

School Survival Guide

Navigating Grades 8 to 9

For grades 7-8



Program Outline

This **youth-led interactive session** is designed as a big game of jeopardy. Join our trained Youth Facilitators through this transformative journey of transitioning from grade 8 and beyond.

Youth Will

- ✓ Learn Tools for Academic Success
- ✓ Explore Methods of Stress Management to Thrive in High School and Beyond
- ✓ Understand Informed Decision Making
- ✓ Be Encouraged to have Healthy Social Dynamics with Peers for Study-Life Balance

“ [Youth Facilitators] were very welcoming and engaging... The real-life stories that were shared by the speakers were so important for our students. **Their messages... resonated with our students and gave them hope for the future.**

– Teacher

TRAINED YOUTH SPEAKERS SHARE PERSONAL STORIES

Key Takeaways



Embracing Diversity

Helps students develop critical thinking skills, while teaching them how to support each other and foster a diverse and inclusive environment to thrive in.



Fostering Resilience

Empowers youth to learn from challenges, while discovering their interests, strengths, and aspirations.



Prioritizing Mental Health

Provides valuable insights, resources and strategies for navigating emotions, and seeking support when needed.

ONE CONVERSATION AWAY FROM HOPE.

Start the Conversation. Connect with us: www.youthspeak.ca | una@youthspeak.ca