



**Speak. Inspire. Change.**

# The Problem YouthSpeak Addresses

Approximately 1 in 5 children and youth in Ontario has a mental health challenge<sup>1</sup>. Without access to information and resources, many youth turn to negative coping strategies, including self-harm, substance misuse, and even suicide

“Cyberbullying is uniquely associated with mental health issues and academic problems over and above those noted for other forms of bullying. Cyberbullying is strongly and independently associated with suicide which is the second leading cause of death among Canadian youth.”

– Public Safety Canada 2018

“Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group.”

– Statistics Canada, 2013

“Suicide is among the leading causes of death in 15-24-year-old Canadians, second only to accidents; 4,000 people die prematurely each year by suicide.”

– CMHA, 2018



We help break this cycle by creating a safe space for kids to talk, teaching kids it is okay to talk about their challenges, and fostering empathy among peers

- Youth-led interactive presentations, sharing personal stories on **positive mental health, bullying prevention, and substance misuse**
- Sharing positive coping strategies to improve a sense of **inclusion, empowerment, and self-regulation**
- Saving lives by giving struggling youth **hope, courage, and resources**

<sup>1</sup> Canadian Mental Health Association Ontario (2019). Retrieved from <https://ontario.cmha.ca/mental-health/child-and-youth-mental-health/>

# Community Partners

YouthSpeak is a proud community partner of the following organizations, together having reached over 250,000 kids to date



## Schools

Toronto District School Board  
 Toronto Catholic District School Board  
 York Region District School Board  
 York Catholic District School Board  
 Simcoe County District School Board



## Community

York Region Public Health  
 Addiction Services for York Region  
 Youth-Serving Organizations  
 Police



## Online

Social Media Platforms

**NEW**

# Program: Youth Employment & Training

Employment program for youth facing barriers due to mental health, addiction, bullying and other related challenges

## Training

**YouthSpeak provides training in the following areas to all of our youth speakers:**

- Leadership Skills
- Public Speaking Skills
- Facilitation Skills
- Personal Growth
- Social Emotional Learning
- SafeTalk Suicide Awareness Training

## Employee Support

**YouthSpeak provides a supportive and flexible work environment and ongoing coaching, covering:**

- Trouble-shooting
- Professionalism
- Audience Management
- Team Engagement
- Personal Coping Strategies

## Youth Demographics

**Youth employees come from a range of communities, backgrounds and experiences:**

- Cultural Diversity
- LGBTQ+
- Physical Challenges
- Intellectual Challenges
- Learning Challenges
- Crime-involved Youth
- Homelessness
- Human Trafficking

**Age Range:** 17 – 30 years old

**Number of Employees:** 15 – 25 youth

*“Up to 83,000 youth in the GTHA, nearly 10%, are not in education, employment or training. Youth facing barriers are especially at risk. We are at risk of having a lost generation.”*

– Greater Toronto CivicAction Alliance, 2015

# Program: Assemblies & Workshops

Youth-led interactive presentations – by youth with lived experiences – for youth at school assemblies and workshops

## Presentations

Youth-led interactive presentations by trained youth speakers who share their personal stories and coping strategies with key messages related to:

- Empathy
- Inclusivity
- Empowerment
- Stigma
- Self-Awareness
- Kindness and Respect

## Target Audience

Assembly Audience Size: 100 – 500

Workshop Audience Size: 15 – 45

Grade levels: Primary grades – Post-secondary

*“Early identification leads to better health outcomes, improved school attendance, contributions to society, cost-savings to healthcare, justice and social service systems.”*

– Open Minds, Healthy Minds (Ontario’s Mental Health Strategy), 2011

*“Those who have lower levels of empathy (i.e., ability to understand the emotions of others) are more likely to bully and cyberbully others.”*

– Public Safety Canada, 2018

# Program: Parents & Educators

Workshops for parents, educators and other caring adults on best practices for dealing with youth mental health

## Workshops

YouthSpeak provides workshops for parents, educators, and other caring adults to increase understanding in the following areas:

- How to create a safe space for youth to talk
- Learn tips on how to build positive relationships with their children, students, and other youth
- Identify and foster strengths of youth

*“Studies have found that those who feel more connected to their school and who perceive the climate to be trusting, fair and pleasant were less likely to be perpetrators in bullying and cyberbullying incidents.”*

– Public Safety Canada, 2018

## Speakers

Trained youth speakers share their personal stories during these workshops.



*“The committee wanted to express how skillfully your team met the goal of bringing youth voice to the workshop. The training and preparation of the youth speakers was apparent, their message was delivered in an honest way that also safeguarded the needs of the audience, and they were authentic about what was helpful and what wasn’t. They conveyed a sense of hope and the message that, while the journey may take time, connecting with supports can be helpful. Finally, we were left with a renewed sense that sometimes small gestures of kindness are not seen as small by the person receiving them.”*

Youth Suicide Prevention Peel Steering Committee

# Sponsorship Levels



Without sponsor funding, we cannot reach the kids who need our help. Supporting youth mental health saves lives. Please donate.

## CHANGE SPONSOR

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**\$5,000**

**The Difference You Will Make** – provides two months of meaningful employment for one youth who faces barriers, giving them hope, purpose, and structure on their road to recovery as they share their story with other youth

### Benefits of Sponsorship:

- Verbal and visual recognition on all YouthSpeak social media platforms and on all event materials as main sponsor
- Special acknowledgement and link to company website in our newsletter that reaches over 1,500 subscribers
- Photo op and/or promo video interview for sharing

## EMPOWER SPONSOR

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**\$3,000**

**The Difference You Will Make** – Provides development and supports delivery of impactful programs for 2,000+ youth, creating awareness, building empathy, and sharing resources of where youth can go for help

### The Difference You Will Make:

- Verbal and visual recognition on all YouthSpeak social media platforms and on event materials
- Special acknowledgement and link to website in our newsletter that reaches over 1,500 subscribers
- Photo op and/or promo video interview for sharing

## WISDOM SUPPORTER

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**\$1,000**

**The Difference You Will Make** – Provides support and leadership training for up to 20 youth struggling with mental health issues, empowering them to share their personal stories and help other youth

### The Difference You Will Make:

- Verbal and visual recognition on all YouthSpeak social media platforms and on all event promotional materials