



Hans Kai™ for Youth



Supported the Creating Community Wellness Society.
Delivered by the Victoria Health Co-op, Weaving Wellness Co-op and Rainbow Co-op.

Hans Kai™ for Teens or Youth

Hans Kai™ for Teens or Youth promotes peer support and mentorship in making lifestyle choices related to health and wellbeing. It empowers youth to take the lead in achieving and maintaining optimal health in a peer supported environment.

The program is most effective when used by groups of youth who already come together and can integrate it into their activities on a regular basis. After-school groups, sports teams, choirs, church youth groups, school programs, are all appropriate. The content and approach can be adapted to meet the specific needs and interests of the group. The program is supported by adults who are also equipped with knowledge and with the tools to identify potential warning signs and obtain appropriate help when needed. Legal requirements for appropriate supervision must be met.

Using the **Hans Kai™** kit and training materials, the group completes the **Hans Kai™ Health School**, a series of 9 to 12 sessions, 2 hours each. **Hans Kai™ Youth Health School** topics include:

- Introduction
- Reproductive health
- Healthy relationships
- Nutrition
- Fitness
- Rights and Values
- Mental health stress management
- Drugs, alcohol and smoking
- Self Acceptance.

The participants decide when, where and how they will meet following the **Health School**. Sessions during which a health professional meets independently with each participant can be recorded and billed as a Group Visit under all Canadian provincial health insurance programs.

Hans Kai™ Youth includes an evaluation component. After each session the participants provide written feedback about what they learned, what they liked and what could be improved. Some use photo-voice to showcase what they have gained from the overall program. A more formal evaluation of the goals and results of the program is being developed.

Currently there are **Hans Kai™ Youth** groups in Winnipeg, Ontario, and Japan. Nor'West and Victoria Co-op members are always available to support the group as needed. **Hans Kai™** is sustainable as it does not rely on medical professionals to continue the group.

Would a **Hans Kai™ Youth** program meet a need in your community? Will you support **Hans Kai™** financially and/or by volunteering?

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