

6-Week Program fro Grades 6-8:

MENTAL HEALTH & INCLUSIVITY

*Helping Youth Foster their
Well-being & Sense of Belonging*

1 in 3 youth

rate their ability to cope
with unexpected and
difficult problems as *poor*.

Through real stories, interactives and peer connection, students build the confidence, empathy and skills they need to navigate today's world.

Participants will:

- ✓ Build self-confidence & communication skills
- ✓ Develop tools for resilience & emotional wellbeing
- ✓ Foster allyship and inclusivity amongst their peers
- ✓ Strengthen critical thinking to make healthy choices

Bring this program
to your school!

youthspeak.ca

Program Overview

This six-week program includes **youth-led interactive classroom workshops** for students (Grade 6-8), teachers and parents/caregivers. Each session draws on the lived experiences of trained YouthFacilitators/Speakers, interactives including group work, discussion, games that have a strong message linked to key learnings related to the various topics.

*The sessions are delivered from an equity-based and trauma-informed lens, and the content has curriculum connections. The learnings between sessions will be linked through a common activity *TBD (in previous sessions the schools did a journey map that they added to each week)*

Both presenters are highly relatable and engaging...Students feel comfortable opening up...Teachers noticed thoughtful follow-up conversations and increased reflection...and last night's parent session was no exception.

'My child came home and told me that the facilitator encouraged them to share their feelings with me. For the first time, my child told me that they have been feeling very sad and depressed.'

'We didn't have this language when we were growing up, so we couldn't give it to our children.'

'We need this — a way to name feelings so that we can help our kids.' We would definitely like to book again next year!'

Sheryl Gray, Principal Wendat Village PS

Introductory Session: Teacher Session

• Warm up/energizer (Beat Game) • Speakers Personal Stories • Open/Group Discussion • Allyship + Creating a Safe Space • Journey Poster (*or other)

Session 1: Mental Health and Wellness

• Brief recap + Introduction to Coping Tools • Warm up/energizer (Shape Game) • Open/Group Discussion • Favourite Self-Care Tools • Identifying Emotions • Stigma • Self-Empowerment • "Mind-Reader" interactive • Setting Boundaries • Hobbies & Creative Outlets • Journey Poster (*or other)

Session 2: Tools for Resilience and Wellbeing

• Brief recap + Introduction to Coping Tools • Warm up/energizer (Shape Game) • Open/Group Discussion • Favourite Self-Care Tools • Identifying Emotions • Stigma • Self-Empowerment • "Mind-Reader" interactive • Setting Boundaries • Hobbies & Creative Outlets • Journey Poster (*or other)

Session 3: Inclusivity

• Brief recap + Introduction to Inclusivity • Warm up/energizer (Walk A Mile In Mine) • Open/Group Discussion • Hand Model of the Brain • Allyship • Anti-Racism • Gender Equity • Nurturing strengths in our community • Learning about different cultures and norms • Misconceptions about neurodiversity • Journey Poster (*or other)

Session 4: Online Overdrive

• Brief recap + Introduction to Inclusivity • Warm up/energizer (Contagious Smile) • Open/Group Discussion • Allyship + Validating experiences • Effect of Social Media + Stigma • Online Boundaries + Communication • How can your Digital Footprint affect your Future • Journey Poster (*or other)

Session 5: Call To Action

• Brief recap & Wrap Up • Warm up/energizer • Open/Group Discussions • Critical Thinking + Collective Mindset + Kindness • Hand Model of the Brain • Open ended discussion • Journey Poster (*or other)

Session 6: Parent Group

• Youth Mental Health • Personal Stories • Creating a safe space • Positive Communication • Setting Boundaries • Showing Support • E-Book for Parents shared



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