

2018 Youth Action Day Leadership Conference

Friday, April 20th, Quamichan Secondary School (Non-Instructional Day for SD79)

9:00-9:30	Registration, Information Displays
9:30-9:45	Opening Remarks: Emcee Jon Williams of 91-3 The Zone FM
9:45-10:45	Keynote Speaker: Michael Bortolotto
10:45-12:15	Morning Workshops
12:15-1:15	Lunch (bring your own lunch). Live Band: Stinging Belle (91-3 The Zone FM's March Band of the Month) Interactive Displays, Information Tables
1:15-2:45	Afternoon Workshops
3:00-3:30	Closing Remarks

Keynote Speaker: Michael Bortolotto

Michael Bortolotto is a successful professional speaker who lives with Cerebral Palsy. For the past twenty-two years people of all ages have been inspired, motivated, educated, and entertained by his "CAN DO" attitude. By using real life experiences and examples, he encourages and persuades his audience to rethink - what they may believe is impossible, to realizing anything is possible by being determined, persistent, and focused on the end result.

Becoming a Positive Rebel

A positive rebel uses their inner strength and self-confidence to reach a higher standard of success. Michael will guide us to rebel against our own negative temptations to create or manifest excuses as to why we can't and won't ever achieve our dreams, and share his formula to true success and well-being.

Workshops

You will attend one morning and one afternoon workshop on topics that matter most to you! We will do our very best to ensure that you get registered for your top choices; however, workshops have maximum and minimum number of participants so that may not always be the case. We ask for your patience and understanding in this regard, and feel confident that all of our workshops will be meaningful and impactful!

Full Day Workshop Choices (MUST attend morning and afternoon sessions)

F1 safeTALK - Prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper.

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST. Since its development in 2006, safeTALK has been used in over 20 countries around the world, and more than 200 selectable video vignettes have been produced to tailor the program's audio-visual component for diverse audiences. safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

Facilitator – Dave Ehle: Child and Youth Team Leader, Canadian Mental Health Association

where cultures connect

F2 We're Here, We're Queer – A safe and open discussion about sexual orientation and gender identity

PART I (Morning Session)

During the morning session facilitators Sonder (they/them), Milah (she/her/they/them), and Sophia (she/her/they/them) will take youth on a journey where there are no “dumb questions”. Youth will be invited to participate (in whatever way feels comfortable) in an experiential sharing circle, where a discussion will take place focussing on sexual orientation, gender identity, bullying, school and family responses to identity, and dispelling myths and stereotypes about LGBTQ2S+ youth.

PART II (Afternoon Session)

Following the morning session, facilitators will continue by exploring resources and ways to take action in your own journey of finding and celebrating who you are, as well as ways that allies can advocate and fight for LGBTQ2S+ youth to feel safe and celebrated in their homes, schools, and communities.

The facilitators of these two workshops would like to honor that we are on unceded traditional Cowichan Territory.

Facilitators - Sophia, Sonder and Milah: Cowichan Valley Youth Services (formerly Community Options Society)

Morning Workshops

M1 Consent is Like Tea

Sometimes I feel like a cup of tea, and sometimes I don't, and sometimes I boil the kettle and then change my mind, and sometimes I boil the kettle and pour the water into my cup and I even add a tea bag but then sometimes I forget about the tea and now it is too strong for my taste so I don't drink it and I wonder if that's because I really didn't want the tea in the first place but I just thought I did because if having a cup of tea in that moment was exactly the right thing for me I would have been so excited about drinking the tea that I would have impatiently watched the kettle boiling and I would have hovered over the cup watching the tea steep and then when I drank the cup of tea I would have jumped all around the kitchen saying, "YES!!!! This is the best cup of tea I have ever had! And I am so glad I decided to boil the kettle because this cup of tea was exactly what I expected it to be."

In this 90 min. experiential workshop, we will create a continuum of sexual consent by exploring various scenarios in small groups, then debrief consent and build the continuum as a large group. We explore affirmative consent and all the ways in which youth communicate consent. (*Note - there will not be graphic discussions of sexualized acts.)

Facilitator - Kendra Thomas: Society Coordinator, Warmland Women's Support Services Society

M2 Exploring Homelessness in Cowichan: Youth Perspectives

Participants will walk over to Warmland House (Shelter & Transitional Housing) to take a tour of the facility, hear personal stories from youth/young adults who have experienced homelessness, watch a new film from the CVOLC Safe Spaces Team, contribute to a participatory action research project and have a guided discussion around the locally significant topic of homelessness in the Cowichan Region.

Facilitators – Members of the Canadian Mental Health Association's Youth Outreach Team & Warmland House Staff, CVOLC Safe Spaces Team, and Mikaela from Cowichan Housing.

M3 Stigma Room

The Stigma Room is designed to provide participants an opportunity to share experiences of homelessness and addiction in a safe and supported environment. All of the information shared in the room comes directly from people currently living in addiction and/or people who are currently homeless or precariously housed.

Facilitators - Stacy Middlemiss, Christy Villiers, Rosalie Swarie, Cindy Lise: Social Planning Cowichan

where cultures connect

M4 Understanding Bullying

What makes a bully? What are the types of bullying? What can we do about it?

These are a few of the questions we will explore together. We will also look at how strengths-based mentorship is key – mentoring has been proven reduce children and youth from becoming bullies, as well as making children and youth less likely to be bullied by nurturing self-esteem. Together, we CAN make a difference!

Facilitator - Julie Pyon: Program Coordinator, Big Brothers Big Sisters of the Cowichan Valley

M5 Co-operative Games for Exploring Your Inclusive Leadership Potential

If you are asking any of these questions, then this collaborative, creative skill-building workshop is for you.

How can I build my skills to become more inclusive in my leadership?

How can I help my school shift from exclusion to inclusion?

How can I bring different people together to make our school a better place?

How can I lead in ways that bring out the best in everyone's differences?

Facilitator - Dr. Linda Hill, and other Leaders from the Inclusive Leadership Co-operative

M6 A Mental Health Story

Presenter Robyn Thomas will speak openly about her lived experience with mental illness, the stigma that she faced, and how she overcame feelings of shame and isolation. Workshop participants will have a chance to brainstorm wellness strategies, discuss how to support loved ones with mental health challenges, and come up with ways that we can all break down the stigma in society that stops so many people from seeking help.

Facilitator – Robyn Thomas: Community Development Manager, Stigma-Free Society

M7 The Warrior Within Us

The medicine wheel is a system of balance for each individual and their community. It has been borrowed and modified from Central North America, and is used to understand the cycle of life and our place within it. We will create our own medicine wheel that will help us understand how to create balance within each of us and between each of us.

Facilitators - Glenn Patterson: House of Friendship (Victoria), Robert George: House of Friendship (Duncan)

M8 Out on a Limb

Out on a Limb is a performance based workshop that inspires students to dream big about the things they want to do in life and find the courage and self-confidence to step out of their comfort zones. Self-expression, whether that be through the arts, music, sports, or other interests, is not only a positive way to support our own mental wellness, it is a powerful way to embrace individuality. Facilitator and spoken word poet, Lyndsay Wells shares her own stories and experiences, performs four spoken word poems, and encourages workshop participants to uncover their own creativity and individuality.

Facilitator – Lyndsay Wells, Lit Evolution and Vancouver Island Crisis Line

M9 Introduction to West African Dance (Guinea)

Come shake off stress with a high energy movement workshop with live percussion.

African Dance is not just movement for movements' sake but the embodiment of poetry, history, community and transformation. The polyrhythms remind us that when we each layer our simple parts, we can create something outstanding together. Please wear comfortable clothing that you can move in.

Facilitator - Lynn Weaver

Percussion: Byron Weaver & The Matoto Drummers

where cultures connect

Cowichan Intercultural and Immigrant Aid Society

www.cis-iwc.org | office@cis-iwc.org

Contact us at: 250 748 3112

321 St Julian St, Duncan, BC V9L3S5



Afternoon Workshop Choices

A1 - Healthy Me – Healthy Relationship

Relationship abuse and/or violence, controlling relationships, or unhealthy relationships are prevalent in our society due to factors that include gender-based inequity, the objectification of women, and imbalances of power stemming from a patriarchal paradigm. Youth are particularly vulnerable when they are forming opinions about healthy relationships and gender issues. Emerging relationship vulnerabilities for youth include the impact of misused social media and sexting.

In this 90 min. experiential workshop we will create a continuum of healthy-unhealthy-abusive behaviours in dating relationships by exploring various scenarios in small groups, then debrief and build the continuum as a large group. This is a strengths-based workshop about healthy dating that provides youth with tools to assess healthy vs. unhealthy relationships and safely navigate potential dating abuse or violence.

Facilitator - Kendra Thomas: Society Coordinator, Warmland Women's Support Services Society

A2 Exploring Homelessness in Cowichan: Youth Perspectives (Repeat of morning session M2)

A3 Stigma Room (Repeat of morning session M3)

A4 Understanding Bullying (Repeat of morning session M4)

A5 Co-operative Games for Exploring Your Inclusive Leadership Potential (Repeat of morning session M5)

A6 A Mental Health Story (Repeat of morning session M6)

A7 The Warrior Within Us (Repeat of morning session M7)

A8 Out on a Limb (Repeat of morning session M8)

A9 Introduction to West African Dance (Repeat of morning session M9)

Registration

Spaces are limited so get your registration form (attached) in as soon as possible.

Completed (including parent/guardian signed consent) registration forms can be dropped off at our office (ATTN: Ray Anthony) or scanned/emailed to: ray@cis-iwc.org.

Transportation

SD 79 is able to provide bus transportation to/from the event. If you need transportation make sure you indicate this on the registration form - include your address and contact information. We will then contact you with times and locations.

Lunch Intermission

Students will not be able to leave the school at lunch so **please bring a lunch, snacks and water bottle**. Our lunch intermission is packed full of fun with our lunch speaker (Jon Williams of 91-3 The Zone FM), Musical Guests (Stinging Belle, 91-3 The Zone Band of the Month – March) and interactive, information tables.

Need Help?

Please contact our Project Coordinator with any questions, or help with registration:

Ray Anthony

Compassionate Leaders Project

250-748-3112 ext. 203 or email:

ray@cis-iwc.org

where cultures connect

Cowichan Intercultural and Immigrant Aid Society

www.cis-iwc.org | office@cis-iwc.org

Contact us at: 250 748 3112

321 St Julian St, Duncan, BC V9L3S5

Youth Action Day 2018 Leadership Conference Participant Registration Form

Applicant

Name: _____

School: _____ Grade: _____

Email: _____

Home Phone: _____ Cell: _____

Workshop Choices

Please rank the following workshops in the order that you are most interested in (1) to least interested in (12). We will do our best to ensure you get your top choices 😊

Workshop Choices	Rank in order of 1 (Most Interested) to 12 (Least Interested)
F1- safeTALK	
F2 - We're Here, We're Queer	
M1 – Consent is like Tea	
M2/A2 – Exploring Homelessness in Cowichan: Youth Perspectives	
M3/A3 – Stigma Room	
M4/A4 – Understanding Bullying	
M5/A5 – Co-operative Games for Exploring Your Inclusive Leadership Potential	
M6/A6 – A Mental Health Story	
M7/A7 – The Warrior Within Use	
M8/A8 – Out on a Limb	
M9/A9 – Introduction to West African Dance (Guinea)	
A1 – Healthy Me – Healthy Relationship	

Lunch

Students are asked to bring their own lunch, snacks and water bottle. Our lunch intermission will be spent together in the multi-purpose room for an amazing program featuring musical guests – Stinging Belle (91-3 The Zone FM Band of the Month – March) **(Students will not be able to leave the school at lunch time – sorry!)**

Transportation

I need bus transportation to/from the event (Please Circle) – **YES I NEED TRANSPORTATION** or **NO, I DO NOT**

If yes - Address _____

Parent or Guardian Consent

I give consent for my child under the age of 19 to attend the leadership conference:

Name of Parent/Guardian _____

Signature of Participant/Guardian _____ Date signed _____

Return Forms

Completed registration forms may be dropped off to our office (ATTN:RAY) or scanned/mailed to ray@cis-iwc.org

Need Help? Contact Ray Anthony at 250-748-3112 ext. 203 or email ray@cis-iwc.org

where cultures connect