

September 14, 2011

Dear Principal / School Administrator / Guidance Counsellor,

Attached you will find The Youth Centre's School Information Package. This package outlines the different types of programs and services that are available to your school and teachers to assist them in their classrooms. We hope that you will review this information and forward to the most appropriate contact person within your school.

Should you wish to discuss further, please contact us to arrange an appointment to discuss the complete range of programs and services that The Youth Centre provides and to answer any questions you may have. This package is also available on our website on the "Resources" page at: [www.theyouthcentre.ca](http://www.theyouthcentre.ca).

Thank you so much for taking the time to review this information. We look forward to working together to meet the needs of your staff and students.

Sincerely,

The Youth Centre  
Health Promotion Team

Amy Nagel, [amyn@theyouthcentre.ca](mailto:amyn@theyouthcentre.ca)  
Kelly Ng, [kellyn@theyouthcentre.ca](mailto:kellyn@theyouthcentre.ca)  
Amy Rukaruck, [amyr@theyouthcentre.ca](mailto:amyr@theyouthcentre.ca)

**Elementary School Support**  
For Intermediate Level Students

Substance Use

**Classroom Presentations**    *“Under The Influence”* – Substance Use Presentation  
*“You Are The Target”* – Tobacco Denormalization Presentation

Healthy Living

**Classroom Presentations**    **Healthy Eating**  
**Body image**

**In-School Programs**        *“Can The Pop”* – Nutrition Campaign  
*“Get WinterActive”* – Physical Activity Campaign

Character Education

**Classroom Presentations**    **Bullying Awareness**

# substance use

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## Classroom Presentations

### ***“Under the Influence” - Drug Awareness Presentations***

*Suitable for Grade 7 & 8*

This session focuses on marijuana and alcohol; however, it can be tailored to meet the needs of your school. The session will engage students to think critically about substance use, it will pose questions such as why do some teenagers use drugs and others do not? What are some risk and protective factors? The session can vary in length to meet needs of the classroom and/or school.

### ***“You Are The Target”-Tobacco Denormalization Presentations***

*Suitable for Grade 7 & 8*

This workshop will aim at denormalizing the tobacco industry. The workshop will uncover the truth behind the lies and deception of an industry that has for long preyed on young people to take up their product in order to replace their dying clientele. Students will investigate different tactics used by the industry, examine the history behind tobacco product manipulation and critically analyze the power of mass media as it relates to the tobacco industry.

**For more information or to book either of our substance use presentations, please contact Amy Rukaruck at: [amyr@theyouthcentre.ca](mailto:amyr@theyouthcentre.ca).**

# healthy living

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## Classroom Presentations

### Healthier Eating Presentation

*Suitable for Grades 7 & 8*

This fun and revealing session is designed to empower youth regarding healthy food choices. Discussion topics may include:

1. *Eating well with Canada's Food guide*
2. *Healthy eating and healthy weight*
3. *Fad dieting and body image*
4. *Reading food labels*
5. *Importance of having healthy breakfast*
6. *Fuel for school: Healthy lunches and snacks*
7. *Facts on Snacks*
8. *Eating well while eating out*
9. *Why is too much sugar an issue?*
10. *Why is too much fat an issue?*

Other topics can also include: vegetarian diet, sports nutrition or any other nutritional concerns the students may have.

Participants will use group work, games and hands-on techniques to learn about making nutrition a part of everyday life. The class will make and sample a nutritious snack, which is easy to make at home.

**Referrals for individual *Healthy Eating 1on1* appointments with a Dietitian at The Youth Centre are also welcome. For more information or to request this campaign, please contact Daisy Sharma at: [daisys@theyouthcentre.ca](mailto:daisys@theyouthcentre.ca).**

### Body Image Presentation

*Suitable for Grades 7 & 8*

This workshop explores body image, self esteem, and how the media can influence our concept of beauty, and how we feel about ourselves. The workshop also briefly explains eating disorders, how to recognize warning signs, and provides tips for building a healthier body image.

**For more information or to book this presentation, please contact Kelly Ng at: [kellyn@theyouthcentre.ca](mailto:kellyn@theyouthcentre.ca).**

## In-School Programs

### **“Can The Pop” Campaign**

*Suitable for Grades 7 & 8*

Did you know that pop is the #1 drink in Canada, and contributes greatly to adolescent obesity? This is a campaign to put a stop to the pop! Supported by a health promoter from The Youth Centre, a class or student-led group from your school could develop leadership skills while coordinating a campaign to raise awareness about the dangers of consuming pop regularly. Activities may include t-shirt-making, a poster and flyer campaign, health promotion in a school display case, a healthy drink give-away, or other creative ideas generated by the students. Lots of resources and supplies available. **School Staff group coordinator or classroom teacher required. Support for other awareness campaigns also available, contact The Youth Centre for more information.**

**For more information or to request this campaign, please contact Daisy Sharma at: [daisys@theyouthcentre.ca](mailto:daisys@theyouthcentre.ca).**

### **“Get WinterActive!” Campaign**

A youth-led physical activity campaign and contest running during the month of February, which challenges students to be creative about how to get moving in the cold winter months. Participants will be encouraged to achieve their goals by walking to school, shoveling snow, snowboarding, kickboxing, or anything else they choose to do to become “WinterActive”. The program entails one or two lunch time meetings with intermediate student volunteers, supported by one of The Youth Centre’s staff, and some input/supervision from a school staff. Students may also help to plan a fun physical activity event to get their school moving.

**For more information or to request this campaign, please contact Amy Nagel at: [amyn@theyouthcentre.ca](mailto:amyn@theyouthcentre.ca).**

# character education

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## Classroom Presentations

### **Bullying Awareness Workshop**

*Suitable for Grades 7 & 8*

This workshop can be tailored to the school's needs in terms of content and length. A short discussion with the class's teacher at least two weeks prior to the session is necessary to prepare appropriately (to discuss school policy/experience with bullying, classroom dynamics, etc).

#### **Discussion topics can include:**

- A discussion of what defines bullying
- Different types of bullying such as social bullying, cyberbullying, etc.
- Gender dynamics
- Effect of bullying on victims
- Why do people bully?
- What is a bystander?
- Why do bystanders often do nothing?
- How can bystanders help?
- Tattling vs. reporting
- What can you do to avoid and prevent bullying
- School position on bullying
- Brainstorming possible anti-bullying activities
- Resources

This is an interactive session and can include a number of components including discussion, audio visual aids, role playing, group work, interactive activities, etc.

**For more information or to book this presentation, please contact Kelly Ng at: [kellyn@theyouthcentre.ca](mailto:kellyn@theyouthcentre.ca).**



## Information Sheet

# Talking About Mental Illness T.A.M.I. Durham

### **Purpose:**

To bring together community agencies, schools, youth, people with mental illness and other community members to develop and deliver awareness programs for intermediate level elementary school students, and secondary school students in Durham Region. This program was originally created by the Mood Disorder Association of Ontario, the Centre for Addiction and Mental Health and the Canadian Mental Health Association.

In 2002, a local T.A.M.I. coalition was formed in Durham Region, and since then, it has been working on addressing the issues associated with stigma and mental illness.

### **Membership:**

Ontario Shores Centre for Mental Health Sciences  
The Youth Centre  
The Canadian Mental Health Association - Durham  
Pinewood Centre of Lakeridge Health  
Distress Centre Durham  
Durham District School Board  
Durham Catholic District School Board  
Durham Mental Health Services  
Durham Family Court Clinic  
Resources for Exceptional Children and Youth - Durham  
Kawartha Pine Ridge District School Board  
P.V.N.C. Catholic District School Board  
Kinark Child and Family Services- Durham  
Frontenac Youth Services  
Lakeridge Health Child, Youth and Family Program

### **Goals:**

To eliminate or reduce the stigma associated with mental illness.

To provide teachers with the appropriate support and materials to implement an in-class awareness program.

To provide students and teachers with the appropriate support and materials to develop school wide, student driven awareness programs.

To provide an opportunity for students to learn from people who have experienced mental-illness first hand.

To help students to understand where and how they can access help for themselves and their peers.

### **In-class Program for Intermediate Level Elementary School Students:**

Teachers are provided with a teachers manual and student workbooks to guide them through the program. Teachers are also provided with a 2 hour training session prior to scheduling the in-class program. The training session will be coordinated by your school board.

An introductory session is facilitated by a TAMI coalition member and the stage is set for the week's work.

During the week, teachers guide students through the workbook in preparation for the end of week presentation.

At the end of week presentation, a TAMI coalition member will facilitate a session of moving presentations by people living with mental illness. There is an opportunity for students to ask questions. School Administrators and support staff should be invited to the final session. Students are given a list of resources available to them in their community.

This program can formally fit into the Ontario Elementary School Curriculum Guidelines for Health and Physical Education, in the Healthy Living Strand.

This program can also fit into the school curriculum where there are "teachable moments". Examples include: English classes studying a novel where a character may have a mental illness, Art classes where there may be a study of an artist with a mental illness etc...

### **T.A.M.I. Grade 7 Summit**

For each school, a teacher, two students and a parent council member are invited to attend the annual Grade 7 T.A.M.I. Summit.

Attendees participate in activities and exercises that talk about the stigma associated with mental illness.

Attendees will have an opportunity to meet and hear the moving stories of people living with mental illness.

Each school will be given a manual and resources to assist them with planning awareness activities within their home schools that will work on reducing the stigma associated with mental illness.

Each school will be assigned a member of the T.A.M.I. coalition as their direct support person to assist with the development of their awareness plans.

### **T.A.M.I. Speaker Training**

The T.A.M.I. coalition is privileged to have members of the community who are living with mental illness share their experiences with others.

Speaker screening, training, support and recognition is provided by the T.A.M.I. coalition to the dedicated individuals who are part of the program.

**"Be the change you want to see." - Gandhi**

[www.tamidurham.ca](http://www.tamidurham.ca)

For more information contact:  
Ontario Shores Centre for Mental Health Sciences  
905-668-5881  
ext. 6014

# YOUTH OUTREACH WORKER PROGRAM

## Why....

*Prevention and early intervention for youth at risk (under serviced youth)...*

## Who is Eligible...

- Youth ages 12- 29 years
- Youth at-risk in Ajax and Pickering

## What Does Outreach Mean...

- Meeting youth out in their communities, individually or in groups
- Engage youth in individual/supportive discussions
- Building support networks for youth in the community
- Promoting skill building and leadership development for young people
- Acting as advocates for youth in the community
- Providing individual short term case management that involves schools, families, community partners, police and probation as required

## How Do You Contact Us...

For more information or to make a referral  
please call:



**905-428-1212**

or

**Janet**

**Youth Outreach Worker  
(Cell) 905-903-3512**

**Alisha**

**Youth Outreach Worker  
(Cell) 905-903-3612**

**The Youth Centre  
presents.....  
Registered  
Dietitian**



**Want to know about....**

**Healthy Eating**

**FAD Diets**

**Weight Management**

**Vegetarian Diet**

**Sports Nutrition**

**or any other nutritional  
concern !**

**The good news is that  
Registered Dietitian  
is now available at  
*The Youth Centre*  
Monday to Friday  
To help you make  
Healthy food choices  
To improve your health!  
Service is **FREE!****

**Call to book an appointment with the Dietitian  
@ 905-428-1212**