

2 0 1 0 S P R I N G

TYPS

YOUTH CENTRES DES JEUNES CANADA



WHAT A CONFERENCE!

Unite and Ignite symbolized the energy of more than 200 youth (and their adult allies) coming together from across the country, to learn, explore and make recommendations on issues that matter to us all. TYPS, the Students Commission and the Centre of Excellence for Youth Engagement guided youth and their adult allies through the Young Decision Maker process, shared stories and experiences, worked, danced, jammed, and had a whole lot of fun together over four days in Ottawa.

We want to thank all of you who joined us in Ottawa, traveling from the far reaches of our beautiful country and creating this special event. We want to thank the Students Commission, our youth facilitators, workshop presenters, speakers, experts, volunteers, photographers, pod casters, government representatives, hotel staff, and amazing youth.....it takes a united effort to create something like this!

In weeks to come we will publish our "Report Card" from youth, detailing the recommendations made and encouraging everyone to send this report card to your local, provincial and national government representatives and decision makers. Let's ignite change for the benefit of all!

The TYPS Team

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Yes, What a Conference!!!!!!!!!!!!

Unite & Ignite was a great success thanks to all participants. I am always blown away by everything you can do, the Bragging Sessions were so amazing and with so much impact on all of us. We are already working on the next conference and your feedback is always welcome.

Everyone was SO KOOLLLLLLLLLLLLLL, I am very happy that all of you put in the kind of energy needed to create such an ambiance of exchange and fun into this conference. Your participation made of this conference what you wanted. I am sure everyone went home with a lot of interesting new ideas as well as a new outlook on all the themes and subjects that you worked on. Keep in touch with your new friends and let us know what you are doing. Have fun!!!!!!!!!!!!

Josy

GALA EVENT



Dave Smith, entrepreneur, community leader, and noted philanthropist has been a major champion in supporting youth and youth issues in Ottawa and around the world for many years. Town Youth Participation Strategies/Youth Centres des Jeunes Canada, is hosting a gala celebration dinner in honour of Dave's work, which has had a significantly positive impact on thousands of youth, including many from youth centres in the Ottawa area.

Please Join Us

Date: *Tuesday, May 18*
Cocktails 6:00 - 7:00 pm
Dinner & Award 7:00 - 11:00 pm

Place: *Hampton Inn Ottawa Conference Center*
200 Coventry Road, Ottawa, Ontario

Tickets: *\$75.00 per person or \$600.00 for a table of eight with logo recognition.*
(Including \$25.00 or \$200.00 Charitable Donation Receipt)

Tickets may be purchased by:
calling TYPS: 613-269-2436, or on line at typs.com/davesmithgala.html.
at Nate's, 316 Rideau Street, 613-789-9191 &
The Astrolabe Gallery: 71 Sparks Street, 613-234-2348.

We will be holding a silent auction to benefit TYPS Youth Centres and there will be live music for your enjoyment.

Proceeds from this gala event will go towards the work of TYPS in supporting youth. If you can make a donation for the silent auction, purchase a ticket for a youth to attend this event, or can sponsor a table, please do so.

BITS AND BYTES

<http://www.youtube.com/watch?v=JrqHASNQC-M> Unite and Ignite from the Podcast People....check it out!

<http://www.fnwitness.ca> First Nations file a historic human rights case against the federal government for under-funding child welfare services on reserves. TYPS members and youth centres can help by learning more and signing up (for free in under two minutes) as a witness while the process continues this week at the Human Rights Tribunal. Check out the website. Find out why this is important. Child and youth rights were a big topic at the conference. Learn more. Take action. Make positive change.

<http://oneocean.cbc.ca/pledge> This is your chance to make a difference. Every pledge you make can turn the tide and restore the ocean to health. You don't have to do this alone. Talk about it at your centre. Decide what pledges you can make as a team. Learn about the issues at this website, and get some great ideas about simple things you can do....even if you live miles from the ocean.

<http://www.omgpop.com/> This website is free and let's you play games like Draw My Thing and Letterblox online. Lots of fun.

<http://www.seattlepi.com/quiz/canadaquiz.asp> Last year, the Dominion Institute in Toronto surveyed 1,000 Canadians to see how well they knew their country's history. Only one person scored a perfect 20. Two-thirds got fewer than half the questions right. Give it a try!

Les Voakes, Executive Director lvoakes@typs.com
Kevin Morris, Project Manager kevin@typs.com
Dale Pearson, Project Coordinator dale@typs.com
Josy Labbe, Conference Coordinator josy@typs.com

TYPS Office 613-269-2436 Fax 613-269-4118
Website www.typs.com

We love to hear from you. News, questions, problems, or solutions, you can call or e-mail anytime.

Check out **Unite 2010 Friends to the End!!!!!!!!!!** group on Facebook and sign in to talk to friends from across the country.



NETWORK NEWS

TYPS and Youth ConneXt in PEI

TYPS Youth Centres des Jeunes Canada will be in PEI in April for Youth ConneXt, a by youth, for youth conference held each year, that brings groups together from all over the island. Last year, we all enjoyed *"an overwhelming sense of community that was evident right from the start. The walls were torn down. There were no prejudices surrounding gender, age, race, religion, sexual preference, political allegiance, socioeconomic status, or any other dividing line which we often see in our society."* Tom Ogden, Conference Coordinator.

Charlottetown is also opening a new youth centre on a six month trial basis at the Murphy Centre. TYPS hopes to be of help in making that centre a huge success, so it continues on after the first sixth months. Congratulations to the city for providing this support to youth and making the effort!

Janvier, Alberta Has Broken Ground for a New Youth Centre



Along Highway 881, north of Conklin and 100 kms south of Fort McMurray, is the hamlet of Janvier/Chard. The community is mostly inhabited by Metis, and is home to the Chipewyan Prairie Dene First Nation. Janvier/Chard resources help support a combined population of about 143 people within the area. Commercial facilities include stores, gas bars and a construction company. We welcomed Janvier to our conference for the first time this year! TYPS has been working with some amazing people in the community and meeting with youth to help get the youth centre off the ground.

The Students Commission of Canada and the Centre of Excellence for Youth Engagement wants to thank everyone for making Unite and Ignite 2010 the success it was – especially the young people who came together to not just connect with one and other and have fun, but to work hard – and work hard you did! You shared your experiences on issues that were important to you, you gathered information from youth and adults on those issues, you listened to those with lots of experience and continued to learn more. You talked about these issues and came up with a group of recommendations that governments, community organizations and youth centres are going to be able to use to make communities that much stronger for young people. You did it! All while making connections and having fun at the same time!

Thank you to all the adults who joined us at Unite and Ignite: volunteers, staff from government, community, organizations and youth centres, our special guests and staff of the TYPS, Students Commission and the Centre of Excellence for Youth Engagement. You helped demonstrate true partnerships can work – that youth, young people and adults can come together and find common ground and move ideas forward. It is up to us to help continue these partnerships now that we have returned home – to continue to see those younger than us as true, equitable partners in the decisions that impact their lives. We have the opportunity to role model this, encouraging others to examine how they too can partner with young people and this is exciting.

I invite you all to visit <http://ydm.engagementcentre.ca> and join the Young Decision Makers Network. Encourage other adults and young people to sign up as well. Not only is it free, but you will be kept up to date when there are opportunities for organizations and youth to get involved in decision making processes locally, nationally and internationally. *The Students Commission and Centre of Excellence for Youth Engagement Team*

Celebrate Spring!



- Go for a walk in the park or on a nature trail.
- Build a bird feeder.
- Help a friend or neighbour clean up their yard.
- Open all the windows in your house.
- Do some spring cleaning. Respect and appreciate your surroundings.
- Hang some sheets out on the line.
- Stay still for a moment and breathe in the fresh air.
- Keep a journal of the birds you see each day.
- Plant some seeds.
- Try a new green vegetable.
- Really listen to the rain falling.
- Get out your skateboard. Help clean up the skate park.
- Play soccer or baseball with some friends.
- Shoot some hoops outside.
- Paint a picture, or sketch a flower.
- Renew yourself. Eat to be healthy.
- Stop for a moment and really think about where your food comes from.
- Thank a farmer.
- Conserve water and appreciate every drop you have.
- Make music and sing with friends.
- Let go of an old habit to make way for something new.
- Share a potluck meal with friends.
- Watch the morning sun rise.
- Use things like baking soda and vinegar to clean, rather than harsh chemicals.
- Feel the warmth of the sun on your back.
- Be extra kind to a faithful pet.
- Decide on one new thing you are going to do for yourself to be healthy in body, mind, spirit.
- Write a poem.
- Celebrate your youth centre! Create a special activity or event for everyone.



Youth Engagement

What are the positive benefits of youth engagement? What are the signs you see around your centre or in your community? Following are some things to look for when doing a self assessment. In the TYPS Best Practices Manual (if you haven't looked at it for awhile), the models and best practices we recommend are proven to increase youth engagement, reduce risk associated behaviours, help youth acquire skills, create a sense of belonging, reduce adult cynicism of youth in their community, and increase civic awareness and pride.

When youth become involved and have a sense of youth ownership in your centre or program, the following things decrease:

- alcohol consumption
- smoking
- recreational drug use
- risky sexual practices
- violent behaviour, delinquency, and crime
- emotional problems
- school failure
- leaving school early

When youth engage, and their youth centre increases protective factors like positive attachment, skill development, and accessible resources, the following things increase:

- self esteem
- physical activity
- school performance
- commitment to friends, families, and communities

The TYPS model includes Social Inclusion, Mentorship, and the Modified Social Stress Model, a rapid assessment tool that can be applied to individuals, programs, centres, and even the whole community. Use these models to make sure you're doing all you can to attract, engage and retain youth in your community. If there's something you are doing that is especially successful and you'd like to share it with others, please send an article to me (dale@typs.com) and we'll put it in our next newsletter. We can all learn from each other.

Keep up the good work!