

What are the best practices for reducing alcohol use among Indigenous youth?

There are culturally relevant practices and educational practices that can contribute to wellness and to reducing alcohol use among Indigenous youth.



Culturally relevant practices:

- Implementing intervention programs in partnership with communities
- Encouraging Indigenous people to take charge of activities
- Ensuring that practices are based on Indigenous concepts and values
- Organizing cultural activities on the land, like hunting or berry picking

Educational practices:

- Adopting a motivational approach, by exploring personal reasons for changing consumption behaviours
- Providing information and raising awareness about the risks and consequences of alcohol use
- Supporting youth in developing their personal and social skills, such as communication and coping skills

To enhance the success of these practices:

- Combine culturally relevant practices with educational practices that are appropriate for the community
- Ensure the cultural relevance of interventions by considering the specificities of each community, including Indigenous youth living in urban areas
- Include Indigenous methods in the evaluation of interventions, such as Elder approval and testimonials, to better meet the needs of a community



This project was conducted in collaboration with:

First Nations of Quebec
and Labrador Health and
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Regroupement des centres
d'amitié autochtones
du Québec

Nunavik Regional Board
of Health and Social Services

This poster is based on the results of a publication entitled *Interventions efficaces pour réduire la consommation d'alcool chez les jeunes Autochtones*.

To learn more:

