



INJURY  
PREVENTION

# STUDENT LEADERSHIP GUIDE



**Sunnybrook**

CENTRE FOR INJURY PREVENTION

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# INTRODUCTION

Do you remember the first time you fell off your bike? You may have scraped a knee or scuffed an elbow. You likely cleaned it up, put a band aid on it and got right back on your bike. Maybe you experienced something more severe, like a broken bone or deep cut. Injuries can range from mild to severe and even life-threatening. Traumatic injuries, such as brain or spinal cord injury can have long-term and/or permanent effects. In addition, severe and traumatic injuries can also have large impacts on family, friends and loved ones.

Injury is the leading cause of disability and death for Canadian youth and significantly impacts the length and quality of life for those affected. Approximately 31% of youth in Canada between the ages of 12-19 are impacted by injury each year. Canadian youth are most likely to be injured on the road, while participating in sports, and at work.

The good news is injuries are...

**PREDICTABLE & PREVENTABLE!**





# WHY BE AN INJURY PREVENTION STUDENT LEADER?

There are many factors that influence our risk of injury. Some of these include individual behaviours, the built environment around us, where we live, socioeconomic status, age, gender and much more! Some of these factors are easier for us to control, while others are not. Our individual behaviours and the environment around us are two factors that you can influence. As a student leader, you will have the ability to share valuable knowledge, resources, and be an advocate for change. You can play an important role in keeping your peers and school community safe from traumatic injury!

As a student leader, you will gain valuable skills in communication, teamwork, problem solving, time management and much more! In addition, you will have the opportunity to connect with peers and staff, improve your confidence, and become an expert voice in injury prevention. To top it off, you can add it to your post-secondary application and resume, too!

**Let's stand together to create safe schools and communities free of severe injury!**

# LEVELS OF PREVENTION

There are different levels of prevention strategies that help us to avoid or minimize the severity of injury. The three levels include Primary, Secondary and Tertiary.



## TERTIARY

Strategies aimed at minimizing the effects from injury and preventing further injury from happening.

**Example** - Providing appropriate rehabilitation for someone recovering from concussion to prevent long term effects



## SECONDARY

Measures taken after an injury has occurred. These measure aim to reduce the severity of the injury.

**Examples** - Applying pressure to a bleeding wound, getting immediate help for someone with a suspected concussion



## PRIMARY

Prevention measures to stop an injury before it happens.

**Examples** - Wearing a helmet, removing fire hazards

Although many injury prevention strategies land within primary prevention, there are plenty that target secondary and tertiary as well. When planning injury prevention initiatives, keep in mind that you can address any of these levels.

# STEP 1: FORM A COMMITTEE

The first step is to form a committee! You will need the approval of your school Principal and one interested school staff member to join your committee. This staff member is there to support you and help plan and implement your activities. Remember, you are the leader(s)! The final step is to **register** your committee using this link: <https://ca.research.net/r/LWJ9BN2>

## Here are some suggestions to help recruit students:

- Make a PA announcement
- Place posters around your school
- Post about it on your schools social media
- Hand out flyers to students
- Speak with specific student groups that may be most interested (E.g. Health & Wellness SHSM, sports team/club)

## Eligibility Requirement!

At least **ONE** student on the committee must have attended the "Youth Safety Lab" at Sunnybrook Health Sciences Centre.



Ask your head of guidance if volunteer hours can be provided for participation. This may encourage others to join!

## Registration Requirement!



- You must register your committee!
- This lets us know which schools are participating so we can celebrate your hard work & success!
- Register **HERE!**



Give your committee a creative name!

# STEP 2: COMPLETE E-LEARNING MODULE

Student leaders must individually complete the online injury prevention e-learning module. Once complete, each student leader will receive a certificate of completion. Hold onto this as you may be asked to submit your certificate to us for proof of completion.

**The e-learning module can be accessed through the following link:** <https://tinyurl.com/47knfjx6>



See pages 11 & 12 for additional injury prevention information and resources.

# STEP 3: COMMUNITY SAFETY AUDIT

Before you begin to plan initiatives, it's important to assess your school environment first. As a group, complete the "Community Safety Audit" activity. This activity will help your committee identify safety risks in your school community and brainstorm ways to address unsafe environments or behaviours.

**The Community Safety Audit activity sheet can be found on page 15 of this guide!**

# STEP 4: BRAINSTORM IDEAS



With a better understanding of the safety challenges in your school community, it's time to begin brainstorming activities! Organize a meeting with your committee to generate ideas.

## Here are some tips for your brainstorming session:

1. **Set an agenda:** Prepare a meeting agenda to keep everyone on track and achieve your desired goals. See page 15 for a sample agenda template.
2. **Assign roles:** Designate 1-2 members to lead the session and 1 person to take notes.
3. **Create a welcoming environment:** Be respectful of each other's ideas and opinions, and encourage creativity.
4. **Utilize brainstorming tools:** Use tools like mind maps, sticky notes, [Figma](#) or [Lucidspark](#) to share ideas.
5. **Use existing data:** Start with your "Community Safety Audit" results.
6. **Focus on priority topic(s):** Select 1 or 2 topic areas to focus on, such as fire safety or sleep hygiene.
7. **Brainstorm activities:** Generate ideas to address your priority topic(s).

See page 10 for  
sample activities!



# STEP 5: IMPLEMENT ACTIVITIES

Now, the exciting phase begins! It's time to put your ideas into action. As a committee you will need to outline the details of your activities and assign tasks and responsibilities to committee members.

## Here are some tips when planning your initiative(s):

1. **Generate a timeline:** Decide as a committee when you want to implement your initiative(s) and how much time you will need to plan.
2. **Create a project outline:** Determine the steps and tasks required to implement your activity.
3. **Identify community partners:** Determine who you will need to connect with to help you achieve your activity goals.
4. **Assign roles/tasks:** Designate roles or tasks to members of the committee. Consider everyone's interests and strengths.
5. **Schedule routine meetings:** Regular meetings can help keep track of your committees progress.

## Consider planning your activity on a specific awareness day, such as:

- World Sleep Day - **March 14th, 2025**
- National Day of Mourning for workers killed, injured or made ill on the job - **April 28th, 2025**
- National STOP THE BLEED® Day - **May 25, 2024**
- Brain Injury Awareness Month - **June 2025**
- Rowans Law Day - **September 25th, 2024**
- Fire Prevention Week - **Oct 6-12, 2024**

See page 17 for a sample planning tool!



# SAMPLE ACTIVITIES

These sample activities can be implemented by your committee or used to guide ideas during your brainstorming session.



## SOCIAL MEDIA CAMPAIGN

- Use your school's social media platforms to share education, resources and/or prevention tips on a specific injury topic.
- Be creative! Consider making your own videos, reels or TikTok's.
- **Campaign Example:** *Learn Before you Burn!* Fire safety awareness. Encourage peers to create fire escape plans at home and share photos/videos on social media. Consider connecting with your local fire department.
- **TIPS:** Include a contest to encourage student participation and create a catchy hashtag to grab attention and keep track of shared posts.



## SNAP FOR CHANGE

- Advocate for safer streets by participating in Parachute's Snap for Change initiative! Capture hazards like cracked sidewalks, missing bike lanes, or high speed limits. Propose a solution to the problem, and share with a local decision-maker. Learn more: [Parachute Snap for Change](#)
- **First 50 submissions will receive a \$100 gift card**

## PAJAMA DAY - SLEEP DEPRIVATION AWARENESS



- Take a different approach to your annual Pajama Day!
- Teens on average are more sleep deprived. Sleep deprivation can result in impairment and lead to significant injury. Utilize this fun day as a way to engage students in sleep hygiene education and awareness.
- **TIPS:** Set up a booth in a common area with resources, education and prizes. Consider partnering with an organization or sleep practitioner.

Tag us on Instagram & X at [@letstalkinjury](#)

# RESOURCES

Below are some great resources that can help your committee as you plan and carry out your activities. Keep in mind when sharing information, it's important to ensure you are pulling from current and credible sources. Speak with your committee staff advisor or school librarian if you require assistance finding information.

## Various Injury Topics:

- [Parachute – Canada’s National Injury Prevention Charity](#)
- [Health Canada – Injury Prevention](#)
- [Toronto Public Health](#)

## Impaired & Distracted Driving:

- [Ontario Students Against Impaired Driving](#)
- [\(MADD\) Mothers Against Drunk Driving](#)
- [Brain on Board](#)
- [Drop it and Drive \(DIAD\)](#)
- [Traffic Injury Research Foundation](#)

## Road Safety:

- [CAA- Ontario Road Safety](#)
- [Ministry of Transportation](#)
- [National Safety Council](#)
- [Youth for Road Safety](#)
- [CycleTO](#)

## Fire Safety:

- [Health Canada - Fire Safety](#)
- [Toronto Public Health](#)
- [National Fire Protection Association](#)

## Water Safety:

- [Lifesaving Society](#)
- [Canadian Red Cross](#)
- [Health Canada](#)

# RESOURCES

## Sleep Hygiene:

- [Canadian Sleep Society](#)
- [National Sleep Foundation](#)
- [A good nights sleep - booklet](#)
- [Sleep on it Canada](#)

## Addiction & Mental Health:

- [Centre for Addiction & Mental Health](#)
- [Canadian Centre on Substance use & Addiction](#)
- [Canadian Mental Health Association](#)
- [Canada's Guidance on Alcohol and Health](#)
- [Drug Free Kids Canada](#)
- [Kids Help Phone](#)

## Funding Opportunities:

- [Youth Road Safety Grant](#)
- [School Health Grant](#)

## Sport & Concussion:

- [Coaching Association of Canada](#)
- [Concussion Awareness Training Tool](#)
- [Parachute](#)
- [Holland Bloorview Kids Rehabilitation Hospital](#)

## Violence & Abuse:

- [Canadian Red Cross](#)
- [PREVNet](#)
- [Health Canada](#)
- [Royal Canadian Mounted Police](#)

## Workplace Safety:

- [Health Canada](#)
- [Canadian Centre for Occupational Health and Safety](#)
- [Workers Health & Safety Centre](#)



# STUDENT SPOTLIGHT!

Looking for some inspiration? Check out this success story from a past student leader!



***“How Sunnybrook’s Youth Safety Lab is Evolving to Meet Teens Where They Are”***

# ADDITIONAL TOOLS & RESOURCES

**Page 15** - Community Safety Audit Activity

**Page 16** - Sample Meeting Agenda Template

**Page 17** - Sample Project Planning Tool

**Page 18** - Contact Information



## STUDENT ACTIVITY

# Community Safety Audit

### OBJECTIVE

To look at your community with a safety lens. Identify and make the connection between government, community, social culture and yourself. Begin to acknowledge the collective roles and responsibility that contribute to promoting and maintaining safe spaces for everybody.

### MATERIALS

- Notepad and pen or
- Device that you can capture your notes on
- Camera or camera phone

### TIME

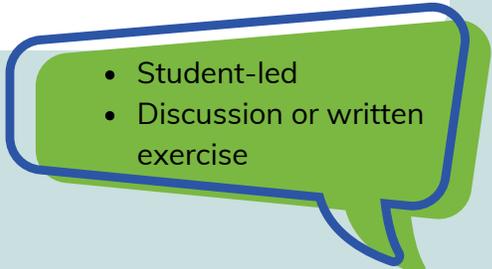
40-60 minutes

### INSTRUCTIONS

1. When it is safe, go for a walk around your school and take photos along your walk to find the answer to the following questions:
  - a. Where is there evidence of safety measures to protect the community?
  - b. Where is there evidence of danger or unsafe elements in the community?
2. Be prepared to share and describe your experience during the activity with your peers.

### POST-REFLECTION QUESTIONS

- Generally, does your community feel safe to you?
- Does your community feel safe to everyone or just some people?
- If you had an unlimited budget and all the power, what changes would you make to your school to make it a safe community?

- 
- Student-led
  - Discussion or written exercise







# CONTACT INFORMATION

For questions or inquiries please email Sunnybrook's  
Centre for Injury Prevention.

**[preventinjury@sunnybrook.ca](mailto:preventinjury@sunnybrook.ca)**

Share your initiative(s) and progress with us on X and  
Instagram!

**[@letstalkinjury](https://twitter.com/letstalkinjury)**

