



INJURY
PREVENTION

STUDENT LEADERSHIP GUIDE



Sunnybrook

CENTRE FOR INJURY AND
VIOLENCE 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?

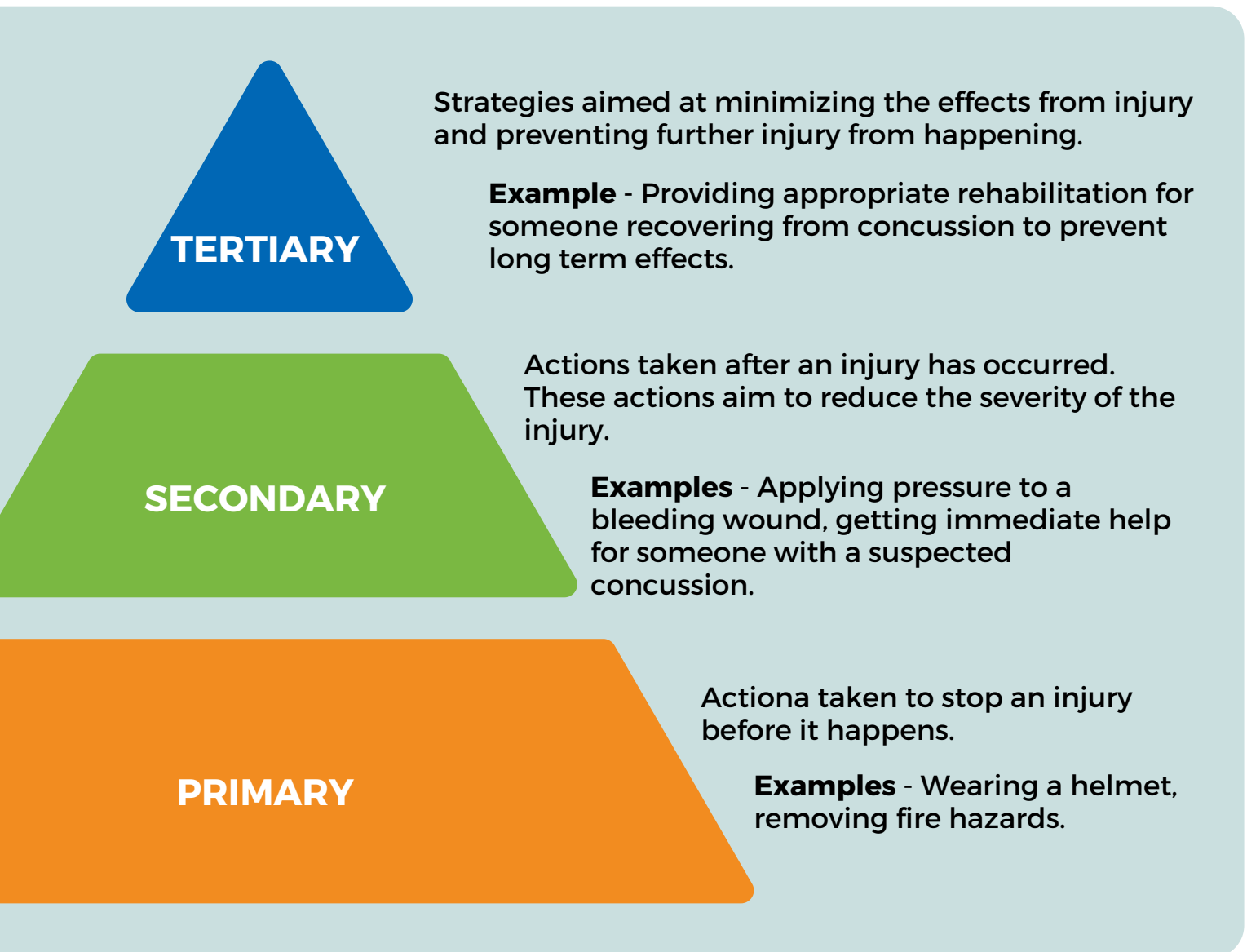
There are many factors that influence our risk of injury. Some of these include individual behaviours, the built environment around us, where we live, economic status, age, gender and much more! Some of these factors are easier for us to control, while others are not. Our individual behaviours and the 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 work 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.



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

You may choose to do this by yourself, or work with others and form a committee! It is recommended to find one interested school staff member to support your work. This staff member is there to support you and help plan and implement your activities. Remember, you are the leader(s)!

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)



Give your committee a creative name!



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

Eligibility Requirement!



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

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/PARTYelearning>



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 by completing the "Community Safety Audit" activity. This activity will help you/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! If you're working with others, organize a group meeting to generate ideas.

Here are some tips for a group 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, OpenAI, [Figma](#) or [Lucidspark](#) to generate 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 road safety or substance use.
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. You will want to outline the details of your activities and determine the different tasks and responsibilities.

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

1. **Generate a timeline:** Decide 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 anyone involved. Consider everyone's interests and strengths.
5. **Schedule routine meetings:** Regular meetings can help keep everyone on track.

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

- National Burn Awareness Week - **Feb 7 - 13, 2027**
- National Poison Prevention Week - **Mar 14 - 20, 2027**
- National Day of Mourning for workers killed, injured or made ill on the job - **April 28th, 2027**
- Students Against Impaired Driving Day - **May 20, 2027**
- National STOP THE BLEED® Month - **May 2027**
- Brain Injury Awareness Month - **June 2027**

See page 17 for a sample planning tool!



SAMPLE ACTIVITIES

These sample activities can be implemented by you / your committee or used to generate 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 check their smoke alarms at home and review fire escape plans. Consider connecting with your local fire department to share information and resources.
- **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](#)
- **Submissions will receive a \$100 gift card!**

HOST A STOP THE BLEED TRAINING!

- A life-threatening bleeding injury can lead to death in as little as 5 minutes.
- Plan a fundraising event to bring STOP THE BLEED training to your school!
- Email stopthebleed@sunnybrook.ca to host a training
- **TIPS:** Consider opening it up to members of your community and/or fundraise to purchase a bleed control kit for your school.

Tag us on Instagram at [@letstalkinjury](https://www.instagram.com/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](#)
- [Parachute](#)

RESOURCES

Sleep Hygiene:

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

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:

- [OSAIID Safe Roads 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](#)
- [Royal Canadian Mounted Police](#)

Workplace Safety:

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



YOU ARE INVITED TO

SHARE YOUR WORK & IMPACT!

We would love to hear about what you did and celebrate your amazing leadership! Share your initiative with us to receive a **Certificate of Recognition**. Your work might also be featured in future communications, social media, reports, awards, or events.

[CLICK HERE TO SHARE!](#)

No initiative is too small. Whether you shared safety messages on social media, created posters, organized an event, educated your peers, or advocated for change, we would love to hear about it!



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



MEETING AGENDA

MEETING DATE:

MEETING TIME:

ATTENDEES: _____

NOTE TAKER: _____

Agenda

[illegible]

PROJECT/ACTIVITY/EVENT PLANNER

Project Description

Start Date

Due Date

Action Items & Roles

[illegible]

CONTACT INFORMATION

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

preventinjury@sunnybrook.ca

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

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

