

# Mental Health & Inclusivity

6-Week Program

## 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.



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