

Dear Principal:

Welcome back as we transition to a new school year with high hopes that success and well-being will be experienced for staff and students! I am sure your students return feeling excited and anxious in anticipation of what the new school year brings. But for some, the anxious feeling may be an indicator that there is a bigger problem - **and many suffer in silence.**

Most of us as adults struggle with getting kids to talk about what's going on. This is where our youth speakers play a pivotal role in creating a safe space for youth to ask for help. When they share their own experience – it may be as simple as a thought or feeling expressed that a youth in the audience relates to which then plants a seed of hope and inspiration.

Suicide is the second highest cause of death for youth aged 10-24 in Canada
20% of students in any given classroom will be experiencing mental health issues
80% of youth report being bullied either in school or online

Research conducted by York University shows that contact-based educational approach suggests potential for sensitizing peers to be able to reach out to their fellow students rather than ostracize them (Full report can be shared upon request) YouthSpeak Performance Charity employs youth who have personal experience to share their stories related to mental health, bullying and addiction in assemblies and workshops and inspire a strong message of respect, hope, tolerance and positive change.

By spring 2013 YouthSpeak had provided inspirational stories to over 100,000 students, teachers, police, parents and other caring adults in our communities.

Click on the image for a sneak-peak at the [MEANINGFUL IMPACT](#) our youth speakers have on an audience.

“When we show students that we care about them and not just about their results, then we create a better environment where students learn.”

Quote taken from the paper: Development of the Core Indicators and Measurements Framework for School Health and Student Achievement in Canada by the **Joint Consortium for School Health**

Please see our website for a list of our [programs](#) with descriptions. Contact us by email or phone to discuss how we can help you with addressing your biggest concerns for your school community related to these issues – whether it's to generate dialogue, create awareness, provide tools for youth who are struggling or support for parents – all of our programs bring a thought-provoking **youth voice.**

We hope to arrange a visit to your school this year! **Receive a FREE educational video when booking one of our programs**

Looking forward to hearing from you.

Warm regards, Una

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