

Successful Sidekicks at Bucksport High School

Summary

During the 2020-2021 school year, all four health classes at Bucksport High School (BHS) were trained in Sidekicks. Healthy Acadia staff successfully adapted and delivered the Sidekicks curriculum over Zoom.

Need/ Issue

In 2019, 29.7% of high school students who completed the MIYHS in the Downeast Public Health District reported using e-cigarettes in the last 30 days, which is an increase of 16.9% from the 2017 rate of 12.7%. This means that over two years, the number of students in the Downeast District reporting current use of e-cigarettes more than doubled.



Intervention/ Program Description



Healthy Acadia staff members have established a strong relationship with health teachers at Bucksport Middle and High Schools through working with Let's Go! and delivering ENDS presentations to middle school health classes. Staff partnered with the MYAN District Youth Engagement Coordinator, Corrie Hunkler, to continue their tobacco prevention work in RSU 25 by training high school health classes in Sidekicks. Due to the COVID-19 pandemic, these trainings were held via Zoom.



"Sidekicks has been a great way to connect with young people during COVID. This program engages students to take ownership of prevention, supporting them to think about how they can better support their peers. I have connected with students who keep showing up in spaces to learn, grow and help make shifts in their communities."

- Corrie Hunkler, Healthy Acadia, Downeast District Youth Engagement Coordinator

Results/ Success

Results from the post-training survey showed that 93% of participants agreed or strongly agreed that the training was easy to understand and rated the training as good (28.5%), very good (28.5%), or excellent (36%). Additionally, 85% of participants agreed or strongly agreed that they know why it is important for someone to quit commercial tobacco/nicotine and that they know how to use active listening skills in a conversation. Immediately following one training, Corrie was contacted by a student who mentioned that they had quit vaping during the training, and staff were able to provide information about supportive resources. Another student has also been in contact with Corrie and has started a group focused on communication skills at BHS.

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