

Youth Programs

2026-2027

What We Offer

Youth-led interactive presentations by trained Youth Facilitators who represent a diverse range of backgrounds and lived experiences. We work with you to develop the best programming fit for your organization's needs.

Why YouthSpeak?



A Youth Perspective

Trained youth speakers share their lived experience navigating challenges, providing valuable insights and tangible takeaways to support and connect with youth.



Framework Alignment

Program content is aligned with Quality Standards for Youth Engagement, providing youth with coping tools, help-seeking strategies, and mental health literacy.



Creating a Safer Space

Program content is Equity and Trauma-Informed and adapted for each age group.

TRAINED YOUTH SPEAKERS SHARE PERSONAL STORIES

Program Topics

- ✓ PUBLIC SPEAKING
- ✓ MENTAL HEALTH & WELLNESS
- ✓ EMPOWERING YOUNG WOMEN
- ✓ NURTURING RELATIONSHIPS
- ✓ SUBSTANCE USE & WELLNESS
- ✓ SELF-EMPOWERMENT

Participants Will

- Foster a sense of belonging and connection
- Develop critical thinking skills and media literacy
- Deepen understanding of mental health
- Gain information on strategies and resources



The group really opened up to each other during the presentation because of the warm environment created by the facilitators.

– Youth/Community Engagement Facilitator

ONE CONVERSATION AWAY FROM HOPE.