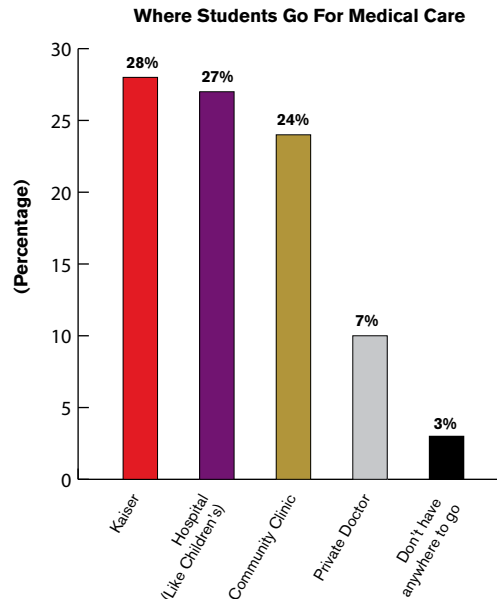
Medical Services

Two out of five (41%) YAI *Student Health Survey* respondents could not remember when they last saw a doctor. Those who could recall (59%) reported that they last visited a doctor:

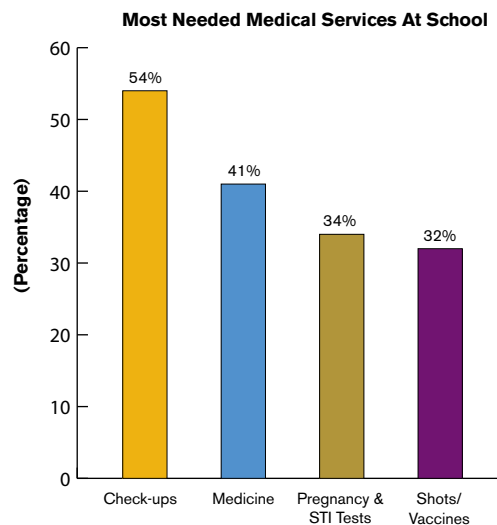
- Less than 6 months ago (60%)
- 6-12 months ago (25%)
- More than 1 year ago (14%)
- Never (1%)

The YAI findings are similar to the 2006 National Health Interview Survey findings that 68% of adolescents between the ages of 12-17 last had contact with a health care professional within the last six months; while 19% had contact six months to a year ago, and 14% more than a year ago.[‡]

The most common places students reported usually going for medical care were:



Students reported that the medical services needed most at school were check-ups (54%) and medicine (41%).



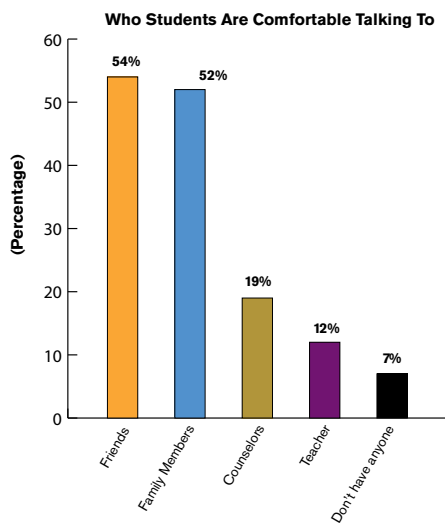
[‡]Bloom B, Cohen RA. 2007. Summary Health Statistics for U.S. Children: National Health Interview Survey, 2006. National Center for Health Statistics. Vital Health Stat 10(234).



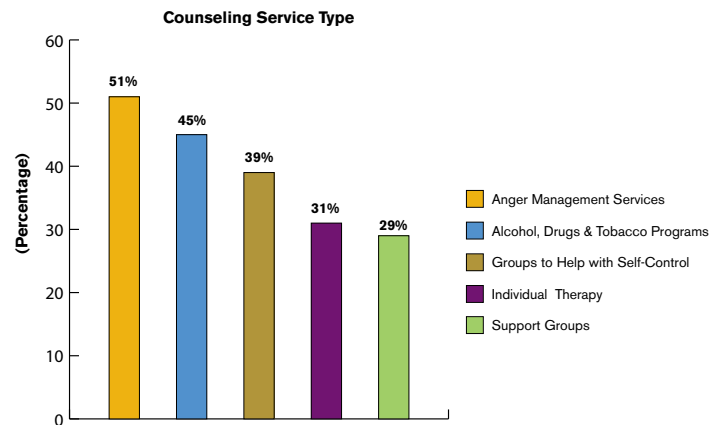
"This is a picture about me and a friend in our school library. As you can see our motto is 'Pride, Purpose, and Possibilities.' The library makes me feel comfortable because when I read, it removes stress. Books can also help you understand other people's feelings."

Counseling Services

Students identified the following people as those they feel most comfortable talking to about life problems:

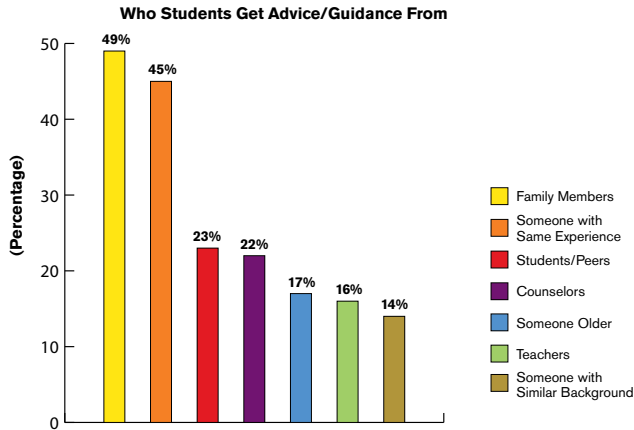


Over half of the YAI *Student Health Survey* respondents (57%) reported that they did not know counseling services were available at their school. However, there is a significant need. Last year, most of the mental health programs at these schools had waitlists for their services despite 2 Full-Time Equivalents of mental health staffing. Nationally, among adolescents ages 12-17, over one third who needed mental health services did not receive them.[§] If more services could be offered, students felt that the following counseling services should be available at their school:

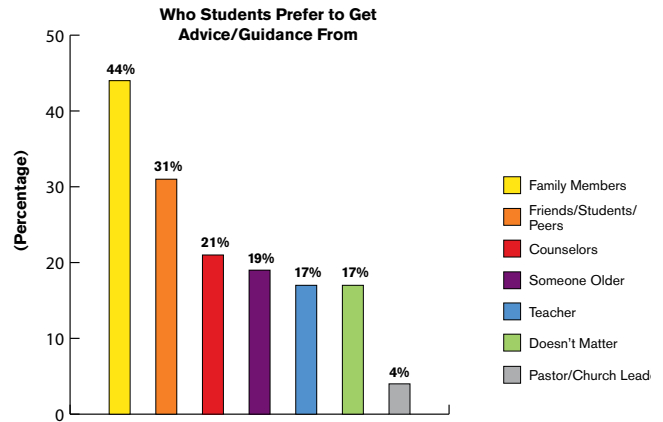


[§] National Survey of Children's Health. Data Resource Center, 2003 [Online Database]. Available at URL (1/08): <http://nschdata.org/> The National Adolescent Health Information

Students identified the following people as those they would most like to get advice or guidance from:



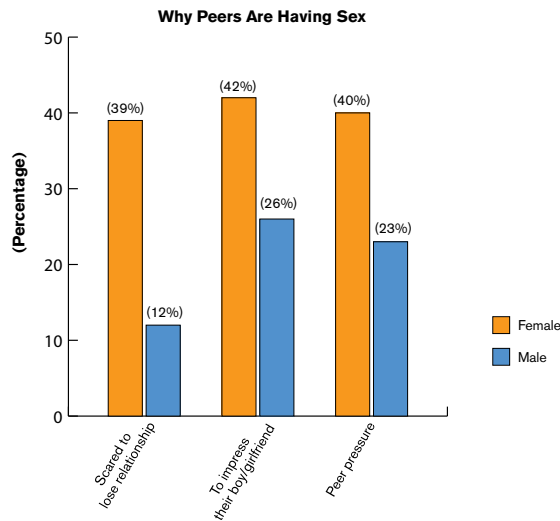
As shown in the chart below, students would most like to talk to their parents (44%) and friends/peers (31%) about sex and the consequences; however, nearly one out of five students (17%) said it did not matter to them who they talked to about sex.



Sex Education Programs

The YAI *Student Health Survey* also found that majority of students (85%) felt that sex education is important for students their age. More 8th (86%) and 7th graders (71%), as compared to 6th graders (59%), reported knowing at least one person their age that has had sex. Female students were much more likely than male students to think the following were reasons why their peers have sex:

Nearly one in four students (23%) reported not having someone they trust that they can talk to about sex. More male students prefer receiving information about sex from a female (36%) versus male (23%), while female students overwhelmingly preferred receiving this information from a female (74%) versus male (3%). Also, a larger portion of male (41%) compared to female students (23%) said gender “didn’t matter.”

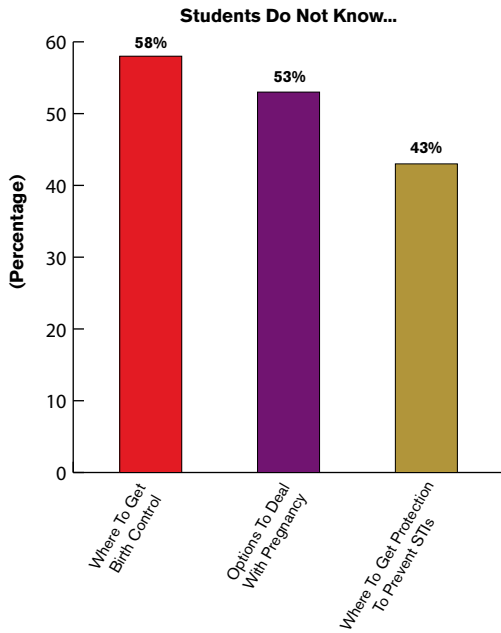


YAI RESEARCH FINDINGS

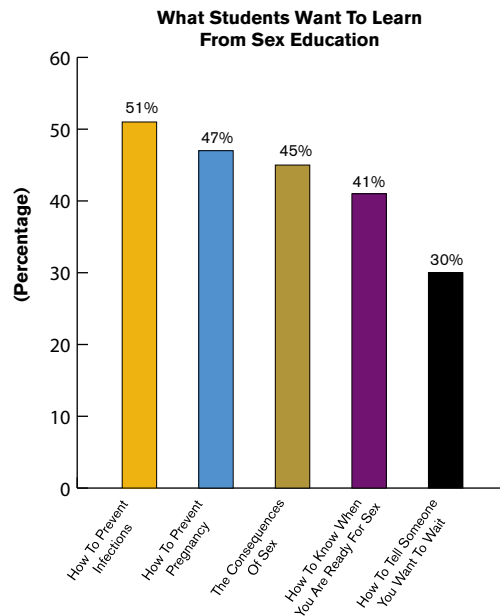


"This is a picture about me and a friend in our school library. As you can see our motto is 'Pride, Purpose, and Possibilities.' The library makes me feel comfortable because when I read, it removes stress. Books can also help you understand other people's feelings."

Despite the fact that 72% of students know of at least one person their age that has had sex (30% knew of 10+ people), many students did not know where to get birth control (58%), information on options to deal with pregnancy (53%) or where to get protection to prevent STIs (43%).

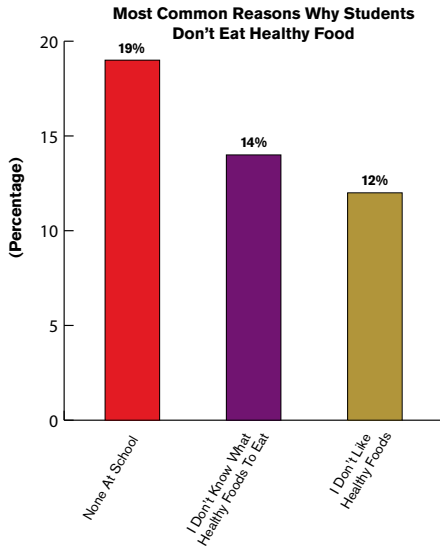


When asked what they would want to learn from taking sex education, students reported:



Nutrition, Exercise & Health Education

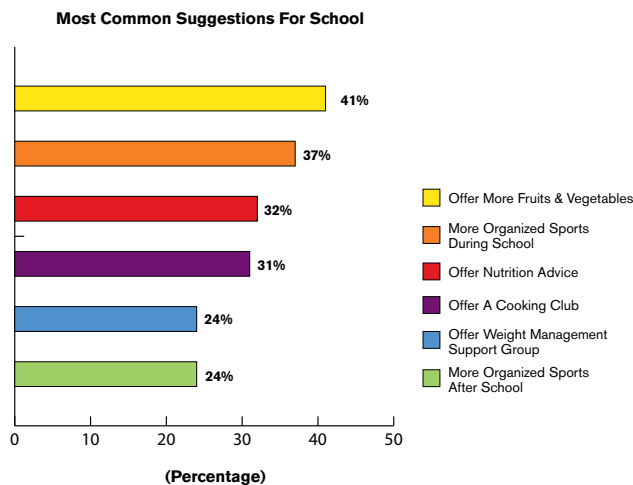
According to the California Student Survey, 58% of 7th graders in Oakland reported eating five or more servings of fruits and vegetables in the past day.** In the *YAI Student Health Survey*, nearly half of the students (45%) indicated that they do eat healthy foods, however the most common reasons students felt they did not eat healthy food were:



"Everyday at lunch, we get mad. We do because our school does not supply us with good food. It's also a small portion."

A larger portion of female students than males suggested offering a cooking club (35% of females vs. 28% of males) and a weight management group (27% of females vs. 21% of males) as ways for the school to help them be healthy.

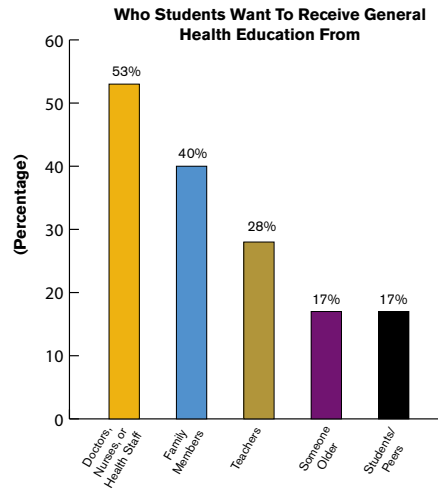
More than two out five students (44%) indicated that their school does not provide healthy food (17% strongly felt this way). The most common suggestions for the school to help students be healthy were:



** West Ed. California Student Survey Technical Report 2005-06. Oakland, CA: Author. Accessed October 26, 2008 from: http://www.wested.org/chks/pdf/cssinchksformat05_06.pdf

YAI RESEARCH FINDINGS

Students reported that they would want to receive general health education from:



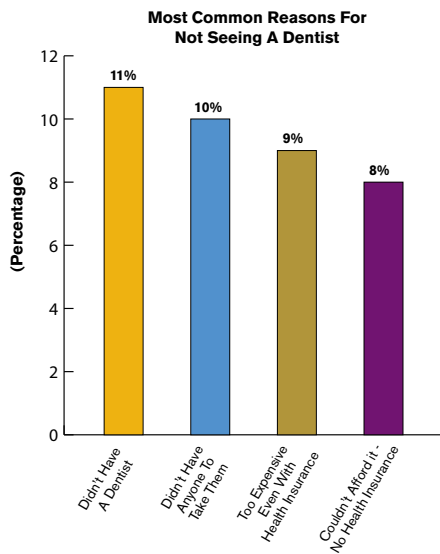
"This shows that one court is broken and one of them is good and ready to play. The reason I chose this picture is because you need working equipment. I want my school to have working equipment because it makes them healthy and it helps their health."



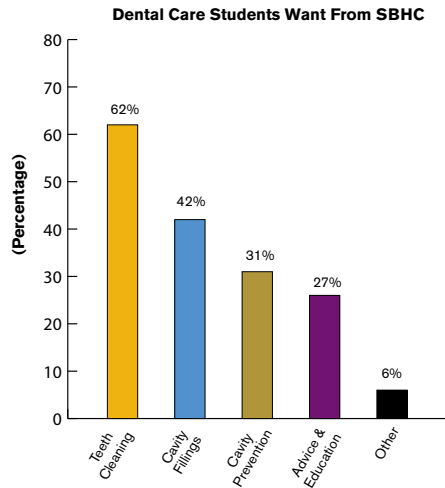
"This is a picture about me and a friend in our school library. As you can see our motto is 'Pride, Purpose, and Possibilities.' The library makes me feel comfortable because when I read, it removes stress. Books can also help you understand other people's feelings."

Dental Services

Despite the U.S. Surgeon General's recommendation that youth visit a dentist every six months,^{††} more than one out of three students (36%) reported not having visited a dentist for over six months in the YAI Student Health Survey. Nearly one in five (19%) had not seen a dentist for over one year and 4% had never seen a dentist. The most common reasons for being unable to see a dentist were:



Students reported that they would want to receive the following dental services from an SBHC:



^{††} U.S. Department of Health and Human Services. *Oral Health in America: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes of Health, 2000.



"This is a picture of where a fire extinguisher is supposed to be, but instead there is tagging and garbage. Also, instead of there being glass it is broken. That makes me feel unsafe..."

School and Neighborhood Conditions

In addition to identifying health issues within the health service components that could be offered by school health centers, students also identified school and neighborhood conditions as an aspect of health that needed to be addressed for their peers and their communities to be truly healthy. This finding was demonstrated through their *Photovoice* research, as demonstrated by the above photograph.

*"I'm shy talking in front of a lot of people, but when I take my pictures they speak for me."
– YAI Participant*

YAI RECOMMENDATIONS

Based on the Student Survey and *Photovoice* results and discussions facilitated by the adult allies, the students developed the following recommendations for planning the school based health centers.

Youth Involvement

- 1) Continue to have youth provide input into the design and creation of support services at our schools
 - Consider creating youth advisory councils in every school that provide input into service delivery and programming.

Medical Services

- 1) Promote incentives for students to get regular physical and mental health check-ups
 - Use every visit as a way to check for any risk factors to promote referrals to other needed clinical services.
- 2) Teach students about health education and healthy decision-making, not just on providing critical medical services
 - Link sexual education programs when offering reproductive health services, i.e., pregnancy/STI tests.

Counseling Services

- 1) Promote and advertise existing services better
 - Place posters around school and make announcements on loud speakers to promote counseling services.
 - Send flyers to student homes describing available services.
 - Involve youth in developing an outreach and awareness campaign.
- 2) Provide more qualified professional staff
 - Hire more multi-lingual counselors who know how to work with youth, but are also fluent in the languages that are by spoken by students in the school population.
- 3) Provide peer support, leadership and empowerment programs
 - Offer confidential male and female groups where students can talk about bullying, self-esteem, peer pressure and family problems.
 - Develop a peer counseling program.
 - Provide individual counseling in a private, safe and comfortable space where students can talk to an older youth (ages 17-21) who have been through similar family problems and teen issues.
 - Create a youth zone, like a chill space or lounge space, to help students relax and deal with stress.
 - Provide students with counseling and support to teach them how to approach and talk to parents about serious teen issues.
- 4) Provide parent support and education
 - Conduct parent outreach programs and support groups.
 - Focus on educating parents about how to identify emotional distress symptoms in their children, and be responsive and supportive in helping them address concerns.

RECOMMENDATIONS

Sex Education Programs

- 1) Offer sex education classes
 - Provide a class that (1) helps students say “no” to sex and still go on with their relationships; (2) teaches the consequences of unprotected sex; (3) teaches students how to prevent STIs and pregnancy; and (4) teaches students about pregnancy options.
- 2) Provide peer support groups
 - Offer male and female support groups in all grades that are led by older, experienced youth (ages 17-21) to help students deal with peer pressure, relationships, making good decisions and self esteem.
- 3) Provide parent support & education
 - Provide support and education for parents to support their children with alternatives to sex and help their sexually active teens learn how to protect themselves from STIs and pregnancy.

Health Education, Nutrition & Exercise

- 1) Offer more sports/ physical activity options
 - Offer an after school program with more organized team and intramural sports especially for girls, such as basketball, soccer, football, dance, etc.
 - Offer Physical Education (P.E.) Classes for all students at every school
 - Offer more options for P.E. like track, racket ball, etc.
 - Provide a recreational program (during and after school) that offers team sports, individual sports and self-defense classes that are led by young, energetic, fun staff.
- 2) Offer alternative health education classes, such as healthy eating or cooking.
- 3) Increase availability of healthy foods during different times of the school day
 - Provide more fruits and vegetables during breakfast, lunch, and after-school.
- 4) Provide parent support & education
 - Educate parents about healthy cooking classes and healthy cooking at home
- 5) Create better facilities, i.e., locker rooms, to motivate students to participate in physical activities

Dental services

- 1) Offer no or low-cost dental treatment along with regular cavity check-ups and education services

RECOMMENDATIONS

The YAI members first shared their findings and recommendations in May 2008 at a community meeting with key stakeholders from the City of Oakland and Alameda County.

Pictures do speak volumes. To help translate the work of the Institute and capture the YAI process, East Bay Asian Youth Center was hired to produce a video documentary of this project. The YAI video is offered as a complementary component of this report.

The YAI recommendations will be further shared with key stakeholders as planning for the Elev8 and OUHAI Initiatives continue and youth will continue to play a key role in these efforts.

YAI Outcomes

Establishing the YAI was a dynamic process that over time provided a supportive environment within which youth and adult allies truly engaged with one another, sharing generational differences in viewpoints and ideals. Through the YAI, youth and adults bonded and were enabled to collectively identify solutions, reach consensus on planning priorities, and address concerns together.

The YAI was an exciting and inspiring project for students, faculty, and parents! Many of the youth chosen to participate in the YAI were students who were previously disengaged with school. As the Institute concluded, principals, school staff and parents remarked on the dramatic improvement in behavior and attitude among many of these students. In conversation with one of the YAI facilitators, a “straight A” student who participated in the project but was not on track for college, was so inspired by his participation that he decided to be the first member in this generation of his family to pursue college.

Moreover, the Institute has also had a significant impact on the adult allies—most of whom were site coordinators, teachers, school administrators and clinical case managers. Adults who were touched by the project have expressed their support and commitment to the successful implementation of Elev8. These stakeholders experienced the Institute as the beginning of a genuine adult, youth and community partnership.

“You’re not doing this cause you have to. You’re doing this because you want to and want to help other people find a solution to their problems and have somewhere to go where they feel safe.”

– YAI Participant

YOUTH ACTION INSTITUTE SURVEY

This is a Health Survey created by 30 students from 7 Oakland schools. We created this survey to get feedback from students about what they want at their School Health Center. Your answers to this survey will determine what services will be offered at your School Health Center. Everything you answer on the survey will be kept private. Please answer all questions honestly because it will help us give you the services you need.

- 1 How old are you? (check one)
 - Under 11
 - 11
 - 12
 - 13
 - 14
 - 15
 - Over 15
- 2 Are you: (check one)
 - Male
 - Female
- 3 What school do you attend?
 - Cole
 - Madison
 - Peralta Creek
 - United for Success
 - Roots
 - CCPA
 - West Oakland
- 4 What grade are you in?
 - 6th
 - 7th
 - 8th
- 5 What is your race or nationality? (check one)
 - African American
 - Latino
 - Asian/Pacific Islander
 - Native American
 - White
 - Arabic/Middle Eastern
 - Mixed or bi/multi-racial
 - Other, please specify:
- 6 When did you last visit the doctor? (check one)
 - Less than 6 months ago
 - 6 - 12 months ago
 - 1 - 2 years ago
 - More than 2 years ago
 - Never
 - I don't remember
- 7 What type of medical services do you think students at our school need? (check all that apply)
 - Medicines (Insulin, Inhalers, etc.)
 - Shots/Vaccines
 - Check-ups
 - Pregnancy tests and tests for sexually transmitted diseases/infections (STD/STI)
 - Other, please specify:
- 8 Where do you USUALLY go for medical care? (check one)
 - Kaiser Permanente
 - Hospital (like Highland, Children's or Alta Bates)
 - Private Doctor
 - Community Clinic (like La Clinica)
 - Don't have anywhere to go
 - Other, please specify:
- 9 When did you last visit the dentist? (check one)
 - Less than 6 months ago
 - 6 - 12 months ago
 - 1 - 2 years ago
 - More than 2 years ago
 - Never
 - I don't remember
- 10 Which of the following dental services would you use at a school health center? (check all that apply)
 - Teeth cleaning
 - Cavity fillings
 - Cavity prevention (fluoride / plaque treatment)
 - Advice and education
 - Other, please specify:

YOUTH ACTION INSTITUTE SURVEY

- 11 Were you ever unable to go to the dentist because... (check all that apply)
- You could not afford it (no health insurance)
 - It was too expensive (with health insurance)
 - You didn't have anyone to take you
 - You didn't have a dentist to go to
 - Does not apply. I never have trouble going to the dentist.
 - Other, please specify:
- 12 My school provides healthy food. (check one)
- Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree
- 13 What is keeping you from eating healthy food? (check all that apply)
- It costs too much
 - There is none at my school
 - There is none at home
 - I don't like healthy food
 - I don't know what healthy foods to eat
 - Does not apply, I eat healthy food.
 - Other, please specify:
- 14 Who would you like to get information about nutrition and exercise from? (check all that apply)
- Students/Peers (someone around my age)
 - Parents/Grandparents/Family members (brothers, sisters, etc.)
 - Teachers
 - Doctors/Nurses/Nutrition expert
 - Someone older (like a high school or college student)
 - Other, please specify:
- 15 What could the school do to help students be healthy? (check all that apply)
- Offer a cooking club
 - Offer nutrition advice
 - Offer a weight management support group
 - Offer some more fruits and vegetables
 - More organized sports during school
 - More organized sports after school
 - Offer a gardening program with fresh fruits and vegetables
 - Create safe environments for students to walk or bike to school
 - Other, please specify:
- 16 What types of physical activities do you prefer? (check all that apply)
- Team Sports (soccer, basketball, baseball, etc.)
 - Individual Sports (track, tennis, golf, handball, etc.)
 - Dance
 - Martial Arts (Karate)
 - Other, please specify:
- 17 Who would you prefer to receive health education from? (check all that apply)
- Students/Peers (someone around my age)
 - Parents/Grandparents/Family members (brothers, sisters, etc.)
 - Teachers
 - Doctors, Nurses or Health Staff
 - Someone older (like a high school or college student)
 - Other, please specify:
- 18 Do you think that sex education is important for people your age?
- Yes
 - No
- 19 Who would you want to talk to about sex and the consequences? (check all that apply)
- Friends/Students/Peers (someone around my age)
 - Parents/Grandparents/Family members (sisters, brothers, etc.)
 - Counselor
 - Teacher
 - Pastor/ Church leader
 - Someone older (like a high school or college student)
 - Doesn't matter
 - Other, please specify:
- 20 Would you prefer to talk to a male or female about sex and the consequences? (check one)
- Male
 - Female
 - Doesn't matter

YOUTH ACTION INSTITUTE SURVEY

- 21 Why do you think students have sex? (check all that apply)
- Peer pressure
 - Family problems
 - To escape reality
 - They like how it feels
 - To impress their girl/boyfriend
 - They are scared to lose their relationship
 - I don't know
 - Other, please specify:
- 22 What do you want to learn from taking sex education? (check all that apply)
- How to prevent infections
 - How to prevent pregnancy
 - The consequences of sex
 - How to know when you are ready to have sex
 - How to tell someone you want to wait
 - Other, please specify:
- 23 Do you know where to get protection to prevent sexually transmitted diseases/infections (STDs/STIs)?
- Yes
 - No
- 24 Do you know where to get birth control (like pills or the patch)?
- Yes
 - No
- 25 Do you know where to get condoms for free?
- Yes
 - No
- 26 Do you know the options to deal with pregnancy?
- Yes
 - No
- 27 Do you have someone you trust that you can talk to about sex?
- Yes
 - No
- 28 How many people your age do you know who have had sex? (check one)
- None
 - 1 or 2
 - 3 - 10
 - 10 or more
- 29 Do you know about counseling services available at your school?
- Yes
 - No
- 30 Which of the following services do you think are most important to have at your school? (check all that apply)
- Anger management groups/class
 - Self-control groups (support to manage your emotions and behavior)
 - Individual counseling/support
 - Support groups
 - Alcohol, drugs, and tobacco education and support groups
 - None
 - Other, please specify:
- 31 Who do you feel most comfortable talking to about life problems? (check all that apply)
- Friends
 - Parents/Grandparents/Family members (sisters, brothers, etc.)
 - Teacher
 - Counselors
 - Don't have anyone
 - Other, please specify:
- 32 Who would you like to get advice or guidance from? (check all that apply)
- Someone who has been through what you are going through
 - Students/Peers (someone around my age)
 - Parents/Family members
 - Teachers
 - Counselors
 - Someone older (like a high school or college student)
 - Someone who has the same background and speaks the same language as me
 - Other, please specify:
- 33 Would you prefer to get advice or guidance from a male or female? (check one)
- Male
 - Female
 - Doesn't matter
- 34 Do you have any other comments?

PHOTOVOICE

Taking pictures to me is like expressing something I wouldn't be able to say. Like, cuz I'm shy speaking so, so basically what I'm saying is if I'm taking pictures it's speaking out for me.

– *Khristan Antoine, YAI Participant*



Priya: This is a girl named Saba playing volleyball and staying active and in the background it's boys playing basketball. In the way back you can see a factory and it's not healthy for us at Cole because a lot of students have asthma or other breathing troubles so it's a big concern for that factory to be there.

Guadalupe: My partner Rafa playing soccer. He needs more people to play with! It goes under physical health. It goes under there because he is running and playing soccer on his gym class. In our school we are starting a soccer team. He is practicing to get better and cause soccer is clean.



Maria: The girls are watching while the boys are playing soccer. They're taking a break but the girls try to take the soccer ball away from the boys every day. They're flirting. They just like to mess around with them.

Marissa Cruz: I wanted to take something that stood out - you notice the big flower but you never notice the little buds. Raheh writes: Seeing this rose makes me feel nice. But I also feel like this flower is the only one and so it feels lonely. It feels sad.

PHOTOVOICE



Guadelupe: This is Jovi on some crutches. He is just practicing how to use crutches, they're not really his. But they're my other friend's named Daniel. He got shot in his foot. He got shot in a church while a funeral was going on. He was just bored and he went outside for a min and they did a drive-by and shot him.



Antoinette is holding a bag of unhealthy chips with all kinds of crap. These two pictures combine as negative and positive.



Tehap: This picture is about sleep. In this picture the boy is sleeping on the floor. Sleep is healthy. Sleep is important for everyone. When everyone goes to sleep they feel better and I see some people sleep 5 hours and some sleep more. What's the difference between those people?



Jessica: My friend took this picture of me on accident and I don't like it because to me I look fat. This picture makes me feel not good about myself and I have a lot of really overweight friends and they love themselves. I really wish I could like love my body like they do but I don't so this is why this is a Medical Issue.



This garden is up the hill from my school. I took a picture of it because I thought it was a clean environment where I can focus on my work or whatever. When I went to this garden I felt, I don't know, it was just calm. There used to be lots of these places - you know - small gardens - but they cut the trees and stuff.



PHOTOVOICE



Jea'La: This is Jessica showing an asthma inhaler but they are not hers. They are from another girl that do got asthma and she borrowed them so we could take a picture. I feel bad because they have asthma attacks.



Khristan: This is Brother Latif doing a handstand in Capoeira. It shows the motion and exercise this person is getting. I was excited for this picture because while Brother Latif is doing his stuff I am examining his motions.



Erik says: My friend David took this pic cause it was cool and this is a scraper bike.



David says: This picture is about someone's candy spot. We are not allowed to have candy but they were hiding it somewhere. They did not want to get in trouble.



Akeem: I took this picture because I want to know how people do not care about water instead of orange juice.
Maria L says: I believe that this picture shows that kids prefer juice to water.



Kristen: Unhealthy Living. Donuts & Burgers. This picture shows an healthy building on the outside but their food is not healthy.



Priya writes: There are a lot of Health Ed pictures in Cole Middle School. For example, this one is pictures of healthy food. That seems like a salad and below they have a Got Milk? sign and salad and milk is very good for you. You should always learn about food in Health Education!



Marissa: This is a picture of Minute Maid and shows how this is healthier than soda or another thing like Powerade.
Another student, Marquise, writes: It is half and half. The drink gives you energy, so it is healthy. Also, the drink isn't healthy because it has so many sugar, calories, etc. Everybody uses it because it is cheap.

PHOTOVOICE



Akeem says:
Smiling keeps you happy.



Karina:
I took all the dental pictures because they got to see what unhealthy food does to your teeth.



Silveinsi writes: This is a pic of my cousin Lupe sagging.
Another student comments: You can fall running like that.



This is a picture of my friend Alexis and he is sad.



Jose: I took this picture. This kid is always sad and angry. He expresses his anger by bugging people. Like he'll tap you on the head and taps his pencil or takes away peoples pencils.
Francisco: He's my cousin. One time we were playing around and I ran into him and he put his fist out and said stop. I got a black eye. I felt stupid.



This is a picture of William. He looks happy about something. That makes him happy. He throws up us turf so people can see where he stays at. People throw up their turf to represent their block. He's throwing up the Murder Dubbz - they throw it up 'cause that's where he's from so he could fit in with the Dubb Boys or Girls.

CREDITS

The Youth Action Institute (YAI) is made possible by generous support from the Alameda County Board of Supervisors Public Benefit Fund and Kaiser Permanente. Special acknowledgements go to Mayor Ron Dellums, the City of Oakland, and Oakland Unified School District for their commitment of resources and dedicated support of this endeavor.

Youth Action Institute Student Researchers

Francisco Aguirre	Cynthia Gabriel	Erik Mey
Khristan Anotine	Mercedes Garcia	Karine Onyeukwu
Stephanie Avila	Reyanaldo Gonzalez	Jessica Paccheco
Edgar Bastos	Jose Guzman	Brian Pereira
Dajanae Brown	Rafael Guzman	David Porter
Adrian Cervantes	Akeem Hayee	Benjamin Rivera
Marissa Cruz	Cristan Henriquez	Julia Sanchez
Priya Darke	Marquise Johnson	Aujee Shephard
Rahel Endalkachew	Jae'la Jons	Siliveninis Tomasi
Yasmin Flores	Tehap Khula Qi	
Kenya Fobbs	Maria Lugos	

Youth Action Institute Adult Allies

Fabiana Ahumada, Teacher on Special Assignment	Charlie Magner, Our Kids Clinical Case Manager
Darrell Davis, Site Coordinator	Arthur Mola, Site Coordinator
Jonathan Gillespie, Our Kids Clinical Case Manager	Castle Redmond, DHP Case Manager
	April Scott, Administrator
	Traivon Soto, Teacher

Special Thanks to:

The Parents and Guardians of YAI Students for allowing them to participate in YAI

The Participating Schools and Principals:

Ivory Brooks, Principal of Cole Middle School
Phil Cotty, Principal of United for Success Middle School
Seyana Mawusi, Principal of West Oakland Middle School
Greg McNamara, Principal of Peralta Creek Middle School
Aaron Townsend, Principal of Coliseum College Preparatory Academy
Brandee Stewart, Principal of Roots International Academy
Lucinda Taylor, Principal of James Madison Middle School

Samantha Blackburn, OUSD Atlantic Philanthropies Initiative Coordinator
Yvette Leung, Alameda County School Health Services Director

Adrienne Faxio & Samira Soleimanpour, Researchers at University of California, San Francisco, Philip R. Lee Institute for Health Policy Studies

Youth Action Institute Staff & Consultants

Heather Manchester, Lead Facilitator	Chen Kong, Co-Facilitator and Project Coordinator
Jesus Verduzco, Co-Facilitator	CB Smith-Dahl, Photovoice Facilitator

Videotaping Services

Provided By the Youth of Streetside Productions: <http://www.ebayc.org>

Additional Videotaping & Video Editing Services

Provided By Community Bridge Video: <http://www.communitybridgevideo.com>

Photos courtesy of CB Smith-Dahl and Youth Action Institute

