YOUTHspeak

Empowering Minds

Growing Through Challenges

For grades 4-6

Program Outline

This **youth-led interactive session** will help students learn about self-care and ways to build resilience during difficult times. Youth speakers will share personal stories about navigating our current times and steps they have taken to integrate self-care practices that work for them.

Youth Will

- Learn about Glimmer
- Explore Coping Tools and Their Impact
- Participate in the Grounding Exercise Interactive
- Understand the Impact of Coping Tools and Be Encouraged to Use them

> [Youth facilitators] delivered courageous and inspiring presentations that kept students engaged while giving them valuable information and tools they can use throughout their lives.
>
> ***– Teacher/Librarian***

TRAINED YOUTH SPEAKERS SHARE PERSONAL STORIES

Key Takeaways

Understanding Self-Care

Helps students understand what self-care is and why it is important. Youth Speakers will share their self-care strategies and how they have integrated them into their lives.

Prioritizing Mental Health

Focuses on the importance of mental health, helping students understand the relationship between self-care and our brains.

Increase Allyship

Highlights the importance of supporting each other to build a community where everyone feels safe and has a sense of belonging.

ONE CONVERSATION AWAY FROM HOPE.