Most injuries are predictable and preventable

A Journey to the Teachings

An injury prevention training manual

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What is *A Journey to the Teachings*?

An *all-inclusive*, step-by-step curriculum package to deliver a 1 ½ day workshop for promoting injury prevention awareness in First Nations and Inuit communities.

Why was *A Journey to the Teachings* Developed?

- Injuries are a leading cause of premature death in many First Nations and Inuit communities.
- The unintentional injury rate in some of these communities is 4 to 6 times higher than in other communities in Canada.
- Leading causes of unintentional injury include motor vehicles (ATVs, snowmobiles, boats, cars, trucks), drownings, fires, and firearm injuries.

A Journey to the Teachings Objectives

- Raise awareness of the burden of injury
- Identify injury risk and protective factors
- Encourage local injury surveillance
- Mobilize communities to engage local injury prevention strategies

Who is *A Journey to the Teachings* targeted to?

1. **Workshop Facilitators (those taking the training and then delivering the workshop)**

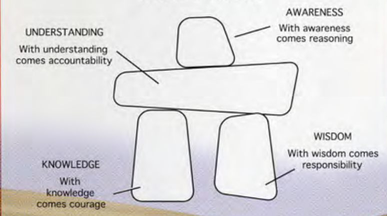
   Community practitioners and service providers working in First Nations and Inuit communities (e.g., health managers, nurses, community health rep's)

2. **Workshop participants**

   Anyone in First Nations or Inuit communities interested in promoting local injury awareness and prevention (e.g., community leaders, teachers, social workers, youth leaders, firefighters, etc.)

Organization of *A Journey to the Teachings*

Follows a 1 ½ day "journey" through 4 stages of learning (Elder Mark Philips):



More about *A Journey to the Teachings*

- Based on *A Journey: Strengthening Aboriginal Communities through Injury Prevention*, Alberta Centre for Injury Control & Research (2001)
- Culturally relevant & traditional examples, from members of National Aboriginal Organizations and local participants in pilot sessions.
- Focuses on unintentional injuries (e.g. Fire, Falls, Motor vehicle collisions, Drowning, Poisoning)
- Also acknowledges intentional injuries (i.e. Violence, Suicide and Self-harm)
- Well-known models from injury prevention field:
  - Injury Triangle (Gordon, J.E., 1946)
  - Haddon's Matrix (Haddon, W.)
  - Injury Prevention Es (Education, Enforcement, Environment, Economics)

A Journey to the Teachings content

- Packaged as a binder with CD
- Facilitator Manual
- Facilitator Guide (curriculum)
- Slides, hand-outs, activity sheets
- Regional data on injury
- Certificate of Completion
- Evaluation form for participant feedback

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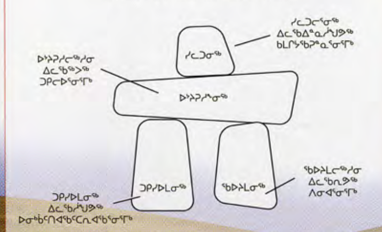

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If we say there is no solution then we don't look for one.

Elder: Alexander Nanooch
Garden River AB, Little Red River Cree Nation

Injury prevention is not for a day or a week but for a lifetime.

Elder: Celestan Nanooch
John D'Or AB, Little Red River Cree Nation

Children in the Arctic learn very young to take responsibility for survival. This is because at any age everyone in the Arctic is at risk.

Elder: Elisapee Ootoovak
Pond Inlet, Nunavut