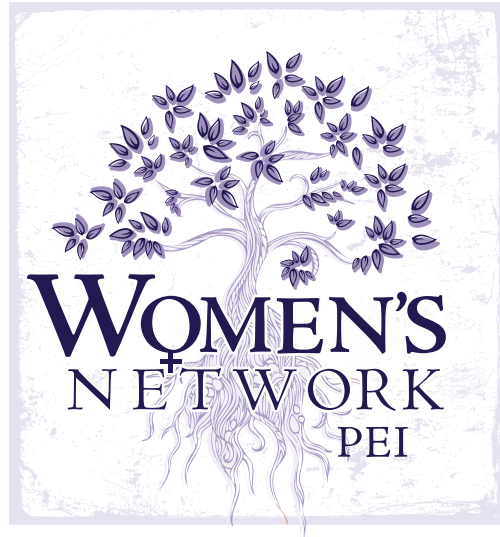


Building Resiliency in Youth



What creates a successful
community intervention
that helps build resilience in youth?



Choosing to use a proven, evidenced model



Consulting with the community to hear their concerns



Ensuring proper training in order to deliver the program as intended



Creating a library (accessible to community) of multiple curricula for use in Circles and Councils



Having a variety of ways to engage youth in activities, discussions



And perhaps most importantly, good partnerships with the schools where we deliver programming is essential



WN has delivered Girls Circle and Boys Council to 400 youth in 18 schools and 6 community groups in just over two years.



Intake Process

- We assess risk factors for a youth to be victimized and/or criminalized.
- Through in depth discussion with Guidance Counsellors, Youth Workers, Teachers and School Administration we build individual groups of 6-8 youth that we facilitate for 8-12 weeks.

Risk factors we commonly see in the earlier grades (grade 5-7):

- Poor attachment to school (learning disabilities, poor attendance, social isolation & peer harassment)
- Negative peer associations (older siblings, peers modelling poor choices)
- Addictions, violence issues in family of origin
- Parent in jail
- Lack of a healthy support network in general
- History of contact with Child and Family Services
- Mental illness (usually expressed as anxiety, depression related symptoms & some self-harming)

Risk Factors we look for in later grades (grade 8-12):

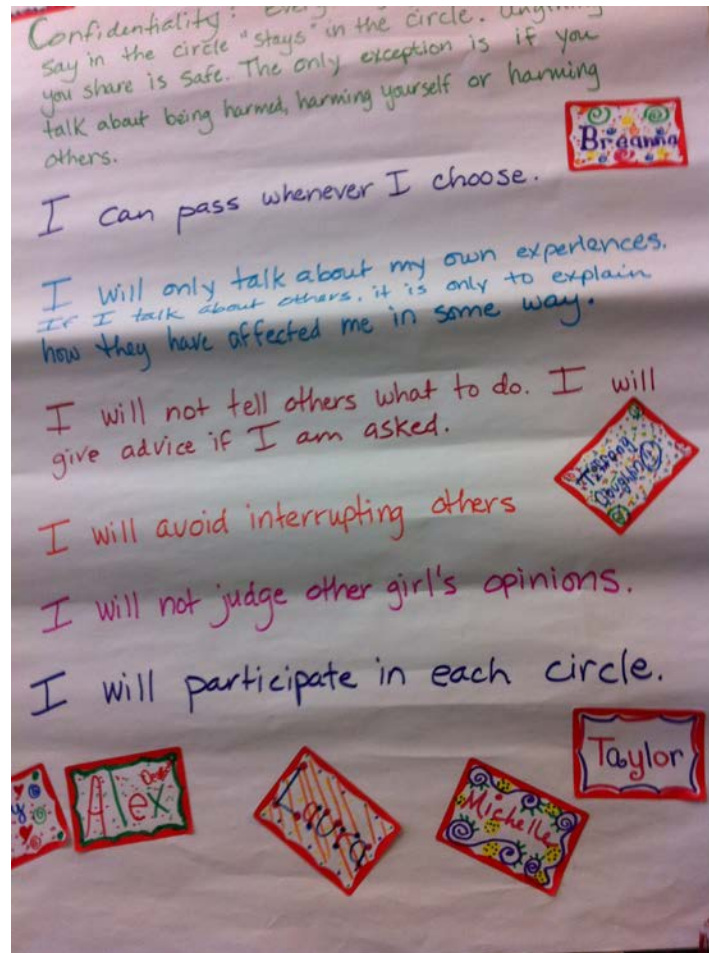
- Same risk factors as earlier grades plus...
- Binge drinking and Drug use/abuse
- Sexual promiscuity
- Diagnosed mental illness
- Self-harming behaviours (cutting, picking, hitting/punching oneself, disordered eating, suicide threats/attempts)
- Contact with police, justice system
- Negative peer association
- Violent behaviour (physical and sexual)
- Victim of violence (physical, sexual, cyber-bullying)

Confidentiality

Other than what we are mandated to disclose, we make confidentiality agreements with the youth where we negotiate what a facilitator will talk about outside the Circle/Council.

Participants also create confidentiality agreements between each other. This supports the creation of a safe space for youth to express themselves.

We spend a lot of time making agreements about how we will work together



As facilitators, we are there to guide the process, provide activities and a weekly theme. But the youth take ownership of discussions and offer one another opinions, support, challenges, advice.



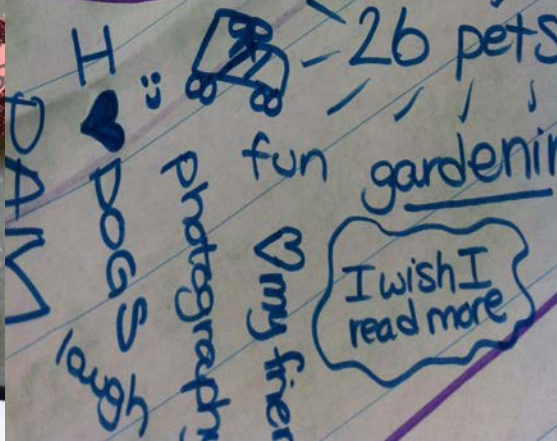
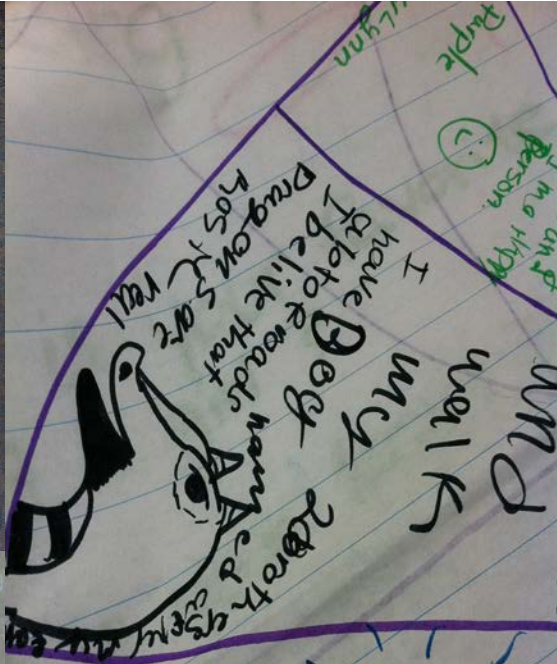
Facilitators take a strength-based approach

- We help youth to identify their strengths and to build on those qualities in positive and productive ways. For example, a very introverted girl will be acknowledged for how she likes to really think about what she wants to say before she says it. We frame her “shyness” as part of a process that is normal and acceptable. Then we give her the time she needs to participate.

Exploring your culture and the role it plays in your life



Opportunities for self-reflection and self-discovery



Opportunities to critically examine the world around you and what you believe about it



Emotional Verbal Abuse	Threats, name calling, Shouting, Insults, neglect + Isolation, withholding love, Intimidation, extreme jealousy, threatening to commit suicide, Stalking, controlling your time-what you do, not respecting Privacy
Sexual Abuse	Any forced sexual contact, forced pregnancy or abortion, controlling information or access to birth control, pressure to perform sexual acts with other people
Financial Abuse	Withholding or controlling access to money, where to work and what you buy, stealing or taking away benefit payments or personal money, preventing access to household financial information
Spiritual	Putting down or attacking spiritual beliefs, denying

To practice thinking critically and responding in a thoughtful way

Song # 2

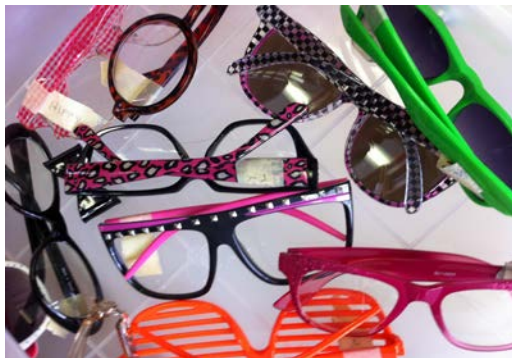
My Girlfriend's a d*** magnet My Girlfriend's gotta have it
She's hot, can't stop, up on stage, doing shots, Tip the man
he'll
Ring the bell, get her drunk she'll scream like hell.
Dirty girl, gettin' down, dance with guys from outta town.
Grab her a**, actin' tough. Mess with her, she'll f***you up.
No one really knows if she's drunk or if she's stoned, but she's
Comin' back to my place tonight!.....

She likes to shake her a** she grinds it to the beat
She likes to pull my hair when I make her grind her teeth
I like to strip her down she's naughty to the end.....

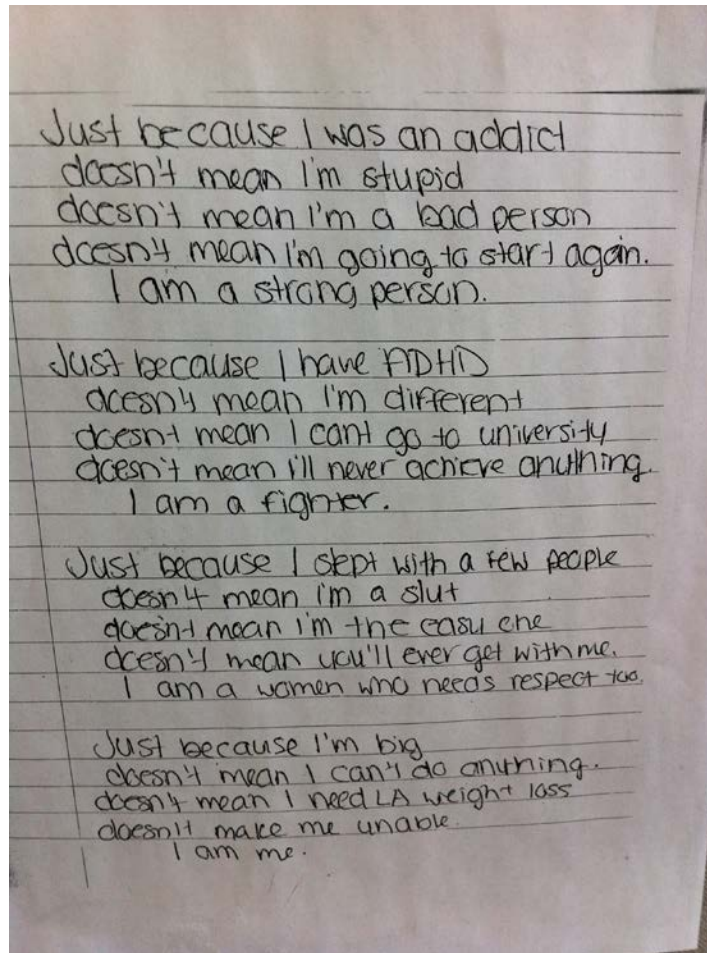
She's a gold digger now you figure out it's over, pull the
trigger.
Futures finished, there it went, savings gone,
The money spent.....

- Demeaning towards women
- offensive
- He likes her in the wrong way
- abusive towards her
- he sounds demanding
- write a new song that's not like this! (so you can approve)

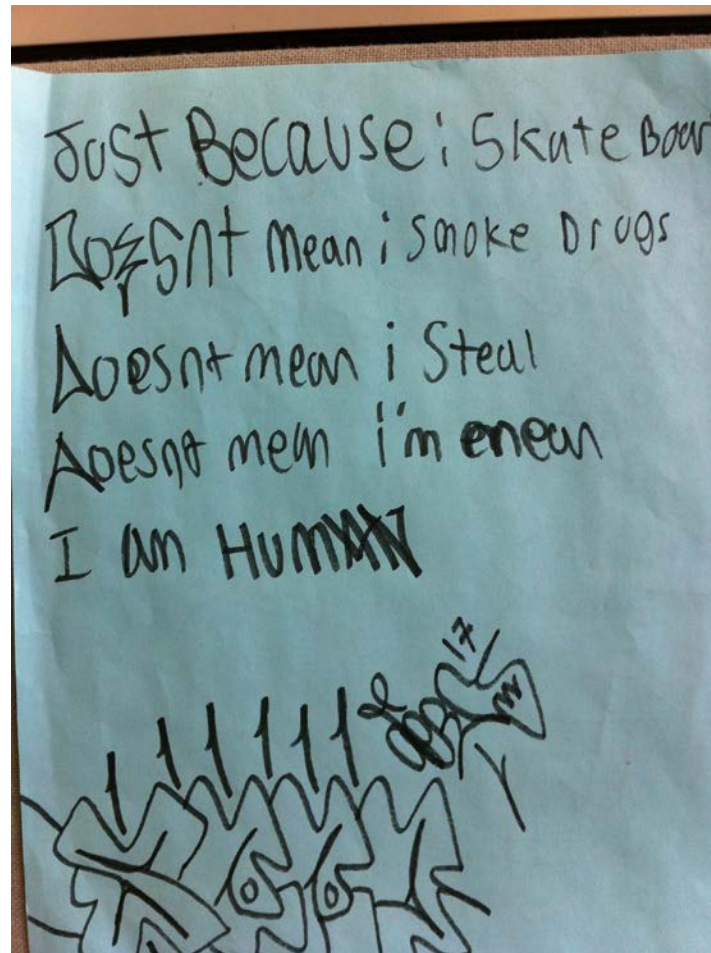
A chance to safely explore your self-identity and self-expression



Opportunities to recognize your strength and worth



To challenge others to see your worth



To think of yourself as a leader

"Dear Little Brother" Letter

Dear Little Evan _____:

This letter is Something I want you to know. I probably have never
told you how much I love you and want to be a good role model for you. But
for ^{you} brother I want you to know that I would do anything
to help you to grow up to be the best man you can be.
Some of the things that you should know about growing up as a male such as Some
guys always do the things that you should not do and you should be a
role model. You should also know that ^{you should always follow your heart} People might judge you based on
your doing what you want. It's best to be yourself.
My greatest hope for you is you grow up as a man who
loves others and also yourself. ~~but~~ and for you to do
well in life.
Your brother _____.

To relax and have fun



And to just be a kid –
being silly and expressing joy in life!



How you can support resilience in youth in your life...

- Youth hear a lot about what is wrong with youth today and how youth culture is awful. We need to check ourselves and our narratives.
- Youth need us to believe in them, to help them see their potential to be powerfully good; to contribute; to lead.

Thank you!



Our funders



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