

Chestermere and Area Community Coalition For Safer Communities Survey

Welcome to the Caregiver/Adult Survey!

The Chestermere and Area Community Coalition for Safer Communities is undertaking a survey to understand what your definition of safe is, whether you feel the community is safe for youth, and whether you have the resources you need to help youth feel safe. This survey will help the Chestermere and Area Community Coalition for Safer Communities to understand your areas of concern and interest in relation to community safety. This is an important first step in meeting the needs of our communities.

This survey can be completed online until January 15, 2021

All survey data will be presented as aggregate information and names are not required to complete it.

If you have any questions about this survey of the Chestermere and Area Community Coalition for Safer Communities, please email CommunitySurvey@mp.ca

* 1. The Chestermere and Area Community Coalition is a group of community organizations that have come together to better understand the needs of youth within our communities, as it relates to their sense of safety and well-being.

By proceeding with this survey, you understand that:

- The survey responses are kept anonymous, and we will not collect personal information that can identify you.
- The information we collect will be used to help community members and leaders better understand the needs of youth in our community.
- The information gathered may be used to improve existing community resources, services and facilities, shape new ones, and help increase awareness and accessibility for youth.

I agree to proceed with the survey.

I do not wish to proceed with the survey.

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* 2. Throughout this survey, we refer to **Youth** as an individual or group of individuals who are age 25 and younger. We also use the term "Youth in your life" to refer to:

- your own children, and/or
- Youth that you are the caregiver for, and/or
- Youth that you work with as part of your job.

I am responding to this survey as:

- A Parent or Caregiver to one (or more) Youth
- A Professional who works with Youth as part of my job
- Both a Parent/Caregiver, and as part of my job
- None of the above, but as a community member

* 3. Making our communities safer is our objective because safety is essential for good physical and mental health.

Safety, in the context of health and wellness, is a relatively new concept for many people. To help us understand this important concept further, please tell us what do you believe the word 'safe' means to the youth in your life? (select all that apply)

- | | |
|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Their body won't be harmed (injury or damage) | <input type="checkbox"/> They have access to emergency services (911, police, fire, etc.) if they need them |
| <input type="checkbox"/> Their feelings won't be hurt (humiliation or bad experience) | <input type="checkbox"/> They have a place or person they can go to anytime they need them |
| <input type="checkbox"/> They won't feel scared or anxious (tense thoughts, worry) | <input type="checkbox"/> They have access to basic necessities (food, water, shelter, clothing, heat) |
| <input type="checkbox"/> They can express themselves without being judged (someone forms an opinion of them, sometimes negative) | <input type="checkbox"/> They 'fit in' (being accepted to a group because they are similar) at their school or in their community |
| <input type="checkbox"/> They will be understood (feel heard and valued) | <input type="checkbox"/> They 'belong' (being accepted in a group as themselves) at their school or in their community |
| <input type="checkbox"/> They won't be pushed past their boundaries (limits that they set to protect themselves) | |
| <input type="checkbox"/> All of the above | |

Other (what safe means to me):

* 4. What do you feel are the main issues that may make Youth feel unsafe? (select all that apply)

Please note, that for the purposes of this question "Bullying" means an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour (including intimidation, harassment, abuse, the use of slurs or racist language) that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in-person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium, and long-term effects on those involved, including bystanders.

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

- Not belonging (not being accepted for being themselves)
- Not being included (not being able to comfortably participate in activities that they want to)
- Being yelled at in anger
- Not being treated fairly (not being treated equal to others)
- Being physically attacked (fights without weapons)
- Conflict (a disagreement or argument)
- Sale/use of drugs that they witness or are aware of
- Being attacked with weapons (knife, gun)
- In-person harassment or bullying
- Online harassment or bullying
- Others breaking into their home
- Help (someone or somewhere they can reach out to) is not available
- Use of Alcohol that they witness or are aware of
- All of the above

Other, please describe:

* 5. Do you have concerns about the Youth in your life (*as a Parent/Caregiver or Professional*) feeling unsafe at times?

- Yes I do
- No I don't
- I'm not sure
- Prefer not to answer

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* 6. If you're concerned about the Youth in your life feeling unsafe at times, **where** do you believe they may be feeling unsafe? (select all that apply)

- At home
- At businesses
- At sporting/leisure events
- When in our community spaces (parks, playgrounds)
- Online
- At school
- At before and after school care, or daycare/dayhome
- Other, please describe:

* 7. Do you believe that any of the following personal factors are the reason that the Youth in your life feel unsafe? (select all that may apply)

- | | |
|-------------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Their ethnicity | <input type="checkbox"/> Physical appearance |
| <input type="checkbox"/> Their cultural background | <input type="checkbox"/> Physical disability |
| <input type="checkbox"/> Their gender identity | <input type="checkbox"/> Learning disability |
| <input type="checkbox"/> Their sexual orientation | <input type="checkbox"/> Prefer not to answer |
| <input type="checkbox"/> Their household income level | <input type="checkbox"/> None of the above |

Other (please specify)

* 8. How often do you believe the Youth in your life may be feeling unsafe?

- On a daily basis
- Once per week
- Once per month
- Other, please describe:

* 9. Do you feel confident that you know where to go for help if the Youth in your life is feeling unsafe? (outside your friends/family)

Very confident

Not very confident

Somewhat confident

Not at all confident

Unsure

10. What are some places or people you would go to for help if the Youth in your life are feeling unsafe?

* 11. Are any of the places/people you would go to for help, outside of Chestermere, Langdon, Indus, and surrounding area?

Yes

No

Not Sure

Prefer Not to Answer

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* 12. Please help us understand what makes going out of the area the right choice for you. (select all that apply) For this question we will refer to Chestermere, Langdon, Indus, and surrounding area as "**CLISA**"

- | | |
|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| <input type="checkbox"/> There isn't anything similar available in CLISA | <input type="checkbox"/> There are better quality services elsewhere |
| <input type="checkbox"/> It's more convenient for me to access due to work, school or other reasons outside of CLISA | <input type="checkbox"/> Services are more affordable elsewhere |
| <input type="checkbox"/> It's more private/confidential outside of CLISA | <input type="checkbox"/> Services here are closed when I need them |
| <input type="checkbox"/> I have family outside of CLISA | <input type="checkbox"/> The wait times are too long |
| <input type="checkbox"/> I have connections there from before I lived in CLISA | <input type="checkbox"/> Lack of transportation within CLISA |
| <input type="checkbox"/> I have friends outside of CLISA | <input type="checkbox"/> None of the above |

Other, please describe:

* 13. Do you feel confident that the Youth in your life would know where to go for help if they were unsafe?

- | | |
|------------------------------------------|--------------------------------------------|
| <input type="radio"/> Very confident | <input type="radio"/> Not very confident |
| <input type="radio"/> Somewhat confident | <input type="radio"/> Not at all confident |
| <input type="radio"/> Unsure | |

* 14. Where do you believe the Youth in your life would turn to for help? (other than family/friends)

* 15. Which of the following places do you consider "Safe" places for Youth to go? (select all that apply)

- Alberta Health Services
- A place of worship
- A school
- Camp Chestermere
- Centre for Community Leadership
- Chestermere City Hall
- Chestermere Fire Hall
- Chestermere RCMP Detachment
- Chestermere Rec Centre
- Community locales (e.g. skate park, community garden)
- Indus Rec Centre
- Langdon Field House
- Langdon Fire Hall
- Langdon Seniors Ok Club
- Local Food Bank
- Online (e.g., Kids Help Phone)
- Primary Care Network
- Public Library
- Stepping Stones to Mental Health
- Stores/Businesses, please specify below
- Synergy
- Whitecappers
- None of the above

Other, please describe:

* 16. What are barriers that may prevent the Youth in your life from accessing help?

- Help is not provided in their preferred language
- Help may not understand their cultural norms
- Help may not understand their gender identity or sexual orientation
- Lack of awareness of help
- Previous bad experience from place of help
- Help may discriminate against them
- They don't have a means of transportation to get them to the place of help
- The hours that the place of help is open, aren't convenient
- They may not believe that their privacy will be protected
- There may be a negative stigma or perception of stigma (e.g., feeling embarrassed) attached to getting help
- Other, please describe:

* 17. What do you think the Youth in your life would want to experience from a person when accessing help?
(select all that apply)

- They listen with empathy (ability to understand and share feelings)
- They listen without judgement (listen without giving personal opinions)
- They are patient (calm and without complaint)
- They encourage the Youth in a positive way (mentally and emotionally)
- The Youth can let their guard down with them (relax and stop being careful or alert)
- They do not encourage or enable emotionally destructive behaviors
- They do not devalue the Youth's experience
- They are consistently neutral
- They do not take the Youth's struggles personally
- They keep their word
- They are okay with silence
- They connect the Youth with information or other supports
- They are accessible (at any time/in the evenings/in-person)
- They have the same values/identity as the Youth (gender identity, culture, religion)
- They respect the Youth's values or identity (gender identity, culture, religion)
- Other, please describe:

* 18. What do you think the Youth in your life would want to see in a Safe Place when accessing help? (select all that apply)

- They can feel confident (believe in their own abilities) at the place
- No discrimination (judging because of race, age, gender, sexuality) at the place
- They will not experience emotional harm (humiliation, isolation, ridicule) at the place
- They will not experience physical (injury) harm at the place
- It follows their cultural standards (standards that they live by)
- It is an inspiring (creative) place
- It is inclusive (doesn't leave anyone out)
- It is diverse (lots of different people with different backgrounds can access)
- It is personal (feels like it belongs to them)
- It has rules or guidelines of conduct that align with their personal worldview (the concepts they have about the world)
- The place is private and their privacy is respected/protected
- They are free to be/act themselves
- The place is accessible in the times that they need
- They feel welcome
- They feel wanted
- They can learn at the place
- Other, please describe:

19. What help or resources would be beneficial to you as a Parent/Caregiver or Professional?

* 20. Would you support the idea of clearly identifying places across our community as "Safe Places" where Youth can go for help when they feel unsafe?

- Yes
- No
- Not Sure

Please elaborate....

21. Do you have anything else you would like to share? A story or a situation that will help us understand your perspective?

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Demographic Information

To assist the Chestermere and Area Community Coalition to better understand the communities that we serve, we request some additional demographic information.

This information may be used to improve existing programs, services and facilities. The information may also be used to define new resources for Youth.

* 22. How many Youth are you the Parent/Caregiver for?

1

2

3

4

5 or more

Prefer not to say

I am not a Parent/Caregiver

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This information is to better understand who answered the survey.

The information may be used to help create new programs or improve existing ones. It might also help create new resources for youth in your life.

*** 23. What are the ages of the Youth that you are the Parent or Caregiver for? (select multiple boxes for multiple ages)**

below the age of 4

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Prefer not to answer

* 24. What community do you live in? (Select all that apply)

- Chestermere
- Conrich
- Delacour
- Dalroy
- Langdon
- Indus
- City of Calgary
- Rural South East Rockyview
- Other, please describe:

25. Does (Do) the Youth in your life, live with you?

- Yes, full-time
- Yes, part-time
- No they do not
- No - I am responding as a Professional who only works with Youth
- Prefer not to answer

* 26. What community do you work in? (select all that apply)

- Chestermere
- Conrich
- Delacour
- Dalroy
- Langdon
- Indus
- City of Calgary
- Rural SE Rockyview
- Other, please describe:

* 27. Which school board are the Youth in your life in? (Select all that apply)

- Rockyview School District
- Calgary Catholic School Division
- Other (please specify)

Prefer not to answer

* 28. Which extracurricular activities are the Youth in your life involved in?

- | | |
|-------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> School Sports | <input type="checkbox"/> Sailing |
| <input type="checkbox"/> Other Sports | <input type="checkbox"/> Youth Leadership and/or Wellness Program |
| <input type="checkbox"/> Piano | <input type="checkbox"/> Martial Arts |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Beaver/Sparks or equivalent |
| <input type="checkbox"/> Art | <input type="checkbox"/> None |
| <input type="checkbox"/> Other (please specify) | |

29. There is no requirement to provide your name or contact information when submitting this survey. However, should you wish to be entered to win one of ten \$100 gift cards, and/or are interested in being involved in the work of our Coalition. Please respond below.

Name

Contact Phone Number

Email

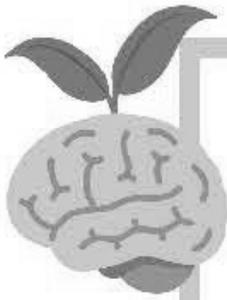
Are you interested in being involved in the work of the Coalition?

Conclusion Page

Thank you for your interest in this survey and the work being undertaken by the Chestermere and Area Community Coalition.

If you would like to be in touch with us, you can email us at: CommunitySurvey@mnp.ca

Additional Resources Include:



The organizations and resources listed in this brochure represent the preventative, early intervention and intervention programs and services that are available to residents in Chestermere, Langdon and South East Rocky View, as identified by the Chestermere and Area Mental Health Coalition.

COMMUNITY ORGANIZATIONS

CRCA Recreation Centre

Preschool, youth & adult
recreation programs,
community events
403-272-7170

www.chestermerecrca.com

Community Therapy Dogs Society

Listening Tails, Visiting Tails,
Caring Tails programs
587-581-5571

www.ctds.ca

South East Rocky View Food Bank

Food hampers, Good Food Box,
School Snack Program, volunteering
587-585-7378

COMMUNITY ORGANIZATIONS

Chestermere Public Library

Access to books, computers, library programs and events

403-272-9025

www.chestermerepubliclibrary.com

Chestermere Food Bank

Food hampers, Good Food Box, School Snack Program, volunteering

403 273-0777

www.chestermerefoodbank.ca

Faith-Based Services

Churches and spiritual services

Listing of local churches

www.chestermere.ca/104/Churches

www.goodlucktown.ca/community-links.html

MENTAL HEALTH SERVICES

Access Mental Health

Information, consultation & referrals to AHS, community based programs for addictions, mental health services

403-943-1500

<https://www.albertahealthservices.ca/amh/amh.aspx>

IN AN EMERGENCY

CALL 911

MHCB Stepping Stones to Mental Health

School and community mental health capacity building programs
403-945-4000

Distress Centre Calgary

24 hour support, crisis counselling via phone, text, and chat

403-266-4357

www.distresscentre.com

CHILDREN AND YOUTH SERVICES

Synergy

Youth & community leadership and wellness programs, No-Cost counselling and wellness appointments

403-212-0242

www.yoursynergy.ca

Rocky View Schools

Strong Parent seminars, Before & After School programs, and family support resources

403-945-4000

www.rockyview.ab.ca

Trellis Commons

Early childhood, youth, and community programs.

Family and caregiver supports

403-993-9976



IN AN
EMERGENCY
CALL 911



**COMMUNITY
MENTAL
WELLNESS
RESOURCES**

CHESTERMERE, LANGDON &
SOUTH EAST ROCKY VIEW