Enhancing Indigenous Youth Wellness
Gudangaay Tlaats’gaa Naay Secondary School (GTN) in Masset, B.C

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Located on the archipelago of Haida Gwaii in northern British Columbia

The people of the Haida First Nation have occupied Haida Gwaii since time immemorial

Sports is an important part of Haida community culture

Values Underlying the Project

- Community-Based Participatory Research
- Strength-Based Approach
- Science Communication Strategies

Project Goals

Developing a resource that promotes health and wellness for Haida students by improving both physical and mental performance

Engaging Youth for:
- A Strength Based Approach
- Topic Selection

Infographic Design: Ally Metallic-Janvier, The CHAIM Centre, Carleton University
What was our Approach?

Brain Blurb Video Series
Using science communication strategies to promote health and wellness

3 Main Components

1. General Introduction to Topic

2. Explanation of Brain Function using Analogies

3. Exercises to Strengthen the Brain

ENGAGED YOUTH = EMPOWERED YOUTH

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