

Student
 Assemblies/
 Youth-Serving
 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 and youth by creating important conversations about:

- MENTAL HEALTH & WELLNESS
- EMPOWERING MINDS FOR NEW TIMES
- INCLUSIVITY
BULLYING PREVENTION; ANTI-RACISM; GENDER EQUITY; ANTI-HOMOPHOBIA; EMPOWERING YOUNG WOMEN
- SUBSTANCE USE & ADDICTIONS
- ONLINE OVERDRIVE
- SCHOOL SURVIVAL GUIDE (GR.8-9 TRANSITION)
- 6-WEEK PROGRAM - MENTAL HEALTH & INCLUSIVITY (GR. 7-8)
- BUILDING-A-SELF CARE-TOOLKIT (GR. 1-3)
- SELF-EMPOWERMENT
- PUBLIC SPEAKING

Programs for
 Primary grades/
 Parents & Kids:

Building A Self-Care Toolkit is a fun and interactive workshop designed for this age group.

Caring Adult
 Workshops:

Workshops for parents, caregivers, educators, teachers and other caring adults. Topics include Understanding Youth Mental Health; Inclusivity; Anti-Racism; Bullying Prevention & Online Spaces.

OUR
 IMPACT
 2003-2024

437K+
 STUDENTS
 REACHED

3915+
 PROGRAMS
 DELIVERED

133+
 YOUTH
 LEADERS
 TRAINED



ENGAGING THE POWER OF
 STORIES FOR YOUTH MENTAL
 HEALTH & INCLUSIVITY

- ✓ Program content aligns with the Ministry of Education: digital literacy to increase students’ awareness of online misinformation/hate/threats and critical thinking skills
- ✓ And the Ministry of Mental Health: strength-based mental health promotion, community connections, mental health literacy and stigma reduction

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

“We keep asking you back because our students keep telling us it’s something we should keep doing for future grade 10 classes – that’s a bigger compliment than I can provide! Thanks again for providing this opportunity for schools. As you know, kids won’t often tell us in the moment how impactful the presentations/sharing of stories can be but the silence in the room speaks volumes.”

Cindy Scott, PHE Dept.
 The York School

“Pratheep and Melissa were absolutely a pleasure to work with, and they engaged our families with ease and patience. The parents listened and asked questions, while the presenters took the time to respond to these questions and allowed time for those requiring translation to process the information. The slidedeck and the information were easy to follow and I’ve heard positive feedback immediately following the session. We plan to share the key points with our families along with the Parents eBook. Thank you again for supporting us with setting up this event.

Ming Huang, Principal Crosby Heights PS

“Many of our youth related to the speakers and even asked about ways that they could get involved...The youth took away great skills that they could use to deal with their mental health while also learning that they are not alone. I would recommend having YouthSpeak to any organization that is looking for a youth-centered presentation on mental health. To quote a youth: ‘Honestly thought it was going to be mid but it was actually really good.’

Adam Fagan, Rest Centres

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

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