



## EMPOWERING MINDS FOR NEW TIMES GR. 7-12

Youth-led interactive assembly will help students to understand topics such as loneliness, anxiety about the future and ways to build resilience during difficult times. Youth speakers will share personal stories about their lived experience during the pandemic and steps youth speakers have taken to integrate self-care practices that work for them. Students will better understand coping tools and ways to build resilience during difficult times.

### ASSEMBLY FORMAT:

- INTRODUCTIONS / WARM UP
- OPINION POLL
- SPEAKERS STORY ONE
- COPING TOOLS 1-5
- SPEAKER'S STORY TWO
- COPING TOOLS 6-10
- A MESSAGE OF HOPE
- Q&A / RESOURCES



Members from the YouthSpeak team spoke to our gr. 8 students in our Transition Program. Their presentation was well organized, thoughtful, and very informative. The students were engaged in online activities and heard heartfelt stories from the speakers. Thank you, YouthSpeak for providing our students with strategies and tools to help with their mental health.

C. Vitiello, St. Basil-the-Great College School

\*Includes Printable Resources Material

YOUTHSPEAK PERFORMANCE CHARITY  
**SPEAK. INSPIRE. CHANGE.**

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

[www.youthspeak.ca](http://www.youthspeak.ca)

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