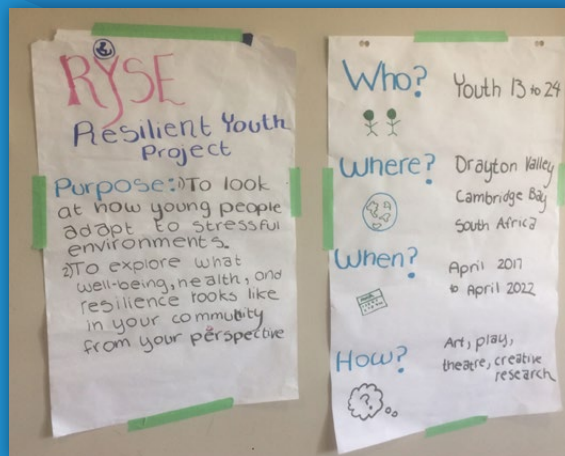




Resilient Youth in Stressed Environments

- RYSE is a large multi-disciplinary research project that originated from a participatory and collaborative effort between academic and community partners.
- In 2017, our Canadian and South African research teams partnered with schools, community organizations, service providers, and government departments, along with youth in two communities that are impacted by the oil and gas industry.
- This partnership arose from the concerns of the community partners regarding the health and wellbeing of the young people living in these two communities.
- To address these concerns, Dr. Michael Ungar and Dr. Linda Theron designed **RYSE**, a research project that in the past 5 years has investigated how youth in these two communities adapt to the stressful environments that accompany the boom-and-bust cycles of the oil economy.



What did we want to Learn?

- What factors make youth **resilient** to the boom-and-bust cycles of an economy that relies heavily on the oil and gas industry?
- What strategies can help youth thrive despite living in an economically volatile community?
- What initiatives can support the resilience of this youth and their community?

What activities helped us learn about youth resilience?



1. Community engagement



2. Participatory youth research



3. Youth surveys



4. Youth hair samples



5. Citizen scientists



6. Adult interviews & transect walks

- 1) Community engagement.** We held community engagement workshops to identify youth priorities related to community resilience, health and wellbeing, and strengths and challenges in boom-and-bust economies.
- 2) Participatory youth research.** Youth participated in interviews and group discussions about their health and wellbeing priorities, coping strategies, family and community support, and the impact that the boom-and-bust cycles had on their lives and community. Additionally, youth took pictures and made videos representing their life stories, struggles, personal strengths, and resources in the community.
- 3) Youth surveys.** Surveys on youth risk and resilience were administered at three different time points.
- 4) Youth hair sample.** Hair samples were taken at two different time points to assess youth stress hormone levels.
- 5) Citizen scientists.** To examine indicators of ecological resilience, we engaged young people in an intensive 9-day workshop to explore youth experiences and perceptions of social ecological system change. This included youth using drones to map their community, monitoring water and hair quality, and other participatory methods.
- 6) Adult interviews and transect walks.** Interviews and transect walks (during which we travelled to places in the community that were meaningful to participants) with adults were performed to explore their personal lives and adaptation patterns, as well as their perspectives of their community's risks, resilience resources, and historical development.