

# Post-Secondary Programming

## Wellness in a Digital World



## Program Outline

This **youth-led interactive session** will help students deepen their understanding specific to the topic chosen for this program. Youth speakers will share personal stories of their challenges with being accepted for who they are and 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.*

### YOUTH SPEAKERS WILL SHARE PERSONAL STORIES

Topics include: Mental Health & Wellness; Empowering Minds for New Times; Empowering Young Women; Inspiring Boys as Allies (both gender inclusive); Anti-Racism; Anti-Homophobia; Bullying Prevention; Inclusivity; Substance Use, Addiction & Wellness; Online Overdrive.



### Increase Allyship

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



### Increase Empathy

Helping students recognize and **appropriately respond to other's emotions** to empower them to deepen their relationships.



### Strengthen Critical Thinking Skills

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

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



Connect with us: [www.youthspeak.ca](http://www.youthspeak.ca)

BOOK US TODAY!

