

Student Assemblies/ Youth Presentations:	Engaging, youth-led assemblies and presentations where trained youth speakers share their personal stories, self-care strategies, as well include learning components relevant to the topic.	Trained youth speakers inspire and empower students by creating important conversations about: <ul style="list-style-type: none"> ➤ 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 <small>*INCLUDES GENDER DIVERSE YOUTH</small> ➤ CONFIDENT ME <small>- IN PARTNERSHIP WITH PLAN CANADA</small> ➤ BUILDING-A-SELF CARE-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:	Workshops for parents/guardians, teachers and other caring adults. Topics include Understanding Youth Mental Health; Bullying Prevention; Inclusivity; Anti-Racism.	

OUR
IMPACT
2003-2023

373K
STUDENTS
REACHED

3450+
STUDENTS
REACHED

120+
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 can be booked for in-person or virtual presentations. 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.

- Follow up sessions can be provided for individual classrooms on specific topics
- Presentation content is Equity and Trauma-Informed and adapted for each age group
- Programs include supporting resource materials – teacher guides, tip sheets & resource lists

Thank-you to the YouthSpeak team for an incredible and engaging presentation, the presentation was exactly what we had hoped for. I was watching the audience throughout and could see how engaged they were and that they were able to make meaningful connections with the speakers’ stories. The discussions were thought provoking and I am sure they will continue to unfold in the days to come and beyond. Presenters were attentive to the students and responsive to their questions.

Rebecca, School Social Worker, YRDSB

The YouthSpeak Team were engaging, authentic and led our group in reflective discussions. We were able to explore how to provide more inclusive spaces and think about how we can make a difference within our own spaces by intentionally asking questions and making an effort to learn and understand the differences among us. We were deeply humbled by how openly and honestly speakers shared their lived experience and appreciated their insights on how we can do better.

Susie Lee-Fernandes, EdD, Superintendent of Education, Equity and Inclusive Education | Student Services, DCDSB

I would like to thank you and your team for the courageous and inspiring presentations that you all put together today. The students were engaged and they gained valuable information and tools that will undoubtedly help them throughout their lives. Thanks, again.

Franca Alongi, Teacher Librarian, Our Lady of Hope

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