

**Student Assemblies/ Youth Presentations:**

Engaging, youth-led assemblies or presentations where trained youth speakers share their personal stories, self-care strategies and learning components on relevant mental health topics.

Trained youth speakers share their personal stories, coping strategies and learning components to inspire and empower students by creating important conversations about:

- **MENTAL HEALTH & WELLNESS**
- **EMPOWERING MINDS FOR NEW TIMES**
- **INCLUSIVITY - BULLYING PREVENTION ANTI-RACISM; ANTI-HOMOPHOBIA**
- **SUBSTANCE USE/S.U.A.P - AWARENESS/CANNABIS HARM REDUCTION**
- **ONLINE OVERDRIVE**
- **SCHOOL SURVIVAL GUIDE**
- **EMPOWERING GIRLS/BOYS AS ALLIES**  
\*INCLUDES GENDER DIVERSE YOUTH
- **CONFIDENT ME**  
- IN PARTNERSHIP WITH PLAN CANADA
- **BUILDING-A-SELFCARE-TOOLKIT (PRIMARY GRADES)**

**Programs for Primary grades and/or Parents and Kids:**

Building A Self-Care Toolkit is a fun and interactive workshop designed for this age group. Can be booked as a 40-minute workshop or a 6-week program.

**Caring Adult Workshops:**

Parents/guardians, teachers and other caring adults learn about youth mental health from youth who share their personal stories and tips on how to create a safe space for youth to talk. \*We also, now offer an Inclusivity workshop for caring adults.

<b>OUR IMPACT 2003-2022</b>	<b>350K</b> STUDENTS REACHED
<b>3250+</b> STUDENTS REACHED	<b>110+</b> YOUTH LEADERS TRAINED



**ENGAGING THE POWER OF STORIES FOR YOUTH MENTAL HEALTH**

- ✓ Programs are aligned to provincial objectives for mental health, including Ontario's Provincial Mental Health Strategy and Ontario's Health and Physical Ed Curriculum Mental Health Literacy Objectives
- ✓ Youth speakers are trained in trauma, neuro-biology techniques, facilitation, safetalk and equity

These interactive presentations are brought to your virtual or in-person schools. They are facilitated by a committed team of trained youth speakers who represent a diverse range of backgrounds and lived experiences. We want to work with you to develop the best programming fit for your school and students.

- **Presentation content is Equity and Trauma-Informed and adapted for each age group**
- **Programs include supporting resource materials - teacher guides, tip sheets & resource lists**

“The presentations were amazing. The YouthSpeak presenters provided age-appropriate content & personal stories to learn about bullying prevention, educated our students about what to do in bullying situations and linked them to community resources...options on how to ask for help. Our students connected with the presenters and appreciated the time they took...to share their own personal life stories - it made it REAL.

Patrizia Marazzi, Vice Principal, Pope Francis CES

“The information was perfect for the youth attendees. It was timely and relevant, based on our theme of resilience. The presentation had the youth very engaged. There were several questions, and it was obvious that the attendees were able to identify with the presenters. The fact that as much time was spent on managing stress and anxiety as discussing those who experienced it was fantastic. We want to give young people tools. We will continue working with YouthSpeak whenever possible. It is a fantastic resource.

Sarah Jane Riddell, Inspector #1031, Community Services, York Regional Police

“Listening to the presentation was very impactful. Hearing the first-hand accounts from your dynamic speakers helped provide context and understanding regarding the importance of inclusion and ensuring that that we all understand the active role we need to play in order to be anti-racist. Thank you for so eloquently differentiating impact vs. intent. It was a important presentation that all must see and hear!

Sean Myers - Special Education Teacher | YRDSB



**Una Wright**  
Founder of YouthSpeak

"If we are going to make a difference in the world we have to create platforms to **Speak. Inspire. Change.**"

**YOUTH EXPERIENCE**  
**YOUTH VOICE**  
**YOUTH EMPOWERED**

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