

POST SECONDARY

PROGRAMS



Youth-led interactive presentation will help students deepen their understanding specific to the topic chosen for this presentation. Youth speakers will share personal stories about their challenges with being accepted for who they are and share a message of empowerment and hope. Students will leave with a greater understanding of what they can do to step up in their community and actively create a more understanding environment with their peers.

ASSEMBLY FORMAT:

- INTERACTIVE INTRO / WARM UP
- SPEAKER ONE: PERSONAL STORY
- TOPIC SPECIFIC LEARNING COMPONENTS
- SPEAKER TWO: PERSONAL STORY
- Q&A / RESOURCES

VARIOUS TOPICS INCLUDE

- Mental Health & Wellness
- Empowering Young Minds
- Anti-Racism&Xenophobia
- Empowering Young Women & Boys as Allies (Both include gender diversity)
- Anti-Homophobia
- Healthy Relationships
- Substance Use and the Brain
- 6 Week Self-Care Program
- + CUSTOM PROGRAMS ARE AN OPTION

*Includes Printable Resources Material



...the key takeaways...open with my communication with friends and family. To ensure I have a growth mindset and not get stuck in life. I liked...their personal stories and were very vulnerable to us. It helped me realize that everyone is going through their own life and issues, and we aren't alone in this forever-fighting battle. That whole presentation affected the way I think and want to approach my problems and mindset. Instead of saying I CANT do something, it should be more I LEARN to do something.

First-year UofT Student - Jasper

YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

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

