



The Students
Commission
Centre of Excellence for
Youth Engagement



MENTAL HEALTH

FEBRUARY 2018

At the #CanadaWeWant Conference we asked participants to rate on a scale of 1-10 how much mental illness impacts their lives. The average response was 8.8. Youth in Canada feel that mental health and wellness is just as important as physical health. Although we recognize that leaders in some of our communities are changing how we treat mental health, Canada as a whole still has a great deal to accomplish before we can support youth mental health needs across the country.

Our recommendations take into account Canada's diversity and the diversity of experience with respect to mental health. Many Indigenous communities are in a state of mental health crisis; accessing mental health care in rural communities is different than for those living in cities. There is a lack of consistent education about mental illness, and Canada needs to address the national suicide crisis among young people, especially those in Indigenous communities.

The Mental Health Theme team agreed on 10 recommendations that we believe will improve young people's mental health and wellness moving forward.



Mental Health and Wellness Theme Group 2018

SUMMARY

Mental health affects us all; mental illness impacts many. Youth at the Canada We Want Conference recognized this reality. They also recognized the importance of exploring and addressing our own mental health. The Mental Health and Wellness Theme Team knows that the Canada We Want is one in which every young person has equitable access to mental health services and care, and every young person is educated about mental illness to reduce stigma.



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#CANADA WE WANT

The change we want to see:

We would like to see a mental health care system in Canada that equals the physical health & wellness system. This will facilitate access to care and reduce stigma surrounding mental health. Our mental health care system needs to transition from being a reactive system that only responds to the needs of youth in crisis, to a proactive and pre-emptive system that prioritizes mental care and is based on both autonomy and community.

The way we want to get there (Activities):

The Canadian healthcare system will invest equally in mental health and physical health and wellness care. This can happen through mental health first aid training and mobile mental health crisis response units.

The way we want to get there (Activities):

Indigenous communities will have the proper support required to address their needs, including supports addressing intergenerational trauma and disproportionate suicide and mental illness rates.

The way we want to get there (Activities):

Canada will train young people in school systems so they are equipped to assist their peers in addressing mental illness and recognize early signs of suicide.

What we need to get there (Resources):

We will need government to fund mental health supports adequately, and concentrate these supports where need is greatest.

The way we want to get there (Resources):

The provincial and territorial Ministries of Education will need to cooperate and partner with the federal government so supports and trainings can be integrated into curriculum and delivered in schools.

What are the values and the principles to ground our recommendations?

The current youth mental health system in Canada is outdated. *New and innovative* practices are required to support a new generation's expanding needs.

What are the values and the principles to ground our recommendations?

Indigenous young people experience disproportionate rates of mental illness and suicide on and off reserve. The current system provided to Indigenous youth is failing, often culturally irrelevant and outdated. I think this should be reframed.



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YOUTH TAKE CHARGE

FEBRUARY 2018

The Addressing Structural Racism Theme team was comprised of those engaged in the Youth Take Charge Project. This is a national initiative to address structural racism. This project engages 5 communities across Canada (Surrey BC, Saskatoon SK, Toronto ON, Kingston ON and Halifax NS). Youth Take Charge supports these communities in leading community initiatives that address structural racism, through workshops, resources, youth groups and more. At the Canada We Want Conference, the addressing structural racism theme team was representative of those already engaged in the Youth Take Charge project in their community. The goal of the theme team group at the conference was to build relationships, study the issue further, make decisions and provided input into Canada's first national youth policy.



SUMMARY

Structural racism is an issue that is ever so very relevant amongst young people. This issue poses a threat for young Canadians of minority communities to grow, develop and prosper in a Canada that is safe and respects their basic presence as a human being. It is important that we discontinue viewing racism from a historical lens and acknowledge that it is critical issue in present society. These recommendations provided by youth at The Canada We Want Conference into Canada's national youth policy matter and should be respected as such.



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The change we want to see:

- Structural racism addressed in all facets of government institutions
- Canadians of all communities receive the same opportunities as everyone
- Diversity in schools with students and teachers
- Diversity voices consistently represented at policy decision making tables

The way we want to get there (Activities 1):

Workshops on Structural racism and power

Activity 2:

Research project engaging youth on power and class and Canada and how it contributes to racism

Activity 3:

School board wide youth conferences, allowing students to meet and work with one another

Activity 4:

Policy roundtables with government officials

What we need to get there (Resources):

- Funding from the Government and community organizations
- Centre of excellence for youth engagement, engaging research partners
- School board funding and support to lead youth conferences
- Community partnerships with local government officials to support funding for roundtable

The way we want to get there (Resources):

- Collaboration between all levels of government
- Local government to work with different service providers to help present tools and deliver workshops for youth
- Collaboration between different decision makers and communities to listen to youth voice and implement recommendations

What are the values and the principles to ground our recommendations?

Racism is constantly viewed as an issue of the past and taught in history classes. It's a very prominent issue amongst youth of today and education plays a key role in addressing it.

What are the values and the principles to ground our recommendations?

Lack of representation of diverse voices in policy making means that key voices in the Canadian mosaic is missing and certain groups are put at a disadvantage. Diverse representation ensures everyone is heard.



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CHILDREN'S RIGHTS IN CANADA

APRIL 2018

Children and youth across Canada have been engaged in discussions about the United Nations Convention on the Rights of the Child (UNCRC) since September 2017. The three core objectives for this engagement process were:

1. To provide children and youth with the opportunity to increase their awareness on the UNCRC;
2. Provide children and youth with the opportunity to share their perspectives /voices on children's rights and on important issues facing children in Canada; and
3. To inform Canada's 5th/6th periodic report on the UNCRC in July 2018.

This report is the culmination of these activities and reflects children and youth's perspectives on the UNCRC. It is our hope that this report will be a call to action to all adults and governments across Canada to ensure that all children and youth in Canada know their rights and can see them exercised.



Delegates from the #CanadaWeWant Conference

SUMMARY

More than 500 Canadian children and youth under 18 from **coast to coast to coast** have participated in this process since September 2017. Nearly 30% of the children and youth who participated identified as indigenous. The process involved the delivery of 17 workshops across the country, collection of data from the workshops, and a report based on those preliminary results, which was analyzed and supplemented by children and youth at the national #CanadaWeWant conference. There were many themes that surfaced throughout the journey.

Primarily, it was found that there was a **widespread lack of awareness amongst Canadian children and youth** that children and youth aged 0-17 had rights under the UNCRC. There was also specific concern that **Indigenous children's rights under the UNCRC needed to be better respected.**

Finally, there was a consistent theme that knowing their rights made children and youth **"feel good" and empowered.** Children and youth expressed heightened desires to bring their new-found knowledge on children's rights to their peers and communities.

The Students Commission of Canada was contracted by the Government of Canada to complete an engagement process focused on gathering input from children and youth under the age of 18 on the United Nations Convention on the Rights of the Child (UNCRC)

#CANADA WE WANT

The change we want to see

A deeper regard and respect, across the country, for each article under the United Nations Convention on the Rights of the Child.

For every child to know about the rights available to them, because every adult has the knowledge to teach them about the Convention.

A healthier relationship between adults / decision makers and children and youth so that children and youth's voices are better heard and valued.

A country where youth feel that their thoughts, opinions, and voice matter.

The way we want to get there (Activities):

- a) Mandatory incorporation of the UNCRC in all school boards and curricula across the country.
- b) Mandatory placement of the UNCRC (in child-friendly language) included in the spaces and place where children live.

The way we want to get there (Activities):

- a) More frequent check-ins from people of government on how youth perceive their rights are being respected.
- b) More peer-to-peer dialogue between children on how they perceive their rights are being respected.

The way we want to get there (Resources):

- a) Support from local, provincial and national governments.
- b) Support from non-profit and for-profit organizations.

What we need to get there (Resources):

- a) Improved school curricula.
- b) Rights-based programs and services.
- c) Informed parents, family members, and adult mentors/allies.

What will make the tree healthy?

Full embracing and adherence to the United Nations Convention on the Rights of the Child (UNCRC)

What will make the tree healthy?

Increased awareness amongst Canadian children, youth and their adult allies about the UNCRC.



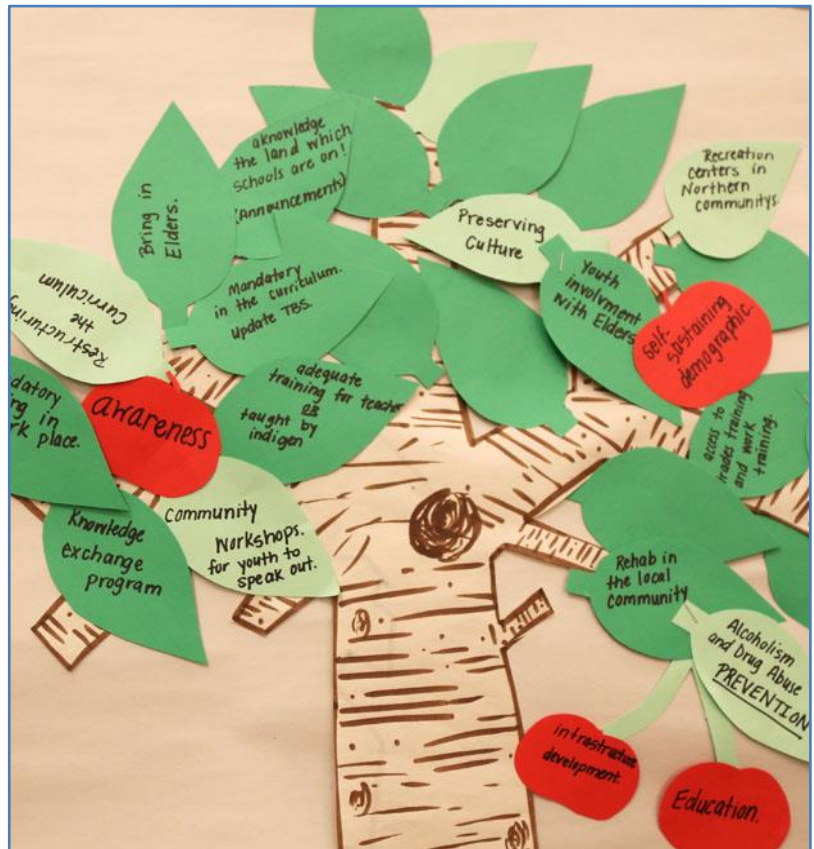
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TRUTH & RECONCILIATION

FEBRUARY 2018

Some may consider Canada’s 150 years as something worthy of celebration, but to many, this represents 150 years of oppression and violence. Trauma caused by residential schools and oppression inflicted on Indigenous peoples of this land still impacts all aspects of Indigenous young peoples’ lives. There are many areas which require improvement before reconciliation can truly be achieved. The first steps towards reconciliation are education, awareness, and empathy building. Although funding is a necessary aspect of improving current living conditions of Indigenous people, community capacity building needs to become a focus in order for all communities to prosper and be self-sustaining. In this report, we share our recommendations developed at the #CanadaWeWant youth conference to guide us along the path of truth and reconciliation.



The Truth and Reconciliation Theme Team’s Dream Tree.

SUMMARY

The path to truth and reconciliation is multi-layered and will require Indigenous and non-Indigenous people to unite and walk the path together. There are four main areas the federal government needs to address to progress along the path to truth and reconciliation.

These four areas are **Awareness, Access to Resources and Opportunity, Capacity Building and Building Sustainable Communities, and Celebrating and Practicing Indigenous Culture.**

Awareness: Our recommendations include restructuring of school curriculum across Canada to help educate, inform, build empathy and break stereotypes of Indigenous history and culture.

Access to Resources and Opportunity: Our recommendations include increased access to medical care and mental health support, especially in small rural communities.

Capacity Building and Sustainable Communities: Our recommendations include more in-school support, trades training, and job opportunities for Indigenous youth.

Celebrating and Practicing Indigenous Culture: Our recommendations include supporting Indigenous ceremonies and celebrations in public spaces.



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The change we want to see:

The Canada We Want is one in which all Indigenous people are connected to their culture, and one in which all people in Canada understand they have a role to play in working towards Truth and Reconciliation. The Canada We Want has a new and trusting relationship between Indigenous people and the Government of Canada. The Canada We Want provides adequate resources, supports and opportunities in all Northern, remote, and reserve Indigenous communities.

Rehabilitation processes that incorporate traditional teaching

The way we want to get there (Activities):

All people in Canada have the opportunity to engage in dialogue between Indigenous and non-Indigenous peoples to build empathy and understanding of how we will walk the path of Reconciliation together.

The way we want to get there (Activities):

All publically-funded school curricula teach young people Canada's true past and emphasize that we can and must do better in supporting Indigenous people.

The way we want to get there (Activities):

All Indigenous youth will have access to their culture, regardless of where they live. For example, non-Indigenous Foster Parents caring for Indigenous children must be obligated to connect the child to their culture in an authentic and meaningful way.

What we need to get there (Resources):

The Government of Canada must commit to implementing all TRC Calls to Action.

The way we want to get there (Resources):

All Governments in this country (Indigenous, Federal, Provincial, Territorial, Municipal) must work together to support Indigenous people.

What are the values and the principles to ground our recommendations?

Our Recommendations are grounded in the values of honesty, listening, compassion and commitment to working together towards a better future for Indigenous people in Canada.

What are the values and the principles to ground our recommendations?

Our Recommendations are grounded in an ultimate respect for the diverse Indigenous teachings and culture, especially the Medicine Wheel.



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THE JUSTICE SYSTEM WE WANT

FEBRUARY 2018

Canada's Criminal Justice System (CJS) is flawed; its practices are inequitable and unfair, often demonstrating bias, discrimination and racism. Youth believe that with the input of diverse Canadians we can reimagine and rebuild a justice system that serves all Canadians, and ensures fair and equitable treatment regardless of our diverse experiences and identities.

The Justice System We Want theme team discussed: sentencing and responses to crime, overrepresentation of indigenous peoples and people with mental health issues in Canada's CJS, as well as restorative justice and supports for victims of crime.



This tree has all of the dreams we have for Canada in the next 150 years. These include things like peace and a fair justice system.

SUMMARY

In recent months, it has become clear to many Canadians that Canada's Criminal Justice System (CJS) is not a fair and unbiased system, and that some people are facing disadvantages within the system. At the #CanadaWeWant Conference, youth discussed how to improve our justice system and create the justice system we want.

Personal Circumstances and Context

We believe that the CJS should take into account the offenders' circumstances and lived experience, as well as the context of the crime when sentencing offenders. Sentencing can take many forms; the offender must be held accountable for their action, but also be provided opportunities for healing and rehabilitation.

Addressing Root Causes via Programs and Partnerships

The CJS must focus on addressing root issues of crime, like poverty, mental health and cognitive functioning issues, and trauma, to decrease the number of Indigenous people and people with mental health issues in the CJS. The CJS currently cannot support all of these individuals and need to work with other systems and organizations to do so.

Healing and Closure

For the sake of both offender and victim, it is important that the CJS focus on healing and closure. This may involve using alternative approaches to justice, like restorative justice, that focus on re-building relationships and community.



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The change we want to see:

Canada's Criminal Justice Systems is fair and just **for all**; it does not make racist or discriminatory decisions based on bias and stereotypes. Instead, the CJS focuses on addressing root issues of crimes, supporting offenders and victims, and strives towards healing and closure.

In order to make these changes, we need youth to advocate for them. Youth, therefore, need to be more educated about the CJS, including their rights, navigating the system, practices within the system, like diversion and alternative courts and sentencing. We need accessible resources to help others learn about the CJS as well.

The way we want to get there (Activities):

Start Justice Councils at high schools or host regular workshops at local youth centres and community centres.

The way we want to get there (Activities):

Raise awareness about justice-related services as well as alternative courts and sentences, like restorative Justice, through campaigns and educational materials.

The way we want to get there (Activities):

Be Justice Ambassadors—tell our peers and friends about what we learned and the resources we created. Build connections with elders, adult allies, community leaders to get the word out!

What we need to get there:

Community buy-in: school supports, support from our elders and other adult allies, space and other in-kind resources from community and youth centres, engagement with police and other CJS professionals.

Support from the Students Commission and Justice Canada to create resources and tools, and to bring us together in conversations.

The way we want to get there:

Engaging our communities in making change, this includes our neighbourhoods, our schools, our governments and councils, and local organizations that care about the same things we do.

Create educational resources and share them on social media and in workshops. Encourage other young people to take action in their own communities.

What are the values and principles that ground our recommendations?

Everyone deserves fair treatment.

We need to be educated about our options in the CJS so we can select the option that is best for victims and offenders.

Offenders need to be held accountable, but they also need to be supported to improve their lives and themselves to stop cycles of re-offending.

When at all possible, the goal of justice should be to heal, to rehabilitate, to create closure, and to re-build connections between offender, victim, and community.



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GENDER-BASED VIOLENCE

MARCH 2018

Gender-based violence is a reality that affects Canadians of a variety of identities, including individuals who are Indigenous, LGBTQ+, a visible minority, disabled, of a lower socioeconomic status, and many other social identities. Additionally, Canadians between the ages of 15 to 34 are most at risk (Statistics Canada, 2015). During The Canada We Want Conference, youth came from across the country to share their opinions, ideas, and personal stories related to gender-based violence in order to address this problem that takes place on both the individual and systemic level. Through building a safe space and working collaboratively, the gender-based violence theme team has designed several recommendations to address gender-based violence, as well as support survivors and empower them.



Gender-based Violence Theme Group

SUMMARY

Our team spent countless hours working towards having open discussions about problems of gender-based violence that affect many Canadians today. Through examining these issues, several recommendations were created in order to change systematic and individual beliefs that may lead to such acts.

Topics related to healthy teen relationships, missing and murdered Indigenous women, LGBTQ+ rights, and consent and sexual health awareness form the basis of this report. Our team hopes that these suggestions will be used to help survivors heal and make the Canada we want!

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#CANADA WE WANT

The change we want to see:

No victim blaming / Ne blâmer pas la victime
Acceptance of LGBTQ+ / L'acceptation de LGBTQ+
Healthy youth relationships / Relations saines des jeunes
Less sexual assault / Moins de violence sexuelle
No more murdered or missing Indigenous women / Moins des femmes Autochtones disparues ou assassinées

The way we want to get there (Activities):

More LGBTQ+ education / Plus d'éducation
Safes spaces for survivors of violence / Les zones de confort pour les survivants de la violence

The way we want to get there (Activities):

More education on social media / Plus d'éducation à travers les média sociaux
National Sexual Health Week / La Semaine Nationale de la Santé Sexuelle

The way we want to get there (Activities):

Sharing circles for youth / Des cercles de partage
Mandatory workshops on consent / Les ateliers obligatoires

What we need to get there (Resources):

Government support / Soutien gouvernemental
Educational reform / Une réforme de l'éducation

The way we want to get there (Resources):

Social Media / Média Sociaux
Funding / Aide Financière
Parental support / Soutien des parents

What are the values and the principles to ground our recommendations?

Respect / Respect
Acceptance / Acceptation

What are the values and the principles to ground our recommendations?

Healing / Guérison
Security / Sécurité



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YOUTH IDENTITY DEVELOPMENT

FEBRUARY 2018

Youth Identity Development, or social identity formation, is quite different for today's young people than previous generations. Concepts such as belonging to a community and opportunities for social interaction are in an entirely different realm than before because of the internet and social media.

This report makes three recommendations to the youth policy related to how the government can support positive youth identity development.



The Youth Identity Development Theme Team

SUMMARY

What is the true impact that social media has on youth identity development? There is no correct uniform answer, although social media can have both positive and negative consequences for the way young people feel and think about themselves. Spaces of belonging are created through social media platforms, but so are isolating spaces of exclusion. When young people feel isolated online, they are likely to extend this feeling in their everyday interaction. We make three recommendations to the federal government's youth policy:

The government should support and initiate online movements such as hashtags and challenges to support positivity and authenticity online.

All teachers should have social media safety and healthy habits training to teach to their students.

More youth spaces should be created in communities to provide an alternative to unhealthy activities that youth may engage in.



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The change we want to see:

Positive and inclusive behavior by adults and young people to promote online and offline belonging. Positive and respectful online relationships which translate to successful offline communication. Personal authenticity online and offline: youth should feel confident and comfortable being themselves.

The way we want to get there (Activities):

Reducing “fear of missing out” by supporting community drug and alcohol free youth centres

The way we want to get there (Activities):

Reducing negative propaganda and body shaming advertisements on social media.

The way we want to get there (Activities):

Spreading hashtags and social media challenges that promote authenticity online as well as positive online behavior.

What we need to get there (Resources):

Funding, trained professionals and spaces that can facilitate youth participation in community activities to reduce engagement in unhealthy behaviour.

The way we want to get there (Resources):

Education in schools that encourages young people to think about what the message is when posting on social media, and making sure it is positive and constructive.

What are the values and the principles to ground our recommendations?

Adults should respect the fact that online interaction is a fact of life for this generation of young people. Simply avoiding going online is out of the question.

What are the values and the principles to ground our recommendations?

Promoting authenticity and honesty among young people to encourage self-acceptance.



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WORK WORLD WE WANT

FEBRUARY 2018

Youth across Canada feel unprepared to enter the workforce. Youth identified several reasons for this unpreparedness: schools not offering relevant education, geographic isolation from services, and lack of awareness and/or access to the proper supports to prepare them for their future careers.

Finding solutions to issues youth face when seeking employment are complex and will require a multi-faceted problem-solving approach. We all have a responsibility to ensure that youth find ways to contribute meaningfully to their communities, and this includes a responsibility from employers of young people to recognize the privilege that is involved in employing young people. For many young people, their first job experience is critical for ensuring long-term employment success.



Work World We Want Theme Group

SUMMARY

Our recommendations were generated to provide creative solutions to employment issues facing youth across the country. Discrimination, nepotism, unlawful and unethical workplace practices are still realities that young people face in finding and maintaining employment in Canada. The #CanadaWeWant is one in which all young people have the supports they need to find employment,

and live in an economy that values their contribution in the work force. The Work World We Want is one in which employers support their young employees to be successful, and one in which young people, regardless of their identity or geographic location, have the opportunity to gain experience prior to having their first job.



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The change we want to see:

Youth are not discriminated against when seeking employment- having young people as employees should be seen as a privilege and benefit to the workplace.

Youth have access to experiences prior to beginning to work.

Mentors are available to young people to help guide them in career choices and make work places safe and accommodating for young people.

The way we want to get there (Activities):

Increasing hands-on opportunities for career exploration, especially for remote and isolated communities.

The way we want to get there (Activities):

Employers expectations are realistic and accommodate youth needs (i.e. School schedules)

All young people understand their rights in the work-place.

The way we want to get there (Activities):

Living wage is utilized rather than a minimum wage. Young people's work is valued.

What we need to get there (Resources):

Hands-on Training Programs

Child care Services

Living Wage mandated through legislation

The way we want to get there (Resources):

Meaningful Career Exploration classes imbedded in all secondary school curriculums.

Career and Employment centers are accessible in all communities.

What are the values and the principles to ground our recommendations?

Equity and Fairness

Truth and Reconciliation

The United Nations Convention on the Rights of the Child

What are the values and the principles to ground our recommendations?

Opportunities and education for all young people, regardless of geographical location or identity.



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YOUTH SERVICE AND VOLUNTEERISM

FEBRUARY 2018

Being engaged in one's community, especially through volunteering opportunities, is a valuable experience all young people should have. Not all young people have the opportunity to volunteer, however, and not all volunteer opportunities are meaningful. The #CanadaWeWant gives young people the opportunity to explore and identify their interests through volunteering opportunities. The #CanadaWeWant is a place where young people volunteer from a young age. These experiences will reinforce young people's understanding that their voice matters and that they can positively impact change in their communities.



SUMMARY

Research shows that youth engagement has positive outcomes for young people's health, skills development and personal confidence. This report calls for the youth policy to support strategies that increase youth engagement in communities across Canada through volunteering.

Community Highlighting the tangible impact youth can have during volunteering allows them to have ownership over their volunteering and know that they are contributing to strengthening and supporting their community.

Relatedness Youth look for opportunities that create connections with others and help build relationships. They enjoy meeting new

people and participating in volunteer activities with their friends. Volunteering can provide opportunities for meaningful relationship development and new connections.

Meaning and Impact Youth are full of energy and are aware of social issues. They look for meaningful opportunities to volunteer where they have an impact on their community and are contributing to social issues that resonate with them. Volunteering can empower youth and communities to fulfill their potential and contribute to social change.



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The change we want to see:

- Meaningful volunteer opportunities are accessible to all youth
- A Canada in which long-term community engagement and volunteering exist for youth in their communities
- Volunteer opportunities that emphasize the impact/outcomes participation supports- this allows youth to increase their sense of sociopolitical control
- Ensure anti-racism and Indigenous representation are present in volunteer opportunities
- Youth in Canada are engaged in their communities

The way we want to get there (Activity 1):

Online Volunteer Portfolio Platform

Activity 2:

Workshop Programs

Activity 3:

National Youth Forums (NYF)

Activity 4:

Mentor to Mentee Community Meet Up Program

Activity 5:

HR Consultant/Counselling Program

Activity 6:

Providing Extra Supports for Those Who Need Them

What we need to get there (Resources):

- Funding from the government to support the creation of volunteer opportunities in communities
- An Online Volunteer Portfolio Platform
- Adults that work *with* youth and act as mentors
- Collaboration between local actors to implement the youth policy

Activity 7:

Community Service Integrated Education in Elementary

Activity 8:

Community Champions Program

Activity 9:

Redefining 'Volunteering'

The way we want to get there (Resources):

- Collaboration between all levels of government
- Local governments that support service providers/organizations to create volunteer opportunities that address social issues
- Communities create opportunities based on youths' interests

What are the root causes of the problems behind Service and Volunteerism among youth?

Understanding

Youth do not always understand the value in volunteering and the impact it has on our communities.

Portrayal of Volunteerism

Youth often understand volunteering as merely a mandatory activity to graduate high school.

Motivation/Engagement/Connection

Volunteer activities are not always as meaningful as they could be, so engagement less sustained.

Opportunities lack accessibility

Volunteer opportunities are not always accessible to diverse young people.



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HEALTH CANADA'S YOUTH LEADERSHIP TEAM (YLT) ON TOBACCO

March 2018

Health Canada established a formal advisory group on Tobacco Control with youth from across Canada in 1999 and has sustained its operation in various ways since then. Youth aged 14 to 24 have provided volunteer advice and conducted action projects locally and nationally, meeting in Ottawa once or twice a year with Health Canada officials, and connecting via telephone, email, text, web video meetings throughout the year. This advisory group is called Health Canada's Youth Leadership Team on Tobacco Control (YLT).

Health Canada at various times has contracted the Students Commission of Canada (SCC), lead of The Centre of Excellence for Youth Engagement (CEYE), to provide continuity and support for the youth, facilitation and logistics services for executing the meetings and support to the youth for their projects. 2017-2018 was a year of transition for the YLT as a number of long-serving members attended their final meeting as YLT representatives. This report will provide an outline of the 2017/2018 process and activities. This report also includes a 5-year plan in the form of a dream tree that outlines where the YLT can and should go between now and 2023.



#CANADA WE WANT



The change we want to see in 2023

- Increase in engagement of young people in tobacco advocacy
- Increase in awareness of the relationship between mental health and tobacco/cannabis use
- Decrease in % of young people vaping, using tobacco products
- Well on our way to 5 by 35

Proposed Activities

- Semi-annual 4-day conferences of YLT members
- National Action Project that reaches both urban and rural communities
- Targeted research to groups more likely to smoke identify the root causes of why they do

Proposed Activities

- Publicity for the YLT so that folks in Health Canada and the public know what we do
- Site visits in local communities by Health Canada and Facilitator Staff
- Rebranded and dedicated website for the YLT

Proposed Activities

- Design a campaign around the concept of “Right time to quit”
- Local to National to Local activities. Connect semi-monthly meetings to local community action milestones

What we need to get there

- Integrated with local community programs
- Social media presence: Facebook group that helps to maintain engagement
- Ongoing use of webinar technology to stay connected
- Regular check-ins both on an individual and a group level

What we need to get there

- Connect with YLT alumni members to gauge their ideas
- Financial resourcing similar to when there were contribution agreements in place with the Students Commission
- Honoraria for community action projects

What will make the tree healthy?

Strong YLT Membership representative of Canada’s Diversity
The Four Pillars: Respect, Listen, Understand, Communicate™

What will make the tree healthy?

Dedicated Presence/Support of Health Canada staff and the Students Commission of Canada
Diversity: Meeting and interacting with different types of people. In-person meetings are critical to our success