Heads Up! Durham: Durham Region P.A.R.T.Y.
(Prevent Alcohol and Risk-Related Trauma in Youth)
Final Report: April though August 2025

Durham Region P.A.R.T.Y. Schools/Groups 2025:

April 29/25: Okanagan Hockey Ontario (ages 15-18; 30 youth)
May 29/25: Msgr. Paul Dwyer CHS (gr. 10; 27 students)
August 12/25: DRPS Youth in Policing – 2 sessions (ages 15-18; 100 youth)
Total # of youth: 157

The course curriculum that the P.A.R.T.Y. Program is being incorporated into:

- **Msgr. Paul Dwyer CHS** – Grade 10 Physical Health Education
- **Okanagan Hockey Ontario (OHO)**– Off-ice personal development and leadership component (youth attend Henry St. HS)
- **DRPS Youth in Policing (YIP)** – Personal development, community engagement and leadership (youth attend secondary schools throughout the Region)

DRPS Youth in Policing – We ran 2 three-hour sessions in one day per their schedule. Due to this timeline, we were unable to do most of the hands-on activities.

Okanagan Hockey Ontario and Msgr. Paul Dwyer CHS – Four activity sessions were held after lunch:

- **Effect of Impairment**: Fatal Vision Goggles: Walk the Line and Connect 4
- **Effect of Concussions**: Fatal Vision Concussion Goggles
- **CPR Race** – by Paramedics; using mannequins

Presenters:

- ***Heads Up!* Durham, Linda Lowery**: The Brain and Traumatic Brain Injury; the potential impact of injury on the spine and the 'Ripple Effect' of an injury
- **Oshawa Fire and Emergency Services**: Role at a Motor Vehicle Collision
- **Durham Regional Police Service**: Impaired Driving, Distracted Driving, Speeding
- **Region of Durham Paramedic Services:** Role at a Motor Vehicle Collision
- **Injury Prevention Advocate**: Sarah Ginn (Motor Vehicle Collision survivor)

Sample Teacher/Leader Comments:

- *Activity stations were a fun way for students to learn.*
- *The material delivery and the guests were incredible and we are grateful for the share.*
- *Excellent presentation. Real life application and explanation of the role in prevention students need to know.*
- *One of the incredible bonus benefits of this program is the exposure and further understanding of EMS for students.*
- *All services did an excellent job of explaining the impact of a decision on their health, both physically and mentally (PTSD).*
- *P.A.R.T.Y. did an amazing job in communicating risks of injury and how it can impact someone.*

Student/Youth Ratings: Youth were asked to rate these categories from:
'Strongly Disagree, Somewhat Disagree, Neutral, Somewhat Agree and Strongly Agree'
(Most responses throughout fell into the 'Strongly Agree' category).

	April 29 Okanagan Hockey Ontario 30 Youth	**May 29 Msg Paul Dwyer CHS** 27 students	**August 12 DRPS Youth in Policing** 100 Youth
I learned more about causes of injury	Strongly Agree/ Somewhat Agree (30): **100%**	Strongly Agree/ Somewhat Agree (27): **100%**	Strongly Agree/ Somewhat Agree (100): **100%**
I was introduced to strategies to help identify injury risk	Strongly Agree/ Somewhat Agree (29): **97%**	Strongly Agree/ Somewhat Agree (27): **100%**	Strongly Agree/ Somewhat Agree (98): **98%**
I was introduced to age-appropriate strategies for reducing the risk of injury	Strongly Agree/ Somewhat Agree (30): **100%**	Strongly Agree/ Somewhat Agree (25): **93%**	Strongly Agree/ Somewhat Agree (98): **98%**
I understand, or I am beginning to understand, my individual role in injury prevention	Strongly Agree/ Somewhat Agree (30): **100%**	Strongly Agree/ Somewhat Agree (27): **100%**	Strongly Agree/ Somewhat Agree (99): **99%**
I would recommend this program to other students	Strongly Agree/ Somewhat Agree (30): **100%**	Strongly Agree/ Somewhat Agree (27): **100%**	Strongly Agree/ Somewhat Agree (100): **100%**

Sample- Student General Comments:

- *It was very inspiring and touching.*
- *Recommend you try to promote the program more or find a way to get students to come because I learned a lot today.*
- *It was an enlightening and excellent experience.*
- *This was very educational, and I would come again if I could.*
- *Keep doing it! This program is very educational and more kids my age should see it.*
- *If this isn't already done, I would like to see this program go and talk to schools.*
- *It was very enjoyable and the stations were very fun.*

Sample- Student Comments: What's something new you learned?

- *I learned how severe consequences can be. Going forward I am going to inform other people about the importance of wearing your seatbelt, slowing down, not driving impaired as well as being aware of impaired drivers.*
- *The importance of advocating for yourself in dangerous situations and trusting your gut.*
- *I learned that my decisions and actions can have fatal consequences so if I ever need to take a break from driving that's okay, even if it makes me late, so long as I get there.*
- *I learned about how our decisions shape incidents and the world around us, live with intention.*
- *I learned that something we think is so small and harmless such as distracted driving can affect someone so much.*
- *Do not drive impaired; pay attention to who is driving; if you are not comfortable, leave.*
- *If you feel that someone is being unsafe, report it to the police and while you are doing it, make sure you are in a parking place and not on the road.*
- *I learned how distracting talking on the phone can be to driving, even through Bluetooth.*
- *Even a split section on your phone, looking away while driving can have fatal consequences.*
- *Texting and driving makes you significantly more likely to crash.*
- *I knew you should never be on your phone when driving; but I never realized how big the impact could be on you and also others, or how fast it happens.*
- *Don't put your feet on the car dashboard.*
- *That 90% of collisions are preventable.*
- *I learned about the different parts of the brain that can be affected by a Traumatic Brain Injury.*
- *Concussion is considered a brain injury.*
- *I learned how my teammates feel when they have a concussion.*
- *The Ripple Effect:*
    - *That injuries have a ripple effect and impact not only the family and friends but responders too*
    - *Even if there is just one casualty, the direct impact exceeds just one life. There are many consequences within family, friends and acquaintances*
- *I learned that driving while fatigued is also considered impaired driving and fatigue can kill.*
- *I learned that prescription drugs can cause impairment, especially if they make you drowsy.*
- *I learned a lot more about speeding and the difference that 5 km an hour can make*
- *I learned that something as simple as wearing a helmet or seatbelt can save your life.*