



Alberta 16th Annual Youth Gathering
"Honoring Our First Nation Youth"
July 18 - 22, 2022

"If Youth are Our Future, then the Future is NOW!!!!"

3 Eagle Wellness Society
Box 3578
High Prairie, AB
T0G1E0

We strongly advise you read through this entire package thoroughly so you are completely prepared and aware of all pertinent information.

May 5, 2022

Dear Partners and Youth Advocates,

The Three Eagle Wellness Society will be hosting the 17th Annual Alberta Youth Gathering.

Our Theme "Honoring Our First Nation Youth" stems from the development over the years of this youth gathering. Many of the youth who attend this week event leave with positive perspectives, motivation to make change within themselves, and eagerness to provide their peers, family and community members with factual information that can influence positive change.

The Peer Education training is designed for youth between the ages of 12 - 19 years of age and is designed to provide youth with the opportunity to receive peer counselling factual information to share with their peers. The training provides information on numerous topics and has been successful in achieving direct communication lines between peers (see more details later in this package).

Please **NOTE**, that all students and Chaperones will be required to complete a Covid Rapid test the day before departure, we are requesting that communities organize the testing procedure, and for the person conducting the test to sign off on the health forms that are within this package. We realize that this may be inconvenient, however its better to test prior to departure then to test once at the grounds as it would require the student to be sent home if they were to be found positive.

The gathering will be hosted by Sturgeon Lake First Nation, Treaty 8. All groups should arrive before 5:00 PM - July 18, 2022 as there is planned activities following the opening remarks (see Agenda). The chaperones and organizers **MUST** make their youth aware that all participants from local area or distant communities must stay within the grounds area; once you're on the grounds—**YOU STAY ON THE GROUNDS**. This is for security purposes; please assure that you have all equipment and necessities that you will require throughout the training in order for things to run smoothly. There will also be canteen services available on site.

The registration deadline is July 1, 2022, please ensure that all your registrations (Pages 7 - 12) are mailed or faxed to me @ (780) 523-9938.

All Participants/Parents/guardians must sign a participant waiver form; this is a **MUST** and your registration is **NOT** complete without the waiver being signed and included with the registration.

All meals, entertainment, training and other activities will require the youth and chaperones to present their wrist bands at time of entrance to assure control on all activities. Please ensure that your youth have their wrist bands with them at all times. These will be made available at the time of arrival. Please ensure that all registrations are completed clearly (print).

If you are unable to coordinate your community youth to attend, please pass this information on to another potential organizer within your community, to assure that youth have every opportunity to attend.

If you may have any questions or concerns, please contact me @ (780) 523-9928, we can't wait to see you; it's going to be a blast!!

Together in Wellness,

Marilyn Willier

Prevention of Family Violence Manager

Alberta Region



CHAPERONE/COMMUNITY ORGANIZERS INFORMATION

First, we would like to extend our appreciation and gratitude for your efforts in investing in our youth. Many youths cannot take part in the gathering for the simple reason that they do not have dedicated individuals such as you to organize and support their participation. As Chaperones and Community-based Organizers; you have taken the challenge of organizing your community youth to attend this very useful gathering that will provide the youth with tools of change. To make your experience and theirs positive we have established some ground rules and guidelines to assure a positive, safe and beneficial experience for all involved. One Chaperone (1) will be required per group of five (5) youth. Please take into account male and female youth, will require same gender chaperones, as they are required to share accommodations with their youth.

You must provide your own camping gear and accommodations, like tents or teepees. We will be having washrooms and shower facilities throughout the camp.

There will be a canteen on site for snacks at your own cost.

WHAT TO CONSIDER - WHAT TO BRING:

- Please assure that the Youth Have Sun Screen, Hats and Lots of water available for the week. (This is prevention for Sun Stroke)
- Camping gear - tent, sleeping bags, snacks
- Gatorade
- Candle Light Up memorial items - pictures, mementos
- Flag or community banner for Grand Entry
- Offering (Tobacco or prints) if planning to speak to an Elder
- Give away item for closing - a token presented to someone that made a difference or a new friend you made. (One item per person).

DAILY CAMP DUTIES FOR ASSIGNED TREATY AREAS

- Clean main grounds area.
- Change all garbage bags from camp trash cans and deposit them in designated garbage pickup area.
- Change recycle bins as needed.
- Other related duties

If you require additional information, please contact me @ (780) 523-9928.



AGENDA July 18 - 22, 2022

Time	July 18	July 19	July 20	July 21	July 22	
8:00 AM	Travel To Sturgeon Lake First Nation Treaty 8 Territory	Pipe Ceremony				
800- 900		Breakfast				
9:30		Creating Awareness Stop the Bullying and Gang Violence Walk Grand Entry			Camp Take Down	
10:45			BREAK/ Snacks Available			
11:00			Sessions	Sessions		Closing Remarks Give away Presentations
12:00 NOON		Lunch			Bagged Lunch's Provided to all Participants to take on the road, Travel Home	
1:00 PM		Participant's break into sessions/ Sessions Commence	Sessions	Sessions		
2:30		Break/ Snacks Available				
2:45		Sessions Continue	Sessions Continue	Sessions Continue		
4:00		Arrival/ Camp Set Up Registration	Recreation Time/ Elders Available			
5:00			SUPPER			
5:30	Opening Prayer Supper	Camp Clean up Treaty 6	Camp Clean up Treaty 7	Camp Clean up Treaty 8		
6:30	Welcoming/ Opening Remarks	Recreation Activities	Recreation Activities	Candle light vigil		
700	Recreation Time/ Camp Set up Continues	Hypnotist	Youth Talent SHOW	Much Music Dance Party Wiener Roast/ Snack Firework Lights Out		
8:00						
9:30						
10:00	Wiener Roast/ Snack	Wiener Roast/ Snack	Wiener Roast/ Snack			
12:00 AM						



Week Activities

Elder Access - Daily -During the gathering the youth will have access to respected Elders from across Alberta. It has been arranged that during the gathering some of the Elders will be available to give Traditional names to the youth that choose to participate. If your youth are interested, please prepare them with their offering (tobacco/Prints)

Peer Counselling Sessions July 19, 20 & 21, 2022 - This year's training sessions (Junior and senior levels) will include, the training prepares the participants (youth) to return to their community with enhanced skills, the ability to develop activities/information sessions and the confidence to provide their teachings to fellow peers. The training is not counselling; however, it's based on sharing factual information in combination of practical skills/programming that encourages participants to make healthier choices.

Hypnotist- July 19, 2022 - Master Hypnotist invites 20 volunteers from the audience to "star" in a fun and hilarious hypnosis show. This is a clean show that makes sure the volunteers step off the stage feeling better than they ever felt.

Talent Show- On July 20, 2022 we will be hosting a talent show; this will consist of two parts: Fun Talents (like body contortion, yodeling, or anything else that can make us laugh!) and Fancy Talents (like dancing, singing or playing an instrument). Everyone can do something so sign up! (There will be registration signups displayed at the camp base). Winners of the event will be announced immediately and presented with their winnings at the Thursday night dance.

Candle Vigil -On July 21, 2022, we will be having the candle-light up; this is to pay respect to the youth that we have lost in the past. If you would like to bring pictures that will be displayed or perhaps make a monument, please bring this with you. Candles will be provided by the organizers.

Much Music Dance

July 21, 2022 our sessions will come to a close and will be celebrated with the Much Music Video Dance, this event will include the firework event, Presentations from the weekly events and nightly wiener roast.



17th Annual Talent Show

July 20, 2022, 7:00 PM

All talent show contestants must be single entries.

VARIETY OF TALENTS

BODY CONTORTION / JIGGING / YODELING

MAGIC / DANCING / SINGING

PLAYING AN INSTRUMENT

MIME / TELLING JOKES

Great Prizes: Junior and Senior High and Adults

PLEASE BE SURE TO BRING YOUR INSTRUMENTS ETC.





PARTICIPANT REGISTRATION FORM

Guidelines:

- **ZERO Tolerance to alcohol, drugs, violence and vandalism.** Any youth who are reported in any of the above will be asked to leave immediately and will be the Chaperones responsibility to assure prompt arrangements to have the youth brought back home.
- All participants must have **FUN!!**
- Treat others with respect.
- All Youth must be back in their designated camping areas by 11:00 PM nightly unless special activities are announced.
- Must attend all training sessions.
- Keep camp clean at all times.
- Fires only allowed in designated areas (fire pits) and supervised by chaperone.
- Any problems should be reported to security immediately.
- All participants must stay in Camp area during the scheduled events.
- Gates will be closed at 11:00 PM nightly.
- Lost and found will be available at the information booth.
- Chaperones are expected to be active participants in security and other necessary activities throughout the gathering.
- Chaperones are required to share accommodations with their youth, please assure gender specific.

Please Print

Participant's Name: _____

Community: _____

Chaperones Name (who is responsible at the Youth Gathering for the youth)

Home Mailing Address: _____

Postal Code: _____

Home Phone: _____ D.O.B _____ Age: _____

I have read all the rules as stated above and agree to abide by the camp rules at all time, I also understand that if I breach the rules I will be sent home immediately.

Students Signature

Date



TRAINING SELECTION

Junior High Ages 12 - 14

Participants Name: _____ Age _____

Community _____

Please prioritize from 1 -8 your preference of the training models (1 being your first choice and 8 being your last choice). Each Participant will be assured two sessions during the week.

Sessions:

_____ **Forming Healthy Relationships:** To recognize the difference between healthy, unhealthy, and abusive behavior in all kinds of relationships. To understand the cycle of abusive relationships and why it continues. To explore how friends and schools can help.

_____ **Bullying - "It's a Jungle Out there":** To define Bullying and identify bullying behavior. To understand the impact of bullying and to explore ways to respond to a bullying situation.

_____ **Media and Advertising:** To look at the technique advertisers use to sell their product. To explore our personal values and attitudes about images and media and advertising. To explore how advertisers, use gender stereotype to sell products to teens.

_____ **Test your Knowledge Alcohol/Drugs and Gambling** -To understand why it's important to have accurate information when we make decisions about alcohol, other drugs and gambling. To understand why it's important to make safe and responsible decisions about alcohol, other drugs and gambling. To recognize that what we think and believe affect the choices we make about alcohol, other drugs and gambling.

_____ **Tobacco - "Stop before you start"** - To explore the myths and facts about tobacco use. To identify why teens, start smoking. To develop refusal skills.

_____ **Self-Awareness/ Discovery-** To expand the ability to plan, organize and focus on future, by identifying goals and dreams. To identify positive quality in self and others and to learn to be positive on a daily base.

_____ **Impacts of Social Media (texting, Internet & Gaming)** to review both the positive and negative impacts of social media (texting, gaming and internet). To examine the benefits of balancing healthy activity, and provide available options.

_____ **Traditional Teachings (Please bring tobacco)** - Spending the day with Elders, to learn about local medicines and their benefits. To explore preparation for traditional ceremony (may have sweats available). Participants to bring tobacco.



TRAINING SELECTION

Senior High Ages 15 - 19

Participants Name: _____ Age _____

Community _____

Please prioritize from 1 -10 your preference of the training models (1 being your first choice and 10 being your last choice). Each Participant will be assured two sessions during the week.

Sessions:

_____ **Healthy Dating Relationships** - To define the difference between healthy and abusive relationships. To understand the effects of abusive relationships. To explore what we can do about it.

_____ **Sexual Health** -To define sexual health. To identify factors and behaviors that put sexual health at risk. To identify ways of reducing risks. To identify school community resources which promote healthy sexuality.

_____ **Sexual Harassment** -To understand sexual harassment and its impacts. To identify sexual harassment behaviors. To develop and action plan for protection against sexual harassment.

_____ **Tobacco - Social Injustice** Explore the reasons people use tobacco. Learn about the Continuum of tobacco use. Create messages appropriate to each stage on the continuum.

_____ **Sexual Boundaries** -To identify personal values and opinions about sex and sexuality. To identify a variety of options for sexual expression and to identify different factors that affect sexual decision making. To analyze healthy and unhealthy boundaries and to examine ways of communicating about sexual boundaries in a relationship. To develop school-based activities that increase awareness of the importance of sexual boundaries.

_____ **Self-Awareness, Discovery** -To expand the ability to plan, organize and focus on future, by identifying goals and dreams. To identify positive quality in self and others. To stress the importance of being balanced and practicing self-care.

_____ **Impacts of Social Media (texting, Internet & Gaming** to review both the positive and negative impacts of social media (texting, gaming and internet). To examine the benefits of balancing healthy activity and provide available options.

_____ **Traditional Teachings (Please bring tobacco)** - Spending the day with Elders, to learn about local medicines and their benefits. To explore preparation for traditional ceremony (may have sweats available). Participants to bring tobacco.

_____ **Learners (class 7) Introductory:** Legal license information, basic knowledge of what's involved in the learner's exam, study guide and resources.

_____ **Nutrition** - This session will teach you how to make healthy, informed food and drink choices, the ins and outs of nutrition labels and the shocking truth about sugar. This session has many hands-on activities that will help you learn and have fun.

_____ **Budgeting** - This session will help participants prepare for financial responsibility and learn ways to achieve financial goals and freedom.



WAIVER OF LIABILITY & RELEASE OF CLAIMS

READ THIS CAREFULLY! By signing this waiver, you give up the right to sue Three Eagle Wellness Society and Sturgeon Lake First Nation, Treaty 8.

I UNDERSTAND that the Youth Leadership Training offered by the Three Eagle Wellness Society involves certain risks and dangers including but not limited to the hazards of travel by public or private motor vehicle, accident or illness in remote areas with poor communications and inability to get rescue or medical assistance easily or quickly, the forces of nature, exposure to variable extremes in weather that may cause injury due to heat or cold, and which may prevent or force route and itinerary changes.

I AM NOT RELYING on any oral or written statements made by the Three Eagle Wellness Society or their agents whether in a brochure, advertisement, or in individual conversations to lead me to become involved in this activity on any basis **OTHER THAN** my assumption of the risks involved.

I ACCEPT ALL RISKS AND I RELEASE the Three Eagle Wellness Society their agents, representatives, and volunteers from all liability for any personal injury, death, property damage or loss I may suffer as a result of my participation in this Training.

I CONFIRM that I have read this agreement before signing, that I understand it, and that it will be binding not only to me, but also to my heirs, my next of kin, my executors, administrators, and assigns.

I AGREE TO THIS RELEASE OF CLAIMS AND WAIVER OF LIABILITY.

Name of Participant _____

AGE: _____ DATE OF BIRTH: _____

Parent/Guardian Name (Please Print) _____

Parent/Guardian Signature _____ DATE: _____



PERSONAL HEALTH FORM

PLEASE PRINT CLEARLY

NAME: _____

DATE OF BIRTH: _____ AGE: _____

ADDRESS: _____

PARENT/GUARDIAN: _____

HOME PHONE: _____ WORK PHONE: _____

EMERGENCYCONTACT:

RELATIONSHIP: _____ PHONE: _____

ALBERTA HEALTH CARE #: _____

BAND REGISTRY NUMBER: _____

COVID Rapid Test - To Be conducted by Community Organizer

Date Tested _____, Results Positive ____ Negative ____

Signature of staff who performed the test _____

FAMILY DOCTOR: _____ PHONE: _____

Does the participant suffer from any physical or emotional disorder that would prevent him/her from participating fully in this training? If yes, please state the full particulars.

Are there any special diet restrictions?

Are there any allergic reactions? If so, please list and give type of reactions:

Are there any chronic conditions or recent illnesses that our staff should be aware of?

Other comments:

Date of last tetanus shot:

Please be aware that every care and attention will be given to the health and comfort of the participants, however there will be NO medications given to any of the participants at any time by the trainers, volunteers, organizing committee or facilitators.

I hereby authorize the Three Eagle Wellness Society and designates of the training to secure such medical advice and perform such services that may be deemed necessary for the Health and safety of myself, or my son/daughter (or ward). The Three Eagle Wellness Society members, organizers, volunteers, facilitators, trainers, etc., will not be liable for any personal injury, death, injury due to application of first-aid or Cardio Pulmonary Resuscitation, property damage or loss I may suffer as a result of my participation in this training. I agree to accept financial responsibility in excess of the benefits allowed by Provincial Health Care. In addition to the above information, I grant permission for my son/daughter/ward to attend the Three Eagle Wellness Society Annual Youth Gathering.

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENTS/GUARDIANS

DATE

Media including Newspapers, Websites and Social Media

3 Eagle Wellness Society may post participants activities on 3 Eagle Wellness website, Facebook or other social media. Whether or not you have concerns about your child participating in media coverage at this event (being photographed, videotapes, interviewed) it is important that we know your wishes. Media coverage may include the use of your child's name and photograph for publication on the internet.

(Please select one) ____ YES ____ NO

Participants Name: (Please Print) _____

Parents Signature _____ Date _____