

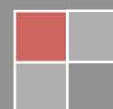
2012

Unite and Ignite



Rural Youth retention, engagement, and attraction

At the 2012 Unite and Ignite conference there were six key issues that were discussed. This report discusses the key issue youth retention, attraction and engagement in small communities.

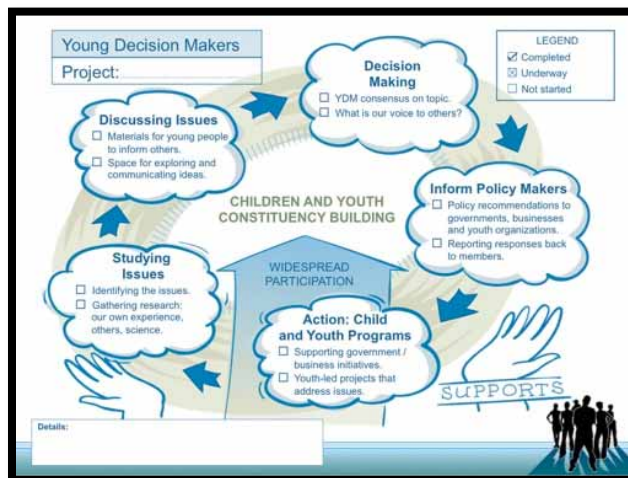


Unite and Ignite

The 2012 Unite and Ignite conference taking place March 22nd to 25th put on by the Students Commission and Youth Centers Canada was very successful. With 200 attendees and six key issues many great ideas and opinions were shared and are currently being pursued further. The six key issues were; exploring sexuality, self-esteem, substance use and risky behaviours, suicide, bullying and fighting, and youth retention, attraction and engagement. By the end of the conference each group will have created three recommendations based on these key issues. The first recommendation was self, each participant wrote down a goal they would like to accomplish personally regarding the key issue their group discussed. In six months the recommendations will be mailed back to each participant as a reminder of their goal. The second recommendation is social; this key message is a suggestion for each community, something the youth can attempt to accomplish in their youth center or community. The third and final recommendation is system; this is a suggestion for the policy makers of Canada, what the participants want the government to accomplish to help raise awareness about the key issues. Each of the recommendations will be added to the report on the conference which will be submitted to the *Healthy Behaviour in School Age Children (HBSC)* study which will help them develop an effective and engaging communication tool which will help raise awareness about the Issues discussed during the conference.

The Young Decision Makers

The Young Decision Makers are a youth group that has come up with a decision making model which was used in each of the theme session to help the youth study, discuss, and make decisions about the key issues. The model has five stages the first is to take action; this step was accomplished when the participants agreed to attend the conference. The second is to study the issue, which means to ask friends and research what you can about the topic. Third is to discuss what was researched in the previous stage. Fourth is to make decisions based on what has been studied and researched. Finally you must inform people of your decision and put it into action, the key messages are what the participants will be using to inform people of their decisions.



Thursday, March 22nd 2012

Thursday was the first day of the conference, all of the participants were separated into one of the six groups (they chose the groups during registration). The youth retention, attraction and engagement group discussed the following topics:

- YDM model
- Guidelines
- Head, heart, feet, spirit
- Quote cards
- Parking lot

Guidelines (rules to ensure that everyone is comfortable, and on the same page):

- No put downs
- Respect
- Have fun
- Youth input
- Give input
- Share
- Positive
- No swearing
- Take healthy risks
- Right to pass

Parking lot (a place to store ideas to be discussed later during the conference):

- How to keep connection with youth
- How to expand
- Staff and youth
- Youth governance

Friday March 23rd 2012

After spending the morning at Parliament Hill the participants attended two themed sessions with their groups.

We narrowed our topic to “encompass youth’s interest develop their leadership skills and support conversation when needed.

- Involve youth
- Youth oriented
- Acceptance/belonging
- Youth led
- One-on-one
- Interests
- Programs, program feedback
- Appealing to different age groups
- Give youth meaning

The group was then separated into youth and adult groups and discussed the narrowed down topic. The youth discussed:

Youth	
Topic	Notes
Encompass youth	<ul style="list-style-type: none"> • Give youth what they ask for • Plan meetings • Run all sorts of activities (programs) • Ballot box/ fundraiser
Leadership skills	<ul style="list-style-type: none"> • LIT programs (leaders in training) • Guys/ girls groups RITES of passage • Mentoring/ shadowing • Town action council • Various youth bringing everyone success (youth vybes)
Support conversation	<ul style="list-style-type: none"> • If uncomfortable discuss as a large group • Give advice • What should be changed • Resources for help • Private sessions
Possible improvements	<ul style="list-style-type: none"> • Take our ideas, not just listen • Conduct opinion surveys • Take action quicker • Work together in partnerships • Continue the good work • More events

Adults

The Adults discussed the following issues:

- Give responsibilities to youth
- Be approachable
- Not everything is about money
- Failure can be success and is okay
- Find interests
- Show complete respect
- Relinquish leadership
- Understand boundaries
- Ask don't tell
- Patience and dedication
- Youth input on policies
- Parallel boards and staff
- Be clear
- Equal male/female involvement
- Adults can learn from youth
- Everyone needs to be asks

Adults researched the topics and then discussed:

- Parents
- Target youth to organize sports
- Use examples to show the possibilities
- Give youth something back
- Acknowledge youth are people
- Allow youth to think for themselves
- Let youth know you heard them
- Respect youth's opinion
- 2 ears and 1 mouth
- Stop → listen
- Start in youth
- Don't push
- Be at harmony
- Help manage barriers

When the two groups rejoined they each stated what they had learnt so far over the course of the conference. What they learnt was:

- All centers are different
- Centers are pillars of community
- Understand youth's point of view before pushing
- Have youth and adults work together
- Parallel everything is a vital key to youth centers (youth and adult boards, staff...)
- Everyone has the same issues
- One-on-one connections
- Act on youth's idea's right away (comfort)
- Everyone has different opinions
- Demonstrates mutual respect
- Take the time to truly listen
- Encourage youth to initiate their idea's
- Everyone is willing to learn and improve
- We are all trying to encourage youth, it's not just 1 place
- Everyone has a different style, 1 technique won't work with everyone

Saturday March 24th

Saturday started with a discussion of how schools, neighbourhoods, substance use and risky behaviour, injury, and bullying and fighting might affect youth attraction, engagement and retention. We used the *Health Behaviour in School Aged Children* report to study the issue. The group agreed with many of the points, but also thought that some of their arguments were controversial.

We also came up with two key messages to put in the report, and one i sent back to themselves in six months;

Social: we encourage youth centers to implement parallel boards, and staff and/or mutual decision making.

System: we recommend that all provinces and territories provided multiyear funding for youth centers to encompass youth's interests, develop youth's leadership skills and support conversation when needed.

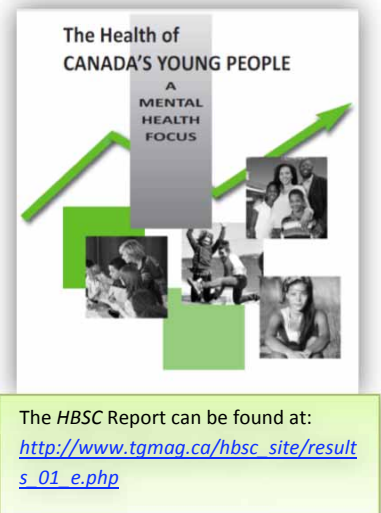
Sunday March 25th

On the final day of the conference one key message from each of the groups was represented in front of all the conference members. The rural youth centers engagement, attraction, and retention group chose to present their system recommendation. They wanted to emphasize the lack of money and number of youth centers, so they created a music video, changing the lyrics from "Sexy and I know it", to "Underfunded and you know it".

You can view this video, and the others presented at the conference at;
http://www.tgmaq.ca/hbsc_site/ourmessage_01_e.php

Conclusion

The 2012 Unite and Ignite conference allowed for many youth to explore new ideas and share their opinions. The key messages created by each of the six groups will be developed further by the Students Commission, Youth Centers Canada, and the HBSG group. The rural youth engagement, attraction and retention group presented their system message by making a music video "Underfunded and you know it", which emphasized the lack of money and number of youth centers in Canada. The video will be put on the internet to raise awareness and hopefully cause change. This music video and many other creations from the conference will be used to raise awareness on the six key issues.





The Students
Commission
*Centre of Excellence for
Youth Engagement*



La commission
des étudiants
*Le centre d'excellence pour
l'engagement des jeunes*

2012

UNITE & IGNITE

March 22nd to March 25th

Thursday, March 22nd, 2012

2:30 – 4:00	Hotel check in & Registration Set-up Bragging Booths	Lobby
4:00 – 4:30	Orientation/ House Keeping Josy Labbe	Centennial Room
4:30 – 5:30	Youth Orientation/Roles facilitated by Facilitators & Sharif Madhy	Centennial Room
4:30 – 5:30	Adult Allies / Content Ally Orientation / Roles facilitated by Stoney McCart & Dale Pearson	Carleton Room

"Laughter has no nationality"

Thursday, March 22nd, 2012 continue

5:30 – 6:30	1 st Themed Session - Studying Issues
<p>A. Exploring Sexuality</p> <p>Sexuality and identity can often go hand in hand. The roles we play as a result of sexuality can often influence our lives in very profound ways. Our culture has defined certain roles and stereotypes based on sexual orientation and identity. Individuals will spend time discussing the issues of sexuality as they see them through their own personal experiences, their experiences in their community and with broader culture. Issues with sexuality are often linked with self-esteem and may lead to substance abuse, bullying and youth suicide. Participants will brainstorm ways to take action on these issues while also looking at the roles of Youth Centres in dealing with the issues.</p>	<p>Greenery Room 5:30 – 6:30</p>
<p>B. Addressing Youth Suicide</p> <p>In Canada, suicide is the second highest cause of death for youth aged 10-24. What can youth centres, organizations, adult allies, young adults and youth themselves do in order to prevent further children and youth from hurting themselves? What programs, services or opportunities can help communities address this and reduce the number of youth suicides and attempts. This very sensitive topic will be addressed by youth, young adult and adult participants with the youth participants identifying three realistic action items that can be taken in a community. Those signing up for this theme need to be prepared for a respectful but challenging dialogue on a very personal issue for many people.</p>	<p>Carleton Room 5:30 – 6:30</p>
<p>C. Addressing Bullying</p> <p>Approximately 12% of girls and 18% of boys reported bullying others at least twice in previous months, whereas 15% of girls and 18% of boys reported being victimized at least twice over the same time period. Are youth feeling safe in their schools, youth centres, youth organizations and in their communities? With accurate and up to date knowledge complimenting the personal experiences of participants, through the Young Decision Maker Process adult allies, young adult and youth participants will have informed discussions on how bullying can be recognized and responded to: by adults, organizations, systems and youth themselves. In particular, they will examine their own beliefs and attitudes towards bullying. Is passive awareness enough? Do people sometimes 'go along to get along'? What can we do at an individual level to prevent bullying? At the conclusion of the conference the youth participants will use their voice, based on their learning and discussions, and make three recommendations as to what can be done by their community, in an organization/youth centre and by youth themselves.</p>	<p>Beachcomber Room 5:30 – 6:30</p>

"I think, therefore I am. I am, therefore I can. "

Thursday, March 22nd, 2012 continued

<p>D. Addressing Substance Abuse</p> <p>The age of initiation for first-time alcohol and drug use in Canada is now around 14 or younger. There are unusually high levels of cannabis use among young Canadians compared with their peers in other countries, and there is a rise in hazardous drinking by those under 25. Harm reduction or abstinence based programming? Decriminalization of marijuana? Binge drinking and links to violence. Prescription drugs that are a growing threat to young people. Participants will complement their own personal Violence in Youth Lives experience and expertise about substance abuse with new learning and informed discussions that will lead to three key areas and discussions that need to keep happening across Canada in order to further engage young people in the discussion about substance abuse.</p>	<p>Rotary Room / Ottawa Room 5:30 – 6:30</p>
<p>E. Exploring Self-Esteem</p> <p>Self-awareness and being conscious of why we do what we do can go a long way to addressing a lot of the issues that young people face. Those with higher levels of self-esteem and who really value themselves have higher health outcomes both mentally and physically and are less likely to abuse substances, bully and commit suicide. Participants will share their own experiences and develop an understanding of why they are who they are, afterwards participants will look at the different social and societal factors that influence the self-esteem of young people in their communities and across the country. What role do our peers, parents, culture and media play in affecting self-esteem? How do we address the issues of self-esteem for young people across the country?</p>	<p>Board Room 5:30 – 6:30</p>
<p>F. Youth Retention, Engagement and Attraction Through Youth Centres</p> <p>Canadian youth are leaving rural and small communities across the country, some for post-secondary education, others for jobs, and there are those who leave completely unprepared and without any plan. But most have one thought in common: to leave with the intention of never returning or to live in any small community again. This has profound implications for many communities and cultures within Canada, including some missed opportunities for youth in new and emerging economic possibilities in or near rural Canada. Rural Youth Attraction, Retention and Engagement will be a theme with an enhanced symposium structure woven into the framework of the conference. The focus of this theme and symposium is to consider the issues and possible solutions to support rural youth attraction, retention, and engagement. In addition to the YDM process, additional panel discussions with academic and government department guests will be invited to contribute to the discussions.</p>	<p>Imperial Room 5:30 – 6:30</p>

“Only positive attitude is allowed beyond this point”

Thursday, March 22nd, 2012 continued

6:30 – 8:30	<p>Dinner / Bragging Sessions: Sarah Rudolph Team Lead/Chef d'équipe Child Rights and International/Droits de l'enfant et international Strategic Policy and Research Unit/Politique stratégique et recherche Division of Childhood and Adolescence/Division de l'enfance et de l'adolescence Public Health Agency of Canada/ Agence de la santé publique du Canada/ Greetings/ Speaker: Colby Tootosie</p>	Centennial Room
8:30 – 9:00	Check-in for facilitators, adult allies and content allies	
8:30 – 9:00	<p>Radon – Another Reason to Quit Break It Off Campaign Educational Tools</p> <p>People who smoke and are exposed to elevated levels of radon have a significantly increased risk of developing lung cancer. This presentation will describe what radon is, how you can test for the presence of radon, and what can be done if high levels in your home are found. The presentation will also highlight the increased risk faced by smokers who are exposed to high levels of radon, and steps that can be taken by smokers to reduce their exposure risks, including quitting smoking.</p> <p>Young adults aged 19-29 have the highest smoking prevalence in Canada and the Break It Off campaign is a dedicated attempt to engage this demographic and improve their awareness of cessation supports. This presentation will discuss a digital and social media initiative developed specifically for this age group, deployed across 6 provinces. Discussion will highlight the thematic approach, the development, implementation, and promotion, as well as next steps and lessons learned to date.</p> <p>She will also show educational tools that could be borrowed by youth centres.</p> <p>Henriette Déry has 20 years of experience with Health Canada as a Program Consultant in the tobacco program .</p>	Rotary Room

*"Until you commit your goals to paper,
you have intentions that are seeds without soil."*

Thursday, March 22nd, 2012 continued

9:00 – 10:00	<p>Youth Centre Coordinator and/ or Board member Meeting A chance for youth centre/program coordinators, executive directors and board members to meet and discuss their challenges and successes. Topics may include policy development, responding to emerging needs, Board of Directors development, funding, self-generated funding, community relations, and the challenges of long-term planning. This is also an opportunity to identify services, support, and actions for Youth Centres Canada to work toward in the upcoming year. This forum opportunity is the best means to share our collective knowledge and strengthen our “community of practice.” It would be appreciated if you would send, in advance, emails to lvoakes@typs.com to identify some of your topics of interest, but it is not a prerequisite for taking part. This is one workshop you won’t want to miss. Facilitated by Les Voakes, Executive Director Youth Centres Canada</p> <p>Les Voakes is the Executive Director of TYPs Youth Centres Canada, a national organization which supports community-based youth centres and youth councils. Les Voakes has a B.A. in Sociology/Anthropology and a M.A. in Cultural Anthropology and has worked for over thirty years with youth programs and services. Les has worked with groups and individuals often referred to as “the marginalized” of our society. Les has experience working in corrections, project development and management, employment issues, and community-based prevention programs concerning alcohol and other drugs and youth crime.</p>	Rotary Room
9:00 – 11:00	<p>Unite & Ignite Olympics Peter Copp / Rebecca White /Sheila Kenney / Pool</p>	Carleton Room
Midnight	Lights out, you will need your rest	

*“Self-importance is our greatest enemy. Think about it--what weakens us is feeling offended by the deeds and misdeeds of our fellowmen.
Our self-importance requires that we spend most of our lives offended by someone. ”
Carlos Castenada*

Friday, March 23rd, 2012

7:00 – 8:30	Breakfast/ Bragging Sessions	Centennial Room
7:30 – 8:15	Yoga / Cheryl O'Connor	Carleton Room
8:45– 11:30	<u>8:45 Everybody in the Hotel Lobby</u> Parliament Hill	Everyone on the Busses
12:00 – 1:30	Lunch / Bragging Sessions	Centennial Room
1:00- 1:30	Check-in for Facilitators	

1:30 – 2:30	2nd Themed Session - Studying Issues	
A. Exploring Sexuality	Greenery Room	
B. Addressing Youth Suicide	Carleton Room	
C. Addressing Bullying	Beachcomber Room	
D. Addressing Substance Abuse	Rotary Room / Ottawa Room	
E. Exploring Self-Esteem	Board Room	
F. Youth Retention, Engagement and Attraction Through Youth Centres	Imperial Room	

2:30 – 2:45	Transit
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"Happiness is knowing your limits and to love them"

Friday, March 23rd, 2012 continued

2:45 – 4:15	Open Workshops Session 1	
<p>Identity: The Law of Attraction – Bringing Change Into your Life</p> <p>How you can be positive and enthusiastic about your life. Make amazing changes in you thought process and live a more pleasant and enjoyable life</p> <p>Josy Labbe has worked with sexually assaulted women, has studied in alternative medicine, shiatsu and bio-energetic therapy. She has 10 years' experience working with youth at the Russell Township Sport and Youth Centre. During that period she was part of the TYPS Board of Directors. She is the Executive Director for the Merrickville Youth Centre and is working with TYPS Youth Centre Canada as the National Research Conference Coordinator for the Unite and Ignite Conference.</p>	<p>Carleton Room 2:45 – 4:15 Positive Change</p>	
<p>Words From The Hip-Young Parenting</p> <p>This presentation, entitled Words from the Hip is intended to provide a close look at the daily realities and challenges of teen pregnancy and young parents. Participants will gain an understanding of current Canadian statistics regarding youth pregnancy and parenthood. They will hear about and discuss stigma and risk factors as well as protective factors. Through the use of visual media, a panel presentation by young parents and question period as well as hands on activities, youth will be able to begin to explore what types of choices and sacrifices are required by a young parent.</p> <p>Barbara Damm-Smith is a parent support worker at Bethany Hope Centre, and has worked with youth and families for over two decades in the roles of youth worker, counsellor or trainer. Barbara has worked in corporate, community, and church settings- and believes that her most important role is empowering young people to believe in themselves, communicate effectively, and achieve personal and career goals. She believes that each new generation has a purpose, and that the individual and collective choices of this generation have the power to significantly impact future generations. She loves her work at Bethany Hope Centre with young parents, and continues to learn many important things from the amazing clients at BHC. She lives in the Ottawa area with her husband, and has three grown children, all in their 20s.</p> <p>Naomi Praamsma is the Program Director of the Bethany Hope Centre. She is a graduate of the Child and Youth Counsellor Program (1993) at Algonquin College and is also part-time faculty there. She has worked with youth, women and children for over 20 years and has spent the last 7 years working with young parents and their children.</p>	<p>Beachcomber Room 2:45 – 4:15 Youth Parental workshop</p>	

*"All true love is founded on esteem."
George Buckingham*

Friday, March 23rd, 2012 continued

<p>Get Out There! “Get a Life!”</p> <p><i>Discover the personal benefits of getting involved in communities all over Canada</i></p> <p>Katimavik is a youth volunteer program that helps youth get work experience and life skills and while discovering their potential as leaders in Canadian communities. This workshop focuses on the importance of “learning by doing” and civic engagement as they benefit the individual and as they relate to the community. Find out how you can “Get a Life” and make a difference in your community at the same time.</p> <p>Katimavik</p> <p>Jess Lawrence is the Communications and Development Officer at Katimavik’s Central Regional Office. She has worked as a Youth Outreach Worker, has participated in several youth initiatives and has experience facilitating youth-oriented workshops.</p>	<p>Ottawa Room 2:45 – 4:15 Youth personal growth project</p>
<p>Outdoor Adventure Leadership Experience (OALE)</p> <p>The outdoor adventure leadership experience is a leadership training program delivered while participating on a ten day wilderness canoe expedition. The program is proposed to occur entirely outdoors during a 125 km canoe excursion from the French River Trading Post (Highway 69 bridge over the French River) to Prairie Point at the northeast end of Wikwemikong. The excursion will include many natural challenges such as rapids, portages, waves, and weather that will be managed in a progressive manner so as to build participant confidence and develop group cohesion. The excursion is also planned so that the arrival day in Wikwemikong will coincide with a community feast to welcome the youth home.</p> <p>Lawrence Enosse</p> <p>is employed as the Brighter Futures Manager for the Waasa Naabin Community Youth Services Centre on the Wikwemikong Unceded Indian Reserve. Lawrence has been employed with multiple organizations such as Department of Indian Affairs Canada, Native Canadian Centre of Toronto and the Aboriginal Human Resources Development Strategy striving to promote excellence with First Nation youth and communities. Lawrence is also an elected Band Councillor of the Wikwemikong Unceded Indian Reserve.</p>	<p>Rotary Room 2:45 – 4:15 Outdoor Discovery physical/spiritual/environment/culture</p>

“Seek respect mainly from thyself, for it comes first from within.”

Friday, March 23rd, 2012 continued

<p>Youth Entrepreneurial Skills and Career Program Coordinator</p> <p>The Fusion Youth Centre, municipally owned and operated by Town of Ingersoll, aims to engage and support youth by providing a safe environment where youth know they belong and are empowered to make positive changes in their lives. The centre has been successful in engaging and empowering its youth, but of course all things come with immense financial cost and commitment. In order to offset costs and to provide sustainability, Fusion has taken an innovative approach to social enterprise and created a model that has attracted attention from across the province.</p> <p>This interactive workshop will educate the audience about various social enterprise models and elaborate on the model used by Fusion. Participants will explore the strengths and weaknesses of social enterprise as a means to revenue generation and how to use social enterprise models to engage youth in the community.</p> <p>Fusion Youth Centre</p> <p>Lindsay Vyse</p> <p>Lindsay has been with the Fusion Youth Centre for the past two and a half years. After graduating from the University of Guelph, she began at the centre as a part-time front line worker before accepting a position as the Youth Entrepreneur Partnership Program (YEPP) Coordinator. Lindsay coordinated the YEP program for one year before successfully sustaining the program through a four year grant with the Ontario Trillium</p> <p>Foundation Future Fund in April 2010. This grant represents a collaboration between Community Employment Services (CES) and will elaborate on the YEP program which focused exclusively on introducing youth to entrepreneurial culture. The new program will make use of Fusion's social enterprises as a means to allow youth to explore business culture while also giving them employment skills and career path support.</p>	<p>Imperial Room 2:45 – 4:15 Social Enterprise</p>
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*"Live now. Make now always the most precious time. Now will never come again."
Captain Jean-Luc Picard, U.S.S. Enterprise*

Friday, March 23rd, 2012 continued

<p>Relaxation Response</p> <p>Stress is constant in our lives. We can't always change that, but we can build skills to cope better. This is an experiential workshop. You will learn skills and practices to de-stress, get better sleep, be less anxious or depressed, worry less, and reduce anger and other negative emotions. Practicing relaxation leads to better health and a more positive outlook on life. Everyone can learn these practices, and you will feel the positive effects almost immediately. These practices put you in charge of your life. Wear warm, comfortable clothing, and bring a blanket and pillow if you can.</p> <p>Dale Pearson has coordinated national and provincial projects with TYPs Youth Centre Canada, was Executive Director of Girls Incorporated of Upper Canada for 16 years, and has worked with youth in alternative education and social services in British Columbia and Ontario. She is also the founder of Collective Healing Solutions, which provides services and workshops in stress reduction, expressive arts movement, and alternative healing modalities. She is a certified reflexologist, reiki master, and acupuncturist, and has lead relaxation response workshops for individuals, schools, small businesses and large corporations. Dale believes that stress plays a significant role in our wellbeing, and that learning how to elicit the Relaxation Response, the body's innate system to combat the wear and tear of chronic stress, can impact our lives at many levels.</p>	<p>Greenery Room 2:45 – 4:15 Self-Care</p>
<p>Your Voice, Your Right</p> <p>is an interactive workshop where young people get a chance to explore the importance of their voices in advocating for their own rights as well as the rights of other young people. It starts with gaining perspective on child and youth rights and understanding how the Office of the Provincial Advocate functions and supports children and youth across the province of Ontario.</p> <p>The workshop will feature video clips of young people who have made their voices and rights heard by spreading their message to others across their communities. The workshop will conclude with a discussion on the role of the Office of the Provincial Advocate and how the Office can work alongside young people to strengthen their voices and make their universal rights known.</p> <p>The Office of the Provincial Advocate for Children and Youth reports directly to the Ontario Legislature and provides an independent voice for children and youth, including children with special needs and First Nations children. The advocates receive and respond to concerns from children, youth and families who are seeking or receiving services under the Child and Family Services Act and the Education Act (Provincial and Demonstration Schools). The Provincial Advocate may identify systemic problems involving children, conduct reviews and provide education and advice on the issue of advocacy and the rights of children. The Office is guided by the principles of the UN Convention on the Rights of the Child and has a strong commitment to youth involvement.</p>	<p>Board Room 2:45 – 4:15 Youth Right & Voice</p>

"Perseverance is failing 19 times and succeeding the 20th."

J.Andrews

Friday, March 23rd, 2012 continued

4:15– 4:45	Break / Transit
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4:45 – 6:15	3rd Themed Session - Studying Issues	
A. Exploring Sexuality		Greenery Room
B. Addressing Youth Suicide		Carleton Room
C. Addressing Bullying		Beachcomber Room
D. Addressing Substance Abuse		Rotary Room / Ottawa Room
E. Exploring Self-Esteem		Board Room
F. Youth Retention, Engagement and Attraction Through Youth Centres		Imperial Room

6:30 – 8:00	Dinner / Bragging Sessions	Centennial Room
8:00 – 9:00	Forum: Youth Retention, Engagement and Attraction through Youth Centre	Centennial Room
9:00 – 9:30	Check-in for facilitator, adult allies and content allies	
9:00 – 11:30	Karaoke Night / Pool	Beachcomber Room
Midnight	Lights out, you will need your rest	

“Try to learn something about everything and everything about something.”

Saturday March 24th, 2012

7:30 – 8:30	Breakfast / Bragging Sessions / Pool Josy Labbé	Centennial Room
7:30 -8:15	Yoga / Cheryl O'Connor	Carleton Room

9:00 – 10:30	Open Workshops Session 2	
<p>Strengthening Youth Centres as Hubs of Services for Youth</p> <p>We know that increased partnerships with youth service providers and community stakeholders strengthen youth centres in terms of capacity to serve and sustainability in their communities. We'll review the most common barriers cited across the country to creating partnerships and answer "What makes a youth centre ready to engage in strong partnerships and to become an active hub of youth services?" What are the steps that have proven to be effective in building strong local and regional partnerships?"</p> <p>Dale Pearson and Kevin Morris</p> <p>Dale Pearson has coordinated national and provincial projects with TYPs Youth Centre Canada, was Executive Director of Girls Incorporated of Upper Canada for 16 years, and has worked with youth in alternative education and social services in British Columbia and Ontario. She is also the founder of Collective Healing Solutions, which provides services and workshops in stress reduction, expressive arts movement, and alternative healing modalities. She is a certified reflexologist, reiki master, and acupuncturist, and has lead relaxation response workshops for individuals, schools, small businesses and large corporations. Dale believes that stress plays a significant role in our wellbeing, and that learning how to elicit the Relaxation Response, the body's innate system to combat the wear and tear of chronic stress, can impact our lives at many levels.</p> <p>Kevin Morris is a writer, video producer, and consultant in project and community development. Currently he is supporting HRSDC/Skills Link projects in youth centres that link youth and skills for the new economy.</p>		<p>Greenery Room 9:00 – 10:30 Community partnership YCC Program</p>

"The thought is nothing if not followed by achievement"

Saturday March 24th, 2012 Continued

<p>The Challenge</p> <p>Having effective problem solving and decision-making skills are essential to face life's challenges. The Challenge Program teaches these skills to youth through group activities where the participants strategize, communicate and work together to meet a common goal. Supported by the Ministry of Health Promotion and Sport, the Challenge Program training prepares facilitators to deliver this fun and engaging program that teaches important life skills. This workshop covers the basics of the program including communication techniques, learning styles, and participation in Challenge activities</p> <p>Peter Copp has worked with children and youth facing challenges for almost 15 years. His background includes directing a recreational facility for children and youth diagnosed with neurological disorders, outdoor recreation, teaching, and training professionals in communication techniques, behaviour and crisis management. A certified Child and Youth Worker with an Honours BA, Peter's approach is enthusiastic, caring, and, most importantly: youth and child centred.</p>	<p>Ottawa Room 9:00 – 10:30 Challenge Program Activity Funding Potential</p>
<p>Brainstorming New Research Agendas for Universities</p> <p>There are opportunities to collaborate with university researchers to link youth centre programs and activities with new and emerging research agendas. What should universities be doing in the field for a better understanding of youth? What are the research areas being planned? What should be included? Are researchers asking the right questions? Be a part of a dynamic and interactive brainstorming session on exploring the ways and means that community youth centres can continue to develop important resources and collaborate in the development of evidence-based tools to benefit youth, and particularly marginalized youth. This workshop's report will be used in preparing key questions for a June 16th workshop in Edmonton on this topic.</p> <p>Rob Shields, D. Phil, Kristen McArthur</p> <p><u>Henry Marshall Tory Research Chair</u> and Professor, <u>Sociology / Art and Design, University of Alberta</u>, Edmonton Alberta Canada. Founding Editor, <u>Space and Culture</u>. Rob Shields has had an interest in youth centres and youth initiatives, particularly from a community impact perspective, for over fifteen years and has regularly worked with youth spaces in Alberta and Ontario.</p>	<p>Carleton Room 9:00 – 10:30</p>

"It is not in the stars to hold our destiny but in ourselves."

Saturday March 24th, 2012 Continued

<p>Social Venture as a Tool to Engage</p> <p>Speaking to Street Culture's success of using social venture as both a community and youth engagement tool, this workshop will talk about how to develop social venture within your own community groups, what kinds of activities can raise funds, and why you should try it. Social venture is much more than fundraising through a bottle drive or a car wash. It is an opportunity to develop solid, unrestricted funds for your community centre and the youth you serve. This workshop will be directed to both adult supports and youth leaders interested in learning more about social venture and how to implement it in their own communities.</p> <p>Kim Sutherland & Stephanie Clark /Street Culture</p> <p>Kim Sutherland is founding CEO of Regina's Street Culture Project, and is a pioneer in social venture activities within the province of Saskatchewan. Stephanie Clark has worked extensively front-line with youth, program development and evaluation. She is currently transitioning within Street Culture to become the Assistant Director of Saskatchewan's first Youth Shelter.</p>	<p>Imperial Room 9:00 – 10:30 Social Enterprise</p>
<p>High 5 for Life – Mental Health & Suicide prevention</p> <p>High 5 For Life is a dynamic mental health and suicide prevention multimedia presentation, which utilizes music and video to connect with audiences and improve awareness on these increasingly important topics among youth and adults. In the presentation James Thomas openly shares both his sister's and his own life experiences to cover topics such as sexual abuse, drug/alcohol addictions, bullying, sexuality, overcoming the devastation of losing someone to suicide, the signs and steps to take in order to prevent suicide, as well as a new perspective and understanding of mental illness and how it can be overcome through natural healing and coping methods.</p> <p>Unlike other presentations on mental health, High 5 for Life also addresses societal changes we need to make in order to minimize the increasing rates of suicide and mental illness. While inspiring individuals to be the change, by focusing on our own well-being and mental health, we can live life to the fullest and better support the people around us. This in the end can have an impact not only on our community but also on the entire globe.</p> <p>The presentation provides the audience the opportunity to also discuss the trauma and pressures each of us face throughout our lives, how they've impacted us and what methods were used to heal from them as well as cope with our ongoing struggles.</p> <p>James Thomas</p> <p>In 2005 James Thomas lost his younger sister, Chantal who died by suicide at the age of 18. Since then James has worked with some of the country's leading experts in mental health and a number of people who have overcome suicide while producing a documentary titled "The Truth About Teenage Suicide". During production James came to realize that he was struggling with most of the same issues and heading down the exact same pathway as his sister. He then got the support he needed to overcome his struggles before they became fatal and now dedicates his life to speaking in schools and communities in order to educate individuals about mental health and suicide prevention.</p>	<p>Beachcomber Room 9:00 – 10:30 Suicide Prevention workshop</p>

"Know what you want and do it! You can"

Saturday March 24th, 2012 Continued

Youth Adult Partnerships – Working Together to Create Positive Change

What is a Youth-Adult Partnership?

A youth-adult partnership results when youth and adults work together as a team to reach a common goal and to make decisions that affect their lives. Both adults and youth have the opportunity to make suggestions, decisions and recommendations. One is not valued over the other; it is a collaborative and mutual relationship. Mutuality is all about a two-way street, where both youth and adults are teaching each other, learning from each other, and making decisions and acting together. Youth-adult partnerships focus on nurturing, emphasizing youth and their contributions rather than their problems

We invite youth, young adults, and adults to join us in this workshops to take part in activities and discussions that will explore how youth and adults work together in partnership. We will also provide you with tools you can take home to continue to build on the strengths of your partnership.

Bonnie Heilman / Tristan Banyay / Centre of Excellence for Youth Engagement

Bonnie and Tristan work in a youth-adult partnership at Youth Launch, which is a youth leadership program based out of a Saskatoon high school called Nutana Collegiate Institute. Youth Launch also serves as the Western Hub of The Students Commission of Canada.

Now the Director of Youth Launch, **Bonnie** became involved as a participant at the age of seventeen. Over the past ten years, she has gained experience engaging diverse youth in youth-led projects and programs to create positive change in their communities, training youth to facilitate discussions and projects, developing and delivering workshops for adults who work with youth, and participating in research and policy development at the local, provincial, and national level. Bonnie holds a Bachelor of Arts from the University of Saskatchewan, with a Major in English and a Minor in Native Studies.

Hi, my name is **Tristan Banyay**; I was born and raised in Saskatoon, Saskatchewan and come from a family of five. I went to Bethlehem Catholic High School and am currently enrolled in the Youth Care Worker Certificate (**YCWC**) Program at the Saskatchewan Institute of Applied Science and Technology (**SIAST**), in Saskatoon. I started to volunteer with Youth Launch in September of 2007. I did a Work Placement (**for Career and Work Exploration**) in September of 2010; I then did a Summer Student Placement in the summer of 2011; and just recently, I got hired on part-time as a Youth Coordinator. I'm excited to be here at Unite and Ignite 2012 and look forward to meeting and connecting with the people I have not yet met.

Rotary Room
9:00 – 10:30
Youth Engagement

"When our thinking is positive, the result of our efforts are positive"

Saturday March 24th, 2012 Continued

<p>Gambling and Youth</p> <p>Today's youth are the first generation growing up in a culture where gambling is actively promoted and normalized. There are a lot of opportunities for youth to gamble and bet. Gambling patterns are established as early as 8 years of age and can be in place before an adolescent reaches high school. Roughly 70-90% of youth gamble and most are not even aware of it! About 4% of teens have a gambling problem.</p> <p>In this workshop, we will discuss various youth gambling and betting activities, odds and probabilities, house advantage, media literacy aspects, legality of gambling, online gambling, risks and signs of problem gambling, harm reduction strategies, and much more!</p> <p>Catherine Bernachez</p> <p>I graduated in Leisure & Recreation at La Cite Collegiale. Before working as a youth outreach worker in gambling awareness, Catherine worked 4 years as a youth facilitator with exposé, a youth-led anti-tobacco industry program. In the spring and summer, She works as a whitewater rafting guide during weekends!</p>	9:00 – 10:30
10:30 – 11:00	Break / Transit

“Nothing changes until you change”

Saturday March 24th, 2012 Continued

11:00 – 12:00	4th Themed Session - Studying Issues and Constituency Building	
A. Exploring Sexuality		Greenery Room
B. Addressing Youth Suicide		Carleton Room
C. Addressing Bullying		Beachcomber Room
D. Addressing Substance Abuse		Rotary Room / Ottawa Room
E. Exploring Self-Esteem		Board Room
F. Youth Retention, Engagement and Attraction Through Youth Centres		Imperial Room

12:00 – 1:30	Lunch / Bragging Sessions	Centennial Room
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1:30- 2:30	5th Themed Session - Studying Issues and Constituency Building	
A. Exploring Sexuality		Greenery Room
B. Addressing Youth Suicide		Carleton Room
C. Addressing Bullying		Beachcomber Room
D. Addressing Substance Abuse		Rotary Room / Ottawa Room
E. Exploring Self-Esteem		Board Room
F. Youth Retention, Engagement and Attraction Through Youth Centres		Imperial Room

2:30- 3:00	Break / Transit	
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"When we judge, we do not understand; and when we understand, we do not judge"

Saturday March 24th, 2012 Continued

3:00 – 4:00	6th Themed Session - Discussing Findings & Decision Making	
A. Exploring Sexuality		Greenery Room
B. Addressing Youth Suicide		Carleton Room
C. Addressing Bullying		Beachcomber Room
D. Addressing Substance Abuse		Rotary Room / Ottawa Room
E. Exploring Self-Esteem		Board Room
F. Youth Retention, Engagement and Attraction Through Youth Centres		Imperial Room

4:00- 4:15	Transit
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4:15- 5:15	7th Themed Session -Discussing Findings & Decision Making	
A. Exploring Sexuality		Greenery Room
B. Addressing Youth Suicide		Carleton Room
C. Addressing Bullying		Beachcomber Room
D. Addressing Substance Abuse		Rotary Room / Ottawa Room
E. Exploring Self-Esteem		Board Room
F. Youth Retention, Engagement and Attraction Through Youth Centres		Imperial Room

5:15-5:30	Break
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“All men who have achieved great things have been dreamers.”

Saturday March 24th, 2012 Continued

5:30 – 6:30	8th Themed Session - Developing the Pitch.	
A. Exploring Sexuality		Greenery Room
B. Addressing Youth Suicide		Carleton Room
C. Addressing Bullying		Beachcomber Room
D. Addressing Substance Abuse		Rotary Room / Ottawa Room
E. Exploring Self-Esteem		Board Room
F. Youth Retention, Engagement and Attraction Through Youth Centres		Imperial Room

6:30 – 8:00	Evaluation / Dinner/ Bragging Sessions/Speakers	Centennial Room
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8:00 – 9:00	YCC Annual General Meeting (AGM)	Rotary Room
9:00 - 9:30	New Elected Board Meeting	Rotary Room
8:00 – 8:30	Check-in for facilitator, adult allies and content allies	
8:00 -	Pool	
9:00 – Midnight	Annual Costume Dance / Pool	Beachcomber Room
Midnight	Lights out, you will need your rest	

"There is only one person who could ever make you happy, and that person is you."
David Burns

Sunday March 25th, 2012

7:30 – 9:00	Breakfast / Bragging Sessions / Pack-up & Check-out	Centennial Room
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9:00 – 9:30	9th Themed Session - Action Items - Meet in your respective rooms to be ready for your presentation	
A. Exploring Sexuality	Greenery Room	
B. Addressing Youth Suicide	Carleton Room	
C. Addressing Bullying	Beachcomber Room	
D. Addressing Substance Abuse	Rotary Room / Ottawa Room	
E. Exploring Self-Esteem	Board Room	
F. Youth Retention, Engagement and Attraction Through Youth Centres	Imperial Room	

9:30 – 11:30	10th Themed Session –Presentation - Informing Decision Makers / Taking Action.	
A. Exploring Sexuality		
B. Addressing Youth Suicide		
C. Addressing Bullying		
D. Addressing Substance Abuse		
E. Exploring Self-Esteem		
F. Youth Retention, Engagement and Attraction Through Youth Centres		
11:30 – 12:00	Snack, Fond Farewells and Group Picture	Centennial Room

*"Create your day in advance by thinking the way you want it to go and
YOU will create your life intentionally."*