



## **EMPOWERING MINDS FOR NEW TIMES** GR. 9-12

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

\*Includes Printable Resources Material



The Empowering Minds presentation was beautifully presented, with a clear structure and objective. The stories that the presenters shared were powerful and seemed to really resonate with the students. The room was silent when the stories were being shared! The students were raptured! I think there is such power in story and provides that little bit of extra weight to the strategies suggested because they have been tried and work. I think the presenters did an amazing job of pulling out the strategies they used and sharing them with the students.

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Renfrew County Catholic District School Board

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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