



## Mawarnkarra Health Service

February 2025



### **TIS Team and Location**

Mawarnkarra Health Service is funded to deliver TIS activities across the Newman East Pilbara IREG. In the East Pilbara region service delivery is provided by their partner Puntukurnu Aboriginal Medical Service (PAMS). The region includes four remote communities (Jigalong, Parngurr, Punmu & Kunawarritji). The PAMS TIS team is committed to delivering health promotion and education on the dangers of smoking and vaping, empowering community members to make informed health choices.

### **The Activity**

On the 30th and 31st, the PAMS TIS Team, in collaboration with the Social and Emotional Wellbeing (SEWB) Team, organized a youth-focused event on Country at Sandy Creek. With support from YMCA, the event included a variety of interactive and culturally appropriate activities designed to engage young people in a safe and positive environment. The aim of the event was to:

- ✓ Foster meaningful connections between the TIS Team and young community members.
- ✓ Provide education about the harms of smoking and vaping in a relaxed and engaging setting.
- ✓ Encourage healthy lifestyle choices through interactive activities.
- ✓ Promote youth empowerment by creating safe spaces for open discussions.



YMCA played a key role in facilitating sporting activities, team-building exercises, and engagement strategies that kept the youth actively involved throughout the event.



### **The Target Population**

This initiative was designed to reach young people living in remote areas, particularly those who may face barriers to health education and support. Recognizing the challenges faced by youth in remote communities such as limited access to health resources, transport difficulties, and social isolation, the event was carefully structured to be inclusive and accessible:

- ◆ Transport was provided to ensure all interested young people could attend.
- ◆ Engaging activities such as sports, yarning circles, and interactive education sessions were incorporated to maintain interest.
- ◆ Food and water were supplied to create a welcoming and comfortable environment.
- ◆ A safe and supportive space was prioritized to allow for open discussions about smoking, vaping, and making positive life choices.

By meeting young people where they are and delivering key messages in a culturally appropriate way, the event successfully reached its intended audience.

### **How did you measure the success of the activity?**

The success of the activity was measured through observation and informal chats with participants. Our evaluation showed:

- ✔ A high Level of Engagement – Youth actively participated in discussions, quizzes, and group activities related to tobacco and vaping education.
- ✔ Increased knowledge – Many attendees shared that they learned something new about smoking and vaping, with some expressing interest in quitting or supporting family members to quit.
- ✔ Increased Awareness – Attendees demonstrated a better understanding of the long-term impacts of smoking and vaping through interactive activities, such as the healthy lung vs. smoker's lung visual



demonstration.

- ✔ Open Conversations – The TIS Team was able to build rapport with participants, creating a safe space for ongoing dialogue around tobacco-related harms.
- ✔ Positive Feedback and Community Interest in Future Sessions – Requests were made for more youth-focused engagement activities, showing the need for continued outreach and education.

The event was also an opportunity to assess the community's awareness levels and smoking/vaping habits, helping to inform future initiatives.



### **Summary and conclusion**

This initiative successfully strengthened relationships between the TIS Team and young people in the community, fostering trust and encouraging positive health behaviours. By combining education with interactive activities, the event made learning about tobacco use engaging and impactful.

### **Key Takeaways**

- 📌 Collaboration is key – Partnering with organizations like YMCA and SEWB created a more holistic and effective approach to youth engagement.
- 📌 Interactive settings enhance learning – Hands-on activities, visuals, and games made tobacco education more relatable and memorable.
- 📌 Safe spaces matter – Providing a comfortable, judgment-free environment allowed young people to ask questions and share personal experiences.

### **Next Steps**

- 🚀 Expand youth-focused programs – Develop additional outreach initiatives tailored for young people, incorporating more interactive learning methods.
- 🚀 Strengthen partnerships – Continue collaborating with community organizations to maximize engagement and resources.

By building on this momentum, the TIS Team will continue empowering young people in the East Pilbara to make informed, healthy choices for their future. 🤝🔥