

School 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 school's needs.

Why YouthSpeak?



A Youth Perspective

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



Curriculum Alignment

Program content is aligned with Ontario's mental health curriculum, providing students 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

For Grades 2 - 12

- ✓ **Mental Health & Wellness**
- ✓ **Empowering Minds**
- ✓ **Inclusivity; Bullying Prevention; Anti-Homophobia; Anti-Racism; Nurturing Relationships**
- ✓ **Online Overdrive**
- ✓ **School Survival Guide**
(Gr.8-9 Transition)
- ✓ **6-Week Program**
Mental Health & Inclusivity (gr. 6-8)
- ✓ **Self-Care Toolkit**
(for primary grades 1-3)
- ✓ **Workshops for Parents**
- ★ Printable resource materials included:
Teacher guides, Tip sheets & Resource lists.

ONE CONVERSATION AWAY FROM HOPE.