



Recruiting for the Nova Scotia Youth, Nature, and Wellbeing Survey



Maddie Kwan (she/her)
MSc Kinesiology Student

Agustina Cohen (she/her)
MA Leisure Studies Student

Agenda

Intro to Outdoor Health NS Project

NS Youth, Nature, and Wellbeing Survey

Strategies for Survey Recruitment

Opportunities for Future Collaboration



Environmental Scan

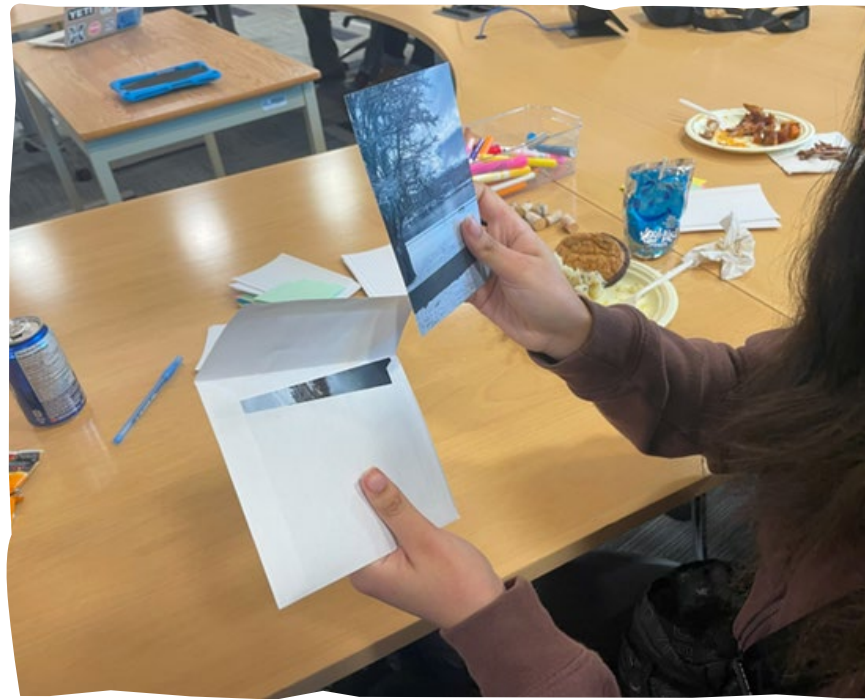
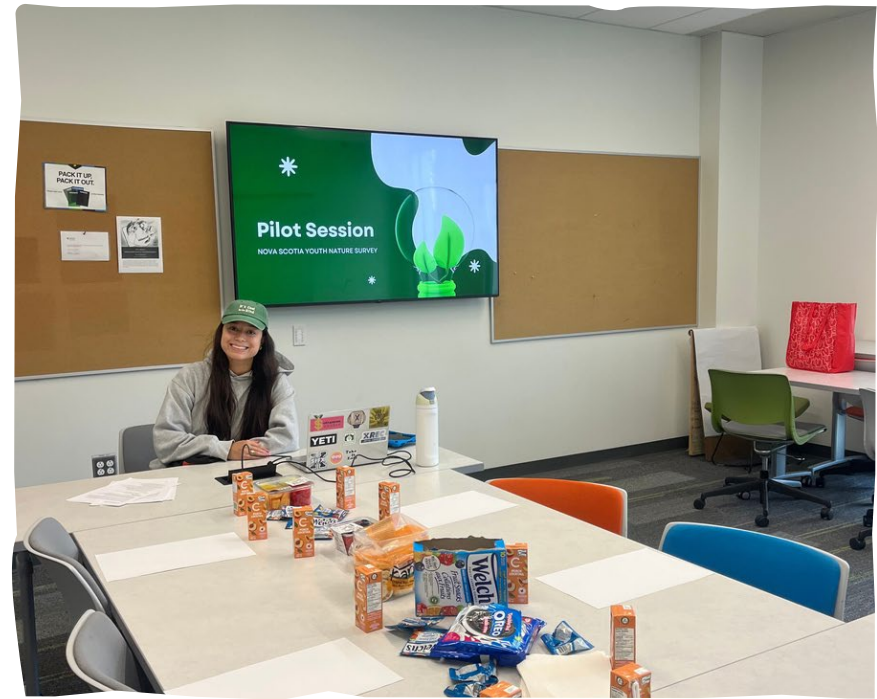


Youth Photovoice



Online Survey





Purpose: To explore NS youth perspectives to accessing nature for wellbeing including the benefits, barriers, and facilitators

Nova Scotia Youth, Nature, and Wellbeing Survey

A survey to explore nature and wellbeing with youth in Nova Scotia.



Start

13. How does spending time in/with nature affect how you feel physically?

For example, how does it make your body feel?

You can write your answer in bullet points or a few sentences (maximum 250 words).

A large, empty rectangular box with a light green background and a thin black border, intended for the user to write their answer. It occupies the lower half of the slide's content area.

10. How often have you spent time in/with nature in the past month?

- ☐ Every day
- ☐ Most days
- ☐ One to two times a week
- ☐ Once a week
- ☐ Less than once a week
- ☐ Never
- ☐ Don't know
- ☐ Prefer not to say

Photo Submission

33. Upload one photo that best represents your favourite place in/with nature in Nova Scotia.

Please do NOT include any identifiable faces and/or people in your photos. The maximum file upload size is 5 MB.

By uploading this photo, you are agreeing to let us use this photo in the sharing of our results (e.g., in reports, publications, or project-based social media pages, etc.).

- ☐ Prefer not to upload
- ☐ I have chosen to upload a photo below

Drag & Drop your files or [Browse](#)

Recruitment

98 Youth (Wednesday, November 19th)

Recruitment Methods:

- Project Partners (HRM Youth, LOVE NS, HIKE NS, and IWK)
- Physical Posters (Libraries, Communities Centres, etc.)
- Social Media
- Emails
- In-Person Events (e.g., youth -focused events, conferences, etc.)
- School Boards (approval TBD)



DALHOUSIE
UNIVERSITY



Calling ALL YOUTH Ages 13-18

RECRUITING PARTICIPANTS

YOUTH, NATURE, AND WELLBEING SURVEY



Must Be:
Ages 13-18



Currently Live In:
Nova Scotia



surveys.dal.ca/opinio/s?s=81773



*Complete a 20 minute anonymous online survey on
nature and wellbeing to be entered in a draw to win
one of our 23 e-gift-cards (three \$100 and 20 \$20)!*

CONTACT US

outdoorhealth@dal.ca

REB #2025-7803

Opportunities for Collaboration

- **Help to Share Survey Recruitment Information**
 - Friends, Family, Youth Organizations, Societies, etc.
- **Join Committee for the Youth, Nature, and Wellbeing Summit**
 - Email maddie.kwan@dal.ca to get more information
- **Communicate and Educate Regional Council on Results**
 - Benefits, Barriers, and Facilitators of Nature for Youth

Questions?

Any Recruitment
Ideas OR Questions?
Contact Us:



@outdoorhealth.ns



maddie.kwan@dal.ca



surveys.dal.ca/opinio/s?s=8177

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SCAN HERE