Finding Your Voice

It's time to embark on a journey of **self-discovery**! Let's dive into some prompts and start journaling. Think about how these questions relate to your **mental health** and **inner power**.

What concerns are you facing in your life right now?

What are some big worries your family, friends, or others around you have?

What are some major challenges the world is facing today?

What opportunities do you think all kids should have?

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Finding Your Strengths and Skills

Understanding your strengths and skills helps you recognize **what you're good at** and **where you might want to grow**. This self-awareness can boost your confidence and help you take on challenges with a positive mindset. Take a moment to reflect on your unique strengths and skills—there's no right or wrong answer!

😊 **What activities do you enjoy?** Think about times when you lose track of time because you're really into something. What are you doing?

💪 **What skills have you worked hard to develop?** Maybe it's learning a sport, drawing, coding, or another activity where you've put in the effort to improve.

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🗣️ **What have others said you're good at?** Recall compliments you've received from friends, family, or teachers. What do they often praise you for?

😎 **When do you feel most confident?** Is it when you're helping others, creating something new, or solving a tough problem?

If you're still figuring out your strengths and skills, that's completely okay! Start by trying new things—join a club, volunteer, or help out a friend. The more you explore, the more you'll discover what you're great at.

Active Listening Skills

Let's develop and practice key active listening skills!

Key skill	What is it?
Reflect	Repeat back what the speaker said using similar words.
Paraphrase	Rephrase what you heard in your own words.
Clarify	Ask questions to get more details.
Reflect Feelings	Recognize and express the speaker's emotions.

Example scenario:

A teacher talks to a student about an upcoming due date. How could the teacher use these skills to communicate effectively?

Fill in the chart below accordingly. We'll be sharing our answers together as a class!

Key skill	Example scenario - How could the teacher use this skill?
Reflect	
Paraphrase	
Clarify	
Reflect Feelings	

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Your turn! Partner practice:

1. **Pair Up:** Choose a partner.
2. **Create a Scenario:** Think of a situation where active listening is key.
3. **Practice:** Use the four skills with your partner.
4. **Fill Out the Chart:** Note how you used each skill.
5. **Discuss:** Talk about which skills were easy or challenging.

Key skill	Your scenario - How did you and your partner use this skill?
Reflect	
Paraphrase	
Clarify	
Reflect Feelings	

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Advocacy Superpowers

Knowing everyone's superpowers will help us form effective groups for our social impact project. Let's use our unique skills to make a difference!

1. Chat with Your Neighbour
Take a minute to talk with the person next to you. Discover what makes them a strong advocate for change. What's their special skill or hidden talent?

2. Introduce Your Neighbour
Get ready to introduce your neighbour to the class! Share what you learned about their advocacy superpower and why they're awesome at it.

Here are some superpowers to consider... but feel free to make your own!

- 📝 **Wordsmith:** Expert in writing stories, poems, or persuasive arguments.
- 🎨 **Art/Design Wizard:** Creates amazing visuals with drawings or graphics.
- 🗣️ **Smooth Talker:** Persuasive and charming in communication.
- 🎵 **Music Maestro:** Provides a killer soundtrack for any situation.
- 🧩 **Game Guru:** Solves problems like a pro gamer.
- 🌐 **Internet Whiz:** Knows how to make things go viral online.
- 🤝 **Team Player:** Great at bringing people together and finding common ground.
- ✔️ **Action Hero:** Gets things done efficiently and effectively.
- 🧠 **Brainiac:** Analyzes problems and finds smart solutions.
- ✨ **Quality Controller:** Challenges ideas to ensure high standards.

3. Show Off Your Superpowers
Pick your top 2 superpowers, write them on a sticky note with your name, and place your note on the whiteboard in the appropriate group.

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Learning About Children First Canada

1. **Go to the website for Children First Canada. What is one interesting fact that you learned?**

2. **When and where was it formed?**

3. **What caused (ie. event, issue, crisis) the organization to be created?**

4. **What are the main goals or mission of the organization?**

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5. Where in the world does this organization operate today? Why?

6. What actions does the organization take to achieve its goals?

7. How can one get involved?

Name: _____

Top 10 Threats to Childhood

Recall the top 10 threats to childhood in Canada:

1. Unintentional and preventable Injuries
2. Poor mental health
3. Violence against children and youth
4. Vaccine-preventable illness
5. Systemic racism and discrimination
6. Poverty
7. Infant mortality
8. Bullying
9. Limited physical activity and active play
10. Climate Change

Which 3 threats surprised you the most?

Threat to childhood	Why it surprised me
Threat #1:	
Threat #2:	
Threat #3:	

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Your top 3 threats

Choose the three threats that you think are the most important. For each, write one reason why you think it's a top concern.

Top threat to childhood	Reason
Top threat #1:	
Top threat #2:	
Top threat #3:	

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Understanding Children's Rights

Remember our activity on *Finding Your Voice*? Think back to those concerns you wrote down. How do these relate to the threats to childhood and UNCRC rights?

Use the UNCRC poster as your trusty guide!

My concern	Related threats to childhood	Related UNCRC rights
Concern #1:		
Concern #2:		
Concern #3:		

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Power Flower

Head over to the Power Flower activity website for our next task! The goal is to help us understand how power, privilege, and oppression impacts all of us in different and intersecting ways.

1. Think about each petal and decide which identities you believe are most **dominant** and **non-dominant** in today's society.

   ➔ For example: On the "disability" petal, you might decide that the **outer part (privileged)** represents the non-disabled identity, while the **inner part (marginalized)** represents the disabled identity.

2. Now, think about how you personally identify. Using the example above, if you identify as non-disabled (sometimes called 'able-bodied'), click on the outer part of the petal. If you identify as disabled, click on the inner part of the petal.

3. Click on either **(1) the inner petal**, **(2) outer petal**, or **(3) in between** the two petals to fill in the flower according to your own social identities. There's also a blank box where you can add a social identity that's not listed but applies to you.

How many of your petals differ from the dominant petal?

How did filling the power flower help you see parts of privilege and oppression in your own life experiences?

Resource credit: www.buildingcompetence.ca

Name: _____

Types of Activism

Issue: _____

Activism type	What can you do?	Pros	Cons
Donate			
Educate			
Communicate			
Agitate			

Reflection:
1. Which type of activism do you think would be most effective for your issue?
2. Are there any other actions you could combine with these types of activism to make a greater impact?

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Choosing a Topic: Rapid Brainstorm

Gather your team for a rapid brainstorming session! Set your timer for **5 minutes** and let the ideas flow. Think of all the exciting ways you can engage with the government and stakeholders to tackle your chosen issue.

Tips:
- Consider all the different forms of activism you have learned about.
- What ideas are realistic/doable within your environment and the resources available to you?

Ways to get involved:

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Problem Framing: "How Might We…"

How might we…

COMPONENTS What are the parts of the problem?	**CHARACTERS** Who are the people involved and/or affected?
CHALLENGES What are the key barriers and issues in the problem?	**CHARACTERISTICS** (of desired outcome) What characteristics should the solution have?

Proposed solution:

Name: _____

Researching Our Issue

In groups, use the questions below to guide your research. Find an article related to your chosen issue, then fill in the chart with your findings. Each group member takes on one question/row to research.

Issue: _____

Question	Research findings (include website links)
Why is our issue important to kids/children?	
Why is this issue happening (root causes)?	

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What are the effects/impacts of this issue?	
Who is already working on this issue in our community (partners)?	
What is being done to fix this issue (goals)? So what? Now what (next steps)?	

From Root Cause to Our Goal

Let's dig into the root causes we uncovered during our research:

1. **Which root cause has the biggest impact on the problem, and why?**
2. **Which root cause would be the easiest to fix?**
3. **What should our goal be?**

Use your answers to complete the table below:

Root cause	The issue	Goal
e.g. Lack of awareness about grooming	e.g. People don't know what it is	e.g. Raise awareness at school

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Commitment to Collective Action Statement

Let's wrap up our key learnings by creating a vision statement to guide our mission for children's rights in Canada. We'll come together as a community to agree on a collective commitment to action—something that reflects who we are, what we believe in, and where we're headed. This activity has both individual and group parts, leading to the creation of one (or maybe more!) collective statement.

Step 1: Brainstorm

Start by filling out the first page of your handout individually. Think about the following:

I - Being	*We* - Belonging		*Us* - Becoming
Who are we? (as individuals)	**Who do we serve?** (as a school/small community)	**Who are we?** (as a larger community)	**What are we committed to?** (as a collective community)

Step 2: Select Your Best Words

In groups of 3-5, choose the 3-5 best words from each of the columns you brainstormed in Step 1. Write them down below.

I - Being	*We* - Belonging		*Us* - Becoming
Who are we? (as individuals)	Who do we serve? (as a school/small community)	Who are we? (as a larger community)	What are we committed to? (as a collective community)
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

Step 3: Create Draft Commitment Statements

As a group, use the words you chose to create at least 3 draft commitment statements.

Statement #1	
Statement #2	
Statement #3	

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Step 4: Combine and Share

Join with the groups near you. Share your draft statements, pick the parts you like most, and create one strong commitment statement that brings together the best ideas. Write your combined statement below, then copy it on a piece of chart paper.

Combined Statement	

Step 5: Dotmocracy!

Now it's time to vote! With all the commitment statements posted around the room, take 5 sticker dots and vote for the ones you like best. You can also use markers to underline words or sentences that stand out to you.

Step 6: Finalize the Statement

Collect the top 3 commitment statements from the Dotmocracy round. Your teacher will combine them into one final statement that represents your collective commitment.

Finalized Combined Statement	

Developing Your Solution

Time to get creative! Use divergent and convergent thinking to brainstorm new ideas to address your chosen problem. Then, use a SWOT analysis to refine your solution.

Divergent Thinking

Come up with **at least 15 ideas** that could solve the problem you found. The trick to finding a creative idea is often to let yourself think freely, widely, and without worrying too much about if it will work.
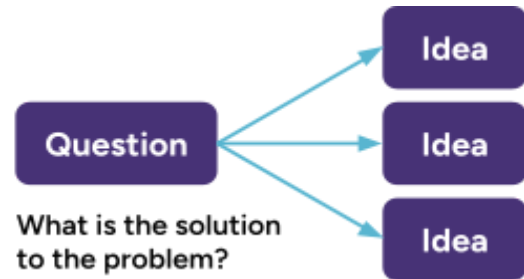

Examples to get started:

- What if we used social media to raise awareness?
- Could a fun event bring people together to solve this issue?
- Is there a way to create a petition or letter-writing campaign?
- What if we partnered with local businesses to help?

List all solution ideas below.

Convergent Thinking

Now it's time to **narrow down** your ideas. Look at the ideas you brainstormed and pick the ones that are SMART:

Feasible & streamlined solution

- **Specific**: Is the idea clear and focused?
- **Measurable**: Can you track progress or success?
- **Attainable**: Is it something you and your team can realistically achieve?
- **Realistic**: Does it make sense given the time, resources, and people available?
- **Time-bound**: Can it be completed within a specific time frame?
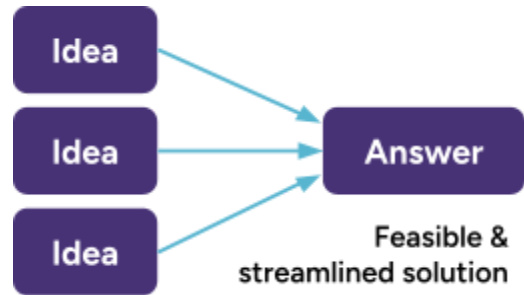
Go through your list and cut it down to about **8 ideas** (or fewer) that meet these criteria. This will help you focus on the ideas that are most likely to succeed.

List the SMARTest solutions below.

SWOT Analysis

Time to **refine** your remaining ideas by doing a **SWOT analysis** for each one! This will help you compare the strengths and opportunities of your ideas against their weaknesses and threats. Use multiple copies of this worksheet or create your own SWOT chart on a blank page.

STRENGTHS	WEAKNESSES
What's great about this idea? What's already working?	*What could be improved? What challenges might this idea face?*
OPPORTUNITIES	**THREATS**
What chances or advantages can this idea take? How can this idea help you reach your goals?	*What obstacles or risks stand in the way? Who or what might create competition or challenges?*

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After analyzing each idea, **rank them** based on how much their **Strengths + Opportunities** outweigh the **Weaknesses + Threats**.

Now, list your top 4-6 ideas that have the **biggest benefits** and the **least amount of risks**. These are the ideas you'll want to move forward with!

Name: _____

Social Impact Project Checklist

Take a look at the sample checklist below. Feel free to add any extra details and adjust it to suit your project's specific needs. Use this checklist to make sure everything is ready before you get started!

The sample also includes sections for "Evaluation and Reflection" and "Final Reporting." Keep these in mind for after your project is up and running to help with your final review and reporting.

1. Project Planning

☐ **Pick Your Cause:** Decide on the social issue you want to tackle

☐ **Set Your Goals:** Define what success looks like for your project

☐ **Do Your Research:** Gather important info and facts about the issue

☐ **Team Up:** Find community partners or stakeholders who can help

☐ **Know the Impact:** Figure out who will benefit and how

2. Team Roles and Responsibilities

☐ **Assign Jobs:** Decide who will take on which roles (e.g., project leader, researcher, outreach person)

☐ **Clear Tasks:** Make sure everyone knows what they need to do

☐ **Plan Check-Ins:** Schedule regular meetings to keep everyone updated

3. Action Plan

☐ **Map It Out:** Create a step-by-step plan for how you'll carry out your project

☐ **Set Deadlines:** Decide when each task needs to be done

☐ **Gather Supplies:** List what materials or funds you need

☐ **Be Ready:** Prepare a backup plan in case things don't go as expected

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4. Communication and Outreach

- ☐ **Craft Your Message:** Develop key messages and ways to share them
- ☐ **Target Your Audience:** Identify who you want to reach with your message
- ☐ **Plan Activities:** Schedule and organize outreach events (like social media posts, flyers, or presentations)
- ☐ **Create Materials:** Design any materials you'll need (like posters or brochures)

5. Implementation

- ☐ **Get Ready:** Make sure all your materials and resources are in place
- ☐ **Team Prep:** Ensure everyone knows their tasks and is ready to go
- ☐ **Execute:** Put your action plan into motion
- ☐ **Track Progress:** Monitor how things are going and adjust as needed

6. Evaluation and Reflection

- ☐ **Collect Feedback:** Get input from participants and others involved
- ☐ **Measure Impact:** Check if you've reached your goals and made a difference
- ☐ **Reflect:** Discuss what went well and what could be better
- ☐ **Learn:** Document what you've learned for future projects

7. Final Reporting

- ☐ **Summarize:** Put together a final report of your project
- ☐ **Share Results:** Present your findings and celebrate your success
- ☐ **Celebrate:** Recognize and reward your team's hard work!

Creating an Impact Report

Your team's impact report is your chance to shine! You'll be sharing your work with fellow Being, Belonging, Becoming (BBB) participants and partners across Canada. Once your report is ready, upload it to the BBB platform, where it will join a collection of reports from other amazing teams. You'll also get to explore this collection on the CFC website, connecting you with a network of change makers across the country.

This is more than just showcasing your project—it's about being part of something bigger and getting inspired by the incredible work happening nationwide. Get ready to be amazed by the impact you're making!

Parts of an Impact Report

Executive Summary:

Give us a brief summary of what your project was all about and the incredible feats it accomplished. Think of it as your chance to capture hearts and minds with your impactful story.

Goals & Objectives:

Share the driving force behind your initiative—what sparked the idea and fueled your passion to make a difference? Unveil your project's mission, painting a clear picture of the change you aimed to bring about and the impact you envisioned on the world around you. You might want to consider including your SMART goals here.

Activities & Initiatives:

Time to showcase your project in action! Let's share all the incredible work you've done so far. Dive into the details—the when, where, what, and how of implementing your social action project. Some examples might include a community event, an online campaign, or a series of workshops.

Outcomes/Impact:

Let's highlight the changes your social impact project has sparked in your community, school, or classroom. Whether they're big leaps forward or small steps in the right direction, every change contributes to making our world a better place.

Include any data, testimonials or outcomes that share the story of the positive change brought about by your project. Think about both **quantitative data** (how many people were engaged, how many resources collected, etc.) and **qualitative data** (the stories behind the stats, showing the heart and soul of your project's impact).

Reflections:

Finally, reflect on your personal journey of growth and discovery. Here's your chance to share the invaluable lessons you've learned along the way.

1. Impacting Social Change: Reflect on how this experience has deepened your understanding of your own power to drive social change. What newfound skills, insights, or perspectives have you gained? Whether it's realizing the importance of perseverance, empathy, or collaboration, share how this journey has empowered you to make a difference in the world around you.

2. Boosting Collective Well-being: How did coming together for a shared purpose positively impact your collective well-being? Did you discover new ways to support each other through challenges, celebrate successes, and foster a positive team culture? Share the strategies and practices that helped nurture a healthy and resilient team dynamic throughout the project.

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3. Understanding Community and Youth Rights: Dive into the discoveries you made about your community and the rights of youth. What insights did you gain about the needs, strengths, and aspirations of the people around you? Did you uncover any issues or barriers that affect young people's rights and opportunities? Whether it's advocating for youth voices, promoting inclusivity, or challenging systemic inequalities, share how this experience has deepened your understanding of your role as an agent of change in your community.