

6-Week Program

Mental Health and Equity



Program Outline

This **youth-led interactive** six-week program centers around Mental Health and Equity for students, educators and parents/caregivers. This interactive series will cover the topics of Mental Health, Coping Tools, Anti-homophobia, Anti-Racism, Online Issues, and Gender Inclusivity. The program will be kickstarted by a presentation for educators.

The final session is for parents/caregivers to provide a whole school community learning experience.

The following five sessions for students include learning components on each topic as well as stories of lived experience from our team of trained Youth Speakers; each session is presented through an equity-based and trauma-informed lens; and align with the Health and Phys Ed curriculum for these grade levels.

YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



Celebrate Diversity and Inclusivity

Helping students recognize the importance **of connecting with their community** and inclusive environments where everyone is celebrated.



Increase Allyship

Helping students understand the importance of supporting each other in creating a community where **everyone feels like they belong.**



Strengthen Critical Thinking Skills

Fostering student's self-reflection and critical **thinking skills that help facilitate growth** and raise awareness on important topics and misinformation.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



Connect with us: www.youthspeak.ca

BOOK US TODAY!

