

YouthNet RéseauAdo Advocacy Yearbook



"We have opened conversations, empowered students, raised awareness, offered educational opportunities, and boosted overall positivity within the school."

Grade 12 student at Canterbury H.S.





Table of Contents

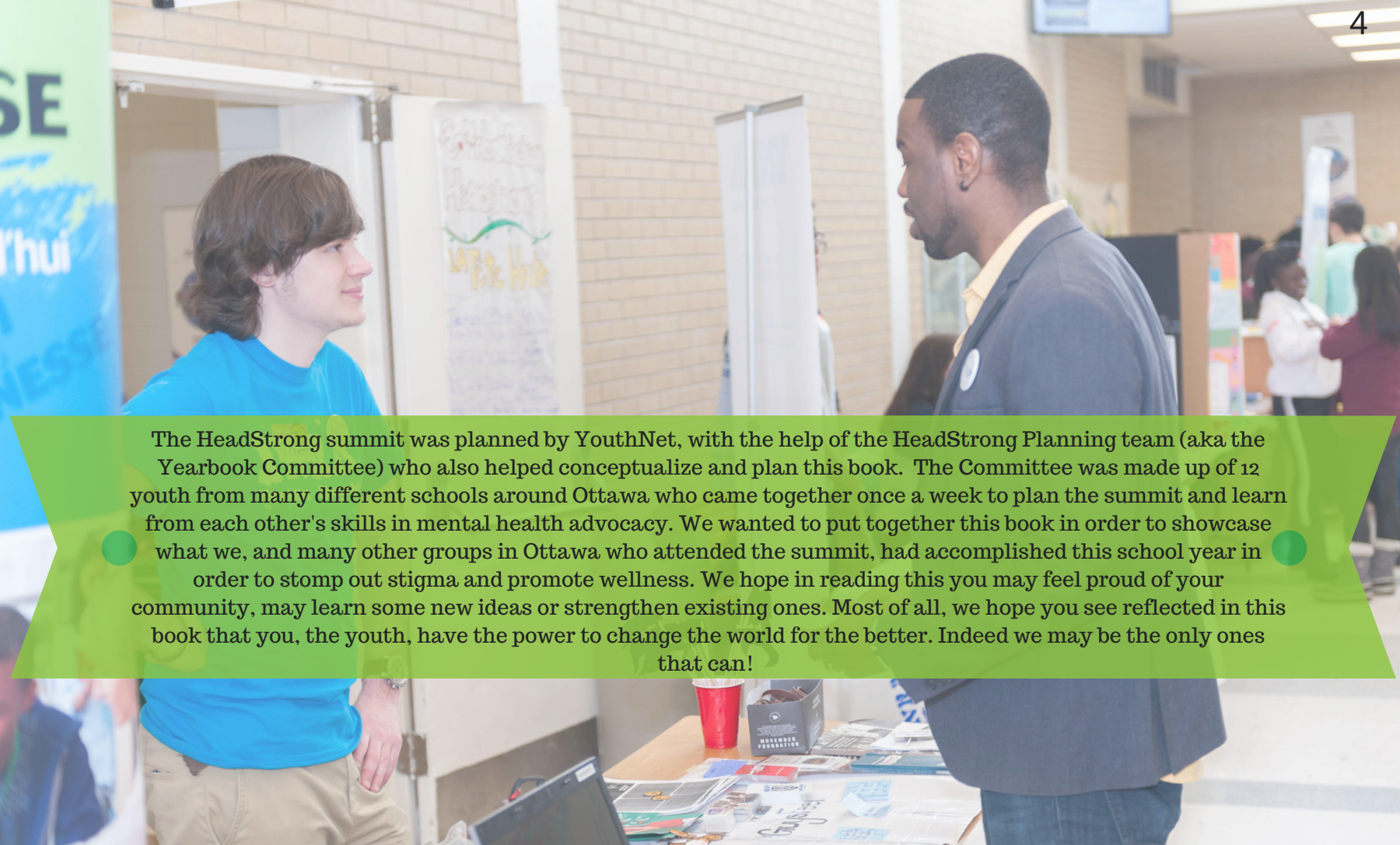
HeadStrong Summit pg. 3-4
Yearbook Committee pg. 5-6
Events & Campaigns pg. 7-10
Feedback pg. 11
Problem Solving pg. 12-14
Trusted Adults pg. 15
Impacts of HeadStrong pg. 16-17
CollaborAction pg. 18-20
Resources pg. 21

Click to watch

GET EXCITED
YOU'RE AT HEADSTRONG

On March 24, 2017, 150 youth and 50 of their adult allies

came together on a very snowy day in Ottawa for the HeadStrong Youth Summit. We were inspired by speakers who shared their story of overcoming a mental health struggle, and came to understand the negative impacts stigma has on our community. We also learned about resources that can support us, and brainstormed what we can do to end stigma and promote wellness. The theme for this year's summit was CollaborAction (Collaboration + Action).



The HeadStrong summit was planned by YouthNet, with the help of the HeadStrong Planning team (aka the Yearbook Committee) who also helped conceptualize and plan this book. The Committee was made up of 12 youth from many different schools around Ottawa who came together once a week to plan the summit and learn from each other's skills in mental health advocacy. We wanted to put together this book in order to showcase what we, and many other groups in Ottawa who attended the summit, had accomplished this school year in order to stomp out stigma and promote wellness. We hope in reading this you may feel proud of your community, may learn some new ideas or strengthen existing ones. Most of all, we hope you see reflected in this book that you, the youth, have the power to change the world for the better. Indeed we may be the only ones that can!



YEARBOOK COMMITTEE

Emma
Sharkey
"Most
down-to-
earth"

Brianne
Moore
"Most likely
to have a job
as a public
speaker"

Gaetano
Pacifico
"Most likely to
do a TedTalk
and for it to go
viral"

Emily
Sandre
"Most likely to
be a leader in
the group/best
smile"

Caroline
Alinec
"Most likely to
make a living
with her art"



Kayla
O'Malley
"Sweetest
singer ever"

Hudson Bridger
"Most likely to
say one thing
every meeting
that blows your
mind"

Louis
Gamache
"Most likely
to be a
famous DJ"

Mackenzie
Huckvale
"Most likely to be
first elected
female Prime
Minister"

Erin Murphy
"Most likely to
write the best
book series
ever"

Brent Bolivar
"Friendliest
face/most
teddy-bear
like"

Katie Clarke
"Hollywood's
next
filmmaker"

YEARBOOK COMMITTEE

Events & Campaigns

"We ran a week of mental health engagement activities in February, including workshops, assemblies, self-care activities and a community resource fair."

- Glebe Collegiate Institute

"On a fait une Salle Zen pendant la semaine de la santé mentale où à chaque jour les élèves pouvaient venir déstresser sur l'heure du dîner. Il y avait aussi un atelier différent à chaque jour pour fabriquer des jouets anti-stress."

- É.S. Omer-Deslauriers

"Nous avons organisé toute une semaine d'activités pour la semaine de la santé mentale en mai, pour tous les 1400 élèves de l'école. Il y avait une présentation à presque mille élèves pour réduire la stigmatisation de la santé mentale, des kiosques d'organismes communautaires qui présentaient leurs services, des activités en classe pour améliorer l'estime de soi et le discours interne, un filtre Snapchat, des activités le midi pour promouvoir la bonne santé mentale positive et une session de méga-yoga pour réduire le stress."

- É.S. catholique Franco-Cité



"We're still in the building phase but, our project's goal is to reduce stigma around mental illness and it's treatments by creating a ZINE, (google it).

Created with the input and artwork from youth across Ottawa, the ZINE will bring awareness and try to change the way people use words related to mental illnesses in a reckless and often harmful way.

By changing the way we speak we can reduce stigma and encourage wellness!"

YouthNet's Youth Advisory Committee

"Our Sources of Strength team promoted mental health and positivity throughout this past school year. We ran multiple campaigns in order to get students and staff talking about personal sources of strength. Our school ran an activity called "PearsonFest" which celebrated the diverse events and people at LBP. Many school clubs had booths and activities happening. For the Sources of Strength booth we made individual sections of the Sources of Strength wheel for community members to take photos with. When people approached the booth, we explained the purpose of Sources and encouraged them to take a photo with one of their strengths and post it online with the hashtag #LBPSOURCES. The students and teachers were excited to take photos and listen to what we had to say."

Lester B. Pearson Catholic H.S.

"We proudly presented our Coyote Pack with the following activities throughout the school year:

- Wellness Day (several sessions ran throughout the day that covered an array of topics - classes could sign up to attend)
- Wellness Walk (the whole school walked a 5K)
- Lunchtime and after school Zumba, meditation, and Color Me Calm sessions
- Guest Speakers (Dr. Greg Wells and Girl Talk with Katie Zeppieri)
- Mental Health Day & at the school play (set up a booth in the cafeteria with pamphlets, offering a variety of resources to help youth through life's challenges yarn "bracelets" - as a reminder of students committing to personal wellness and being kind to others)"

St. Francis Xavier Catholic HS

"This year, using Athletic Council as a platform, me and my co-lead organized a mental health month throughout May. Every Tuesday at lunch we hosted workshops, positive activities on Wednesdays, and student speaker panels on Thursdays. We also held a final party at the end of the month to bring together youth and celebrate positive mental health."

Canterbury High School

"The St. Mark Headstrong Team ran multiple events throughout the year but our favourite and most successful event was Stress Busters Week. This event ran during the week before exams, showcasing different ways to reduce stress during study time and exams. Our team ran many activities including yoga and dodgeball, as well as handing out bubble wrap (to pop away stress!) and snacks."

St. Mark Catholic H.S.

Click to watch
A glimpse of
youth week at Bell High School

Some of the feedback we received:

"I love all these events with specialists- I'm learning a lot"
"Super impressed with how well organized this month is!!! Really appreciated!"

"This is the cutest thing, 10/10 thanks guys!"

"This is so so awesome, I'm glad I got to take part in this!!"

"Really lovely to see support from our peers in the school community. Definitely will come back (:"

"This is very awesome, yes I agree very impressive. Thank you!"

Canterbury H.S.

Fantastique! Les élèves ont apprécié les activités où on donnait des suçons et de la tire d'érable. Ils nous demandent aussi quelles sont les prochaines activités à venir. Et ils ont adoré faire la session de méga-yoga : presque 300 élèves ont participé!

É.S. catholique Franco-Cité

Feedback



"Très belle réception des élèves de l'école (et du personnel aussi). Il y avait entre 15 et 30 élèves à chaque jour et plusieurs élèves ont démontré leur regret que l'activité était seulement pendant une semaine."

É.S. Omer-Deslauriers

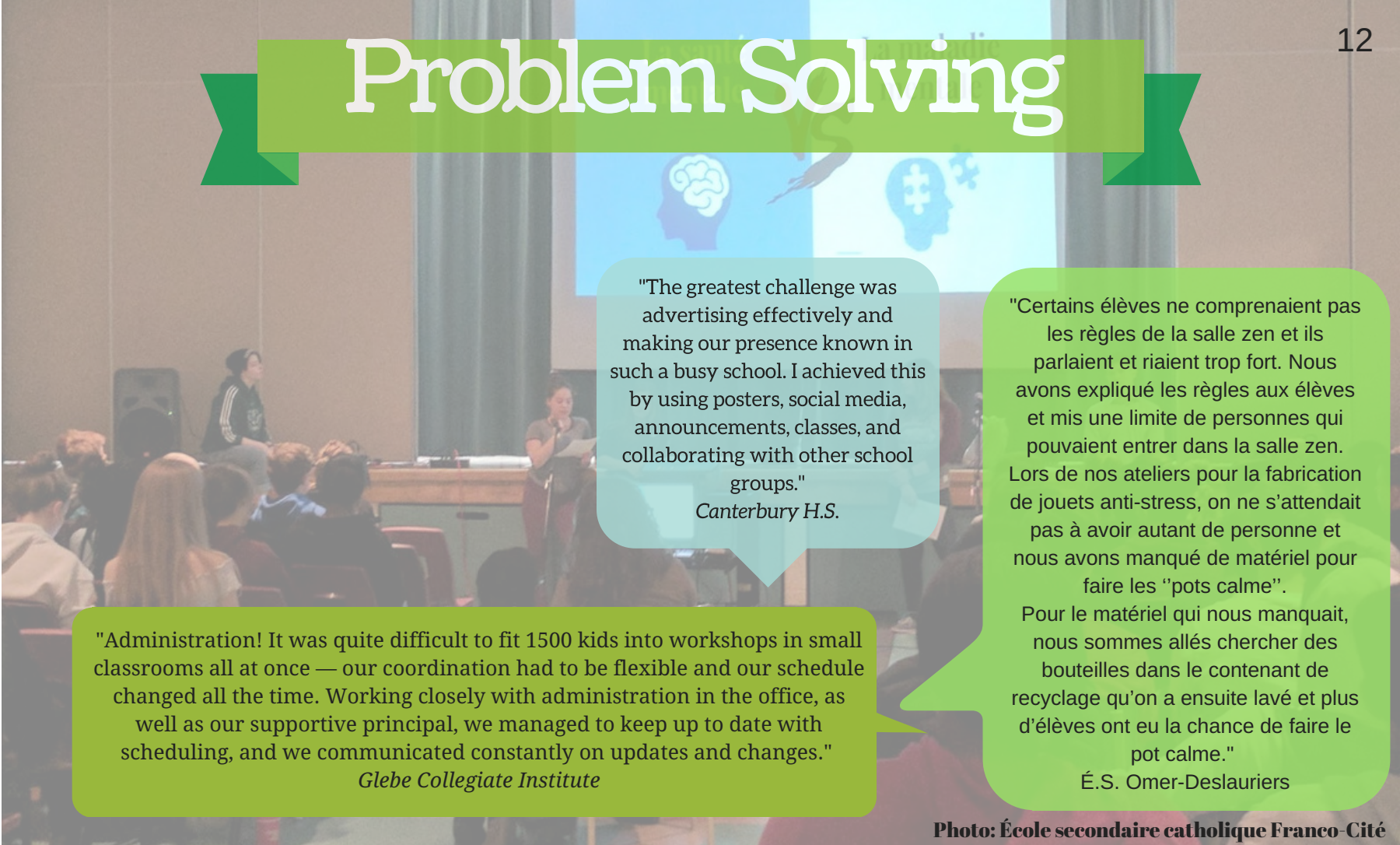
"With over nine different community partners in attendance (including YouthNet, of course!) we made sure that every one of the 1500 students at Glebe got to participate in a workshop, and hear the speakers at our assembly. This incited much excitement and large crowds for our voluntary activities as well! Feedback from both teachers and students was incredibly positive — and personal thank you's from peers and adult allies were really heartfelt."

Glebe Collegiate Institute

"The verbal feedback we received was all positive, and students were enthusiastic for the next planned events. Our biggest success based on the feedback were the sessions offered during wellness day."

St. Francis Xavier Catholic H.S.

Problem Solving



"The greatest challenge was advertising effectively and making our presence known in such a busy school. I achieved this by using posters, social media, announcements, classes, and collaborating with other school groups."

Canterbury H.S.

"Administration! It was quite difficult to fit 1500 kids into workshops in small classrooms all at once — our coordination had to be flexible and our schedule changed all the time. Working closely with administration in the office, as well as our supportive principal, we managed to keep up to date with scheduling, and we communicated constantly on updates and changes."

Glebe Collegiate Institute

"Certains élèves ne comprenaient pas les règles de la salle zen et ils parlaient et riaient trop fort. Nous avons expliqué les règles aux élèves et mis une limite de personnes qui pouvaient entrer dans la salle zen. Lors de nos ateliers pour la fabrication de jouets anti-stress, on ne s'attendait pas à avoir autant de personne et nous avons manqué de matériel pour faire les "pots calme".

Pour le matériel qui nous manquait, nous sommes allés chercher des bouteilles dans le contenant de recyclage qu'on a ensuite lavé et plus d'élèves ont eu la chance de faire le pot calme."

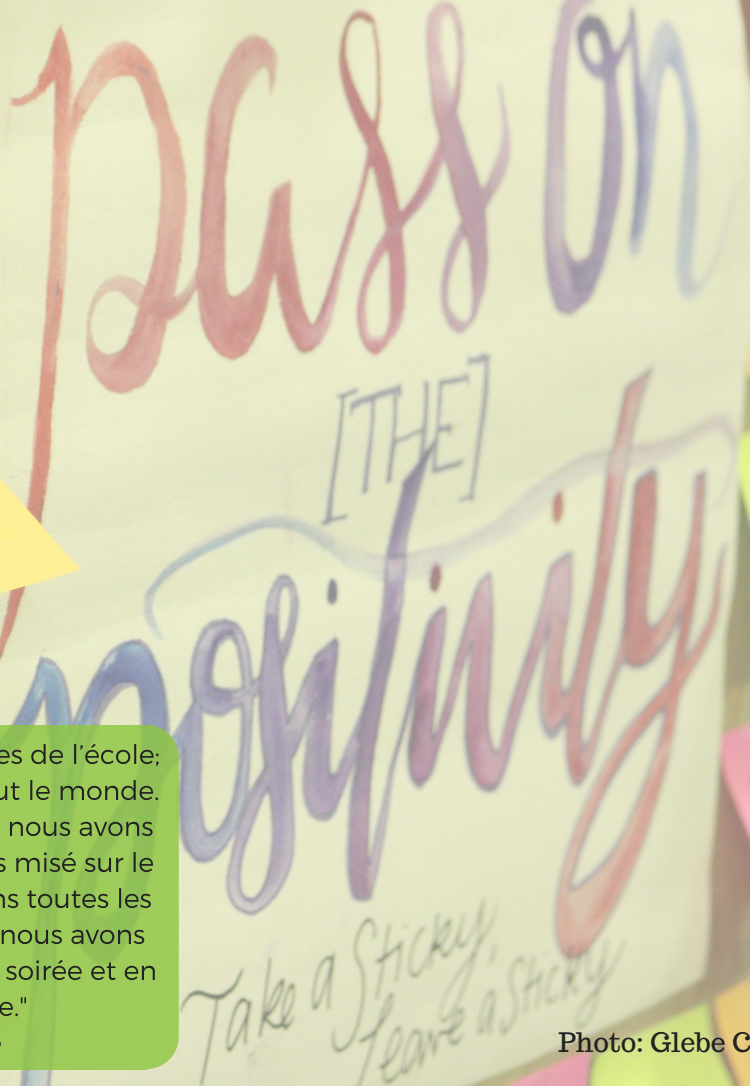
É.S. Omer-Deslauriers

"Meeting as a full group was challenging. Most of the members were involved in other teams, clubs and committees as well, making finding a common time to meet a difficult task. To solve this, we used shared Google Docs and the Remind App. Even if we could not meet in person, we were in constant contact. It was also hard to get students to commit to attending workshops during their lunchtime, so we took these important topics and created a full day (Wellness Day) of workshops that full classes could sign-up to attend. It worked much better and the feedback was amazing!"

St. Francis Xavier Catholic H.S.

"La présentation devant tous les groupes de l'école; il était difficile de capter l'intérêt de tout le monde. Et la semaine est arrivée très vite, alors nous avons un peu manqué de temps. Nous avons misé sur le travail d'équipe et la persévérance dans toutes les tâches que nous avons désignées. Et nous avons consacré plusieurs heures du dîner, en soirée et en fin de semaine pour tout faire."

É.S. catholique Franco-Cité



"One challenge we faced with our activities was getting students to feel comfortable enough to share their thoughts with us. We overcame this challenge by going up to some of the quieter students and having individual conversations with them, to help them feel more comfortable."

Lester B. Pearson Catholic H.S.

"One of the challenges of working with a huge groups of planning members as having so many ideas and trying focusing on one task at a time. It wasn't productive. We handled this by breaking up into smaller groups. Each group was now able to start and complete a part of the project more easily. To make sure everyone felt included, we presented our accomplishments during each meeting to the whole group. CollaborAction!!"

YouthNet's Youth Advisory Committee

"While our team was worried about Stress Busters Week, sometimes we forgot about our own stresses and our own exams! Having something else to worry about during the week before difficult exams added even more stress to our own schedules. As Headstrong leaders, we are encouraged that all team members only participate in the activities that they could and that were not overwhelming. We also traded off activities to run as leaders so that we could use time to prepare for other events or to hit the books."

St. Mark Catholic H.S.



"There were many adult allies involved including, but not limited to, teachers and guidance counsellors as well as facilitators from Youthnet. There were so many wonderful adult allies, I just wish I had the space to list and thank all of them!"

Canterbury H.S.



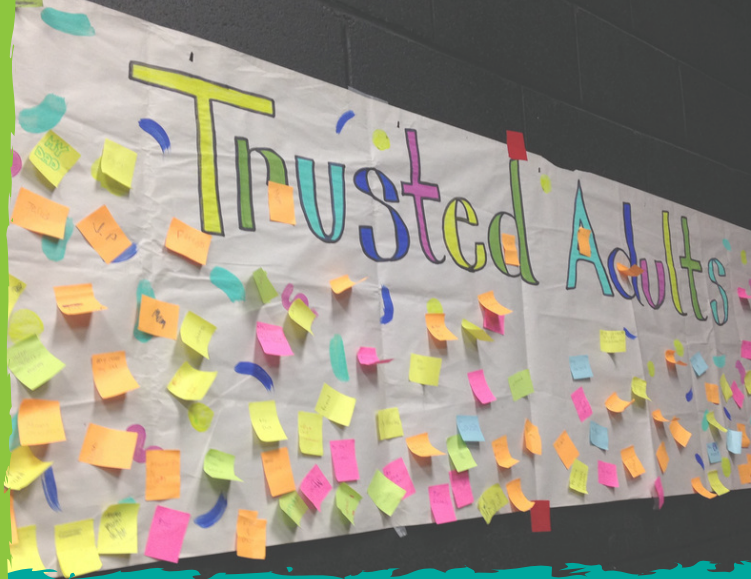
"Notre allié adulte est notre travailleuse sociale, Marlène Doepner. Elle nous a aidé avec tout ce qui était logistique, elle a communiqué avec la directrice et nous a fourni l'équipement nécessaire au bon déroulement de l'activité."

É.S. Omer-Deslauriers



Our groups Adult Ally is Mrs. Rocha, a guidance counsellor and teacher at St. Mark. She was an incredible adult ally as she always assured that when it came to events we had our game plan and we were prepared, but we allowed us to create this game plan by ourselves. She was always there where we needed help or had questions, but she gave us the opportunity to truly lead our team.

St. Mark Catholic H.S.



"Stefan is our adult ally for the MINDyourMOUTH Zine and event project. He has been so helpful in assisting us to make choices and guiding us in exciting directions that keep our project moving forward. He also has been so helpful to connect us with tools and resources necessary of our project. He inspires us by being open-minded but, at the same time being honest and transparent. It has been so beneficial for him to challenge us at times to be productive and realistic. He has been great to work with and we like to thank him for not only coordinating all of our meetings but, also for all his work behind the scenes.

THANK YOU STEFAN!"

YouthNet's Youth Advisory Committee

"Our adult allies are the guidance team at Glebe! Providing administrative support and connections within the greater community, they made sure our event didn't leave anyone out."

Glebe Collegiate Institute



"All of the adults who lead our group are supportive allies to the students.

Ms. Bignell, Ms. Breadner, Mr. Fitzpatrick, Mr. Milburn, and Mr. Morris all encourage us to help each other and the school community. They are always available and ready to help us with our campaigns and to listen to our ideas. We look forward to working with them again next year!"

Lester B. Pearson Catholic H.S.



"Chantal Blanchet, la directrice adjointe, était ouverte à toutes nos idées et nous a appuyé pour les mettre en application. Elle a aussi enlevé beaucoup de stress pour l'organisation des activités auprès des profs. Il y avait aussi Karine Labonté, enseignante, qui nous a aidé à trouver des ressources."

É.S. catholique Franco-Cité

Impacts of HeadStrong

"Headstrong was important because it taught many of us what stigma is and how it is an obstacle to wellness. More importantly, it taught us that we have the power to make a difference and to reduce stigma, promote wellness in our communities."

YouthNet's Youth Advisory Committee

"Nous avons eu l'idée de la salle zen lorsqu'on est allé au Sommet La Tête Haute. Avec la visite de Mackenzie et Élyse on a aussi eu la chance d'échanger sur nos idées et de mettre en marche la conception de l'événement."

É.S. Omer-Deslauriers

Mental Health
I talk about it
La Santé Mentale
J'en parle

"Nous avons créé un comité Tête Haute à l'école après le sommet. Puis, nous avons appris que si nous voulons des activités dans l'école, tout est possible si nous sommes impliqués. Nous avons aussi plusieurs idées pour promouvoir la bonne santé mentale dans l'école l'année prochaine, comme trouver un bon conférencier." É.S. catholique Franco - Cité

"I made many connections by being a part of the planning committee for Headstrong and was inspired at the conference by the creativity and motivation of the other youth." Canterbury H.S.



Photo: HeadStrong Club Banner at St. Mark's High School

"A few of the members from the Coyote Wellness Pack attended the HeadStrong summit. They were able to bring back and share the ideas and important skills learnt. The students went on to run a session during the Wellness Day relaying information gained from the HeadStrong summit." St. Francis Xavier Catholic H.S.

"HeadStrong helped us in planning school activities in a variety of ways. It was a good opportunity to hear about other school's activities and campaigns. Having the chance to attend the workshops where we discussed stigma, personal experiences, and positive effects of activities in schools helped us make plans for our own school. It gave us a new outlook on mental health and how to approach it at LBP." Lester B. Pearson Catholic H.S.

CollaborAction

"We worked well as a team, listening to everyone's input before actioning any activities or events. As a group, with the help of our adult allies, we would finalize decisions, delegate tasks, and set timelines.

We shared adult allies with other teams, so we were able to call on the expertise of Peer Helping, IMUM, the Girls Running Group, and Student Council to execute valuable activities."

St. Francis Xavier Catholic H.S

"We learn from each other! At our meetings, we take time to practice self-care and have conversations before we start tasks and discussions — giving us more focus and group ability."

Glebe Collegiate Institute

"Many other school groups gave feedback and helped spread the word. I also contacted many youth groups and professionals who ran workshops and reached out to teachers to help supervise events and spread the word about our events. We also hosted speaker panels with student speakers to gain a wider perspective."

Canterbury H.S.

Dear Me:
happy valentines
day!
have a cool day
- Me

REGISTRATION
INSCRIPTION

HELLO my name is _____
I talk about mental health.

"We try to collaborate with other groups and clubs in our school when planning and holding events. We have worked closely with our Student Council this year, with the aim of incorporating positive mental health into a variety of student activities. Next year we will be working closely with peers on our Leadership Team, to bring about even more CollaborAction!"

Lester B. Pearson Catholic H.S.

"Nous avons eu des rencontres un midi par semaine pour planifier notre activité. On a recruté d'autres élèves qui étaient intéressés par le projet et avec notre adulte allié nous sommes allés chercher du support financier de la direction de l'école pour acheter le matériel nécessaire. Bon travail d'équipe ou chacun avait sa tâche et les points de vu de tous étaient écoutés et pris en compte."

É.S. Omer-Deslauriers

"Nous travaillons ensemble pour planifier, organiser et mettre en application toutes nos idées. Nous avons des rencontres à chaque semaine et une page Classroom pour communiquer nos idées entre les rencontres."

É.S. catholique Franco-Cité

"We have found that the best way to get teens to read the ZINE was work with them to create it.

So we organized a youth art competition to get submissions and collaborators for the ZINE. We also welcomed many youth to our group who we interested in helping out. With time, they have become weekly YAC participants! We hope to inspire youth to take a stand for what important to them."

YouthNet's Youth Advisory Committee

"In this year's Stress Busters Week, we did not collaborate with other groups and clubs within our events. We did however, run activities in locations where other groups are based which allowed students to familiarize themselves with the various safe spaces in our school."

St. Mark Catholic H.S.

Join a Club

There may already be a club at your school doing something like this! Look for clubs such as these at your school:

HeadStrong
Tête Haute
Wellness Club
Sources of Strength
DIFD
Jack.org



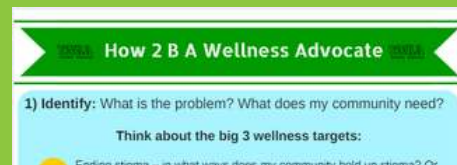
YAC is a diverse and open minded group of youth dedicated to promoting mental wellness. We are often consulted to help guide organizations on various health projects. We also love to plan and run our own events which promote mental wellness and reduce stigma. Our passion for advocacy and working as a dynamic team fuels us to meet Mondays 6-8pm at YouthNet (google it!). Receiving volunteer hours, food, swag and occasional honorariums also helps. We are famous for being welcoming and registration is ongoing, so come check us out!



Clubs

Find one, join one,
start planning:
take action!

Plan an Event



Visit our [website](#):
Book a workshop,
download a toolkit,
find more resoucrs!



MHCC toolkits:
Click [here](#) for more
ideas and toolkits
to run a summit!