

BLUE PRINT FOR LIFE SURVEY QUESTION # 1

My favourite thing about participating in the Blue Print for Life program was:

Favourites identified: being exposed to a new experience, learning how to dance, building relationships, being a part of a team and finding a healthy outlet for anger.

- Opening up. I was apprehensive to the program and once I started to break out of my shell, I really started to enjoy the event.
- I developed a new way to use my anger positively and feel stronger about myself.
- I learned how to dance, how to get along with my peers and work as a team, but my favourite thing was how they encouraged me to sing and be confident.
- All the participation and co-operation in the program.
- Learning new things.
- Being able to co-operate with others.
- Learning new skills and have a week that we all can come together and have no beef. I feel some people got close to others too.
- Dancing.
- That they showed us how to dance and showed us way's to deal with anger.
- The dancing and having fun learning the steps.
- Doing our own routines and learning how to dance.
- I had fun and I got out of school for a week.
- Getting to know others on a more personal level.
- There is none, the whole week was boom. But if anything the cyphers were pre-sick.
- Learning how to dance.
- Learning something new.
- The battle at the end.
- Learning new moves.
- The dance battle and the party after the dance battle.
- When we heard the beat boxing.
- Learning how to dance.
- Being out of my room, meeting new people and learning new skills.
- Having done an experience I've never done and knowing there's an outlet I can rely on to situate my anger.
- To project our anger.
- All of it, dancing and the talks.
- Cyphers
- Dancing and working as a team.
- Learning how to do some of the things they showed us.
- Dancing.
- Watching them break dance.
- Hanging out and jamming to da beat!
- Watching every kid get along.
- The teachers were nice.
- Chilling for a week!
- Dancing in the battles and talking about controlling anger.
- The talk portion.
- Being able to find another way to express myself. The talks were the best because they can open up people's eyes to things they didn't realize.
- Getting to know people on the deeper level. We had deep conversations that made me think. At the end, at the battle, everyone was so supportive of each other. It was the first time I had happy tears.

- Chillen with Peecz and Frost and all of them and learning how to dance.
- Learning what the power of encouraging others positively can do to others, learning to break dance, connect with everyone before.
- Being able to work with everyone.
- Getting to know different people and dancing.
- Learning how to manipulate my actions into a form of art instead of anger.
- Being with the group and learning new things.
- Learning how to dance.
- It was super fun, there was an amazing amount of positive energy, all the kids were getting along and blue print staff was awesome teachers! The words of wisdom from Buddah clicked for a lot of us. It would be nice if we could do that sort of thing every week.
- Learning new skills.
- The talks, Blue Print eating on our units, dancing and learning how to dance.
- I love the art I did and listening to music and having fun.
- I liked all the Blueprint staf, they were cool and fun to be around. I enjoyed learning how to break and I enjoyed how everybody got along with each other. For a while I felt kind of normal and was happy.

BLUE PRINT FOR LIFE SURVEY QUESTION # 2

What were some of the most important concepts you feel you learned during the week?

Students learned: how to be a team member, empathy for others, strategies for harm reduction, and they increased their self-confidence and self-control.

- Team work, being constructive, opening up to trust others.
- That family is important, anger, focusing, friendship, building partner skills.
- Team work, setting aside beef so everyone would work together, how to be empathetic .
- I learned a lot of important concepts and team work skills, and when Buddah talked about all his drugs and bullying.
- Things.
- Learning not to be shy or angry.
- I learned there's different ways to get that adrenalin rush and anger out without crime or fighting. It doesn't mean you had a shitty life so you got to end up in a place like this.
- That there is more to life than drugs.
- That it doesn't matter who you work with we all can get along.
- Your footing is important, and how to help yourself not to come back to jail.
- Not to blame yourself if something has happened to you, also to be supportive in your friends.
- To work with people I don't like very much.
- I felt enjoyment, recognition of a point of being a part of something.
- Well there is always a way to deal with a thing other than ANGER.
- How to do the 6 step.
- Learning how to work as a team.
- Working on our routines.
- I don't know.
- That I can use dancing to deal with stress.
- How to beat box and have fun.

- That you can settle beef without having to throw any punches.
- Learning skills
- There are people all over that have issues just like us.
- How not to get mad so fast.
- That no one is alone.
- Stretching.
- I don't know.
- How to co-operate.
- The 6 step.
- Respect.
- Stretching.
- Be yourself, there's lots of other things you can do with your anger, to have fun with your life.
- How to break dance, harm reduction using drugs.
- How to communicate better with peers and supervisors.
- Dealing with anger and limiting my drug and alcohol use.
- That we can take control of addiction and anger using a positive activity and that confidence is key to life.
- I can put my anger somewhere else, positively and I can do what I want to do, I just have to work at it. People do care.
- How to dance.
- Many of us including me learned some human values, like self-confidence to try new things.
- Being able to be myself and let loose.
- My one mic.
- I accomplished something!
- How to better cope with depression and how to not get into trouble but to dance in my free time.
- Being with new people, learned skills from peers, learning dance moves.
- Not to do too much drugs and liquor.
- Fake it till you make it, never give up, friendship and honesty, etc.
- Teamwork.
- A back flip.
- Talk when you need to talk, you can have a lot more one mikes.
- How to put my anger into something positive.
- Empathy, strength, love, compassion, teamwork, friendship, understanding, courage.

BLUE PRINT FOR LIFE SURVEY QUESTION # 3

Do you think participating in this program changed you positively?

The majority of students felt that Blue Print made a positive impact on their lives. Students are optimistic that they will be better able to find constructive activities to engage in when in the community, and healthier outlets to deal with their anger and address with their feelings.

- Yes because I wasn't opening up to others the way I did during the program.
- I learned to use my anger into my dancing and develop a new skill and just feel happier.
- Yes, it built up my confidence and taught me more skills.
- I think it's really improved my team work skills and gave me courage.
- Yes, things.

-I don't think it changed me positively but it made me understand not to be angry.
-I think this program made me think about how to use my spare time other than doing crime or fighting. I wish we could have this all the time.
-I got positive activities to do when angry.
-I think it did because you can dance and cope with anger I might try in the community.
-I think it did help change me positively, it gave me more things to do on the outs.
-Yes, I feel better about expressing my feelings to my family members and close friends.
-I'm not very shy anymore. I found out that getting up in front of other people isn't so hard.
-I felt a family like senerio, something I haven't felt in a long, long, time.
-Yes cause with the talks that Buddah had, I felt that it related to almost everything I have done in the past and they gave me a way to deal with all that.
-It helped me to listen when someone else is talking.
-IDK
-Yes, I want to dance with my free time instead of doing drugs.
-Yes, because I am thinking of changing my life to positive instead of negative.
-Yes, now I know you can solve problems without violence.
-No.
-I do because hip-hop is a thing I love and now I know there's positive ways I can deal with anger and alcohol.
-Not really, but it made me think of ways I could change.
-Yes, learning how to trust and build positive relationships.
-Yah, channel my anger differently.
-Yes and working together and dancing no fighting.
-Sorta.
-Yes cause they showed you respect.
-No because I like dancing.
-Yes because I had anger and during that whole week I didn't think about it.
-Didn't make much of a difference.
-DK.
-Yes, I've learned a new way to control my anger.
--Somewhat, it really just brought out concepts I was already beginning to realize myself.
-Yes definitely, I learned how to work with people and deal with my anger positively. I look at things with understanding,
-Yes I have other things to do than fight, I can dance.
-Yes it helped me realize that we can be confident to try new things, so why not be confident with everything we do.
-Yes because I feel more comfortable just being me around people.
-Yes it made me confident, happy and outspoken.
-Yes, I think more positively about my life.
-Yes it changed me positively but I don't know how.
-It made me less shy to bust moves on the dance floor, before I wouldn't even go near the dance floor cause I had no rhythm but now I keep practicing, I think I could feel pretty good out there. Thx Blue Print.
-Yes it showed me ways to deal with anger and stress in a positive way.
-Yes it made me think I can solve things without fighting.
-Yes it gave me more confidence. I got to learn something I never knew I could do. I LOVED IT!! Love You Blue Print.
-Yes because it was a good learning experience.
-Yes I feel better about myself, I feel more optimistic about the future. I have a new interest and I am better at communicating.