

Improving the lives of youth in Victoria

Unquiet Minds II

Foundry Victoria

Participatory Budgeting funding: \$6,450

What is the project?

Unquiet Minds II is a youth-centered arts programming initiative at Foundry Victoria and an annual music and poetry open mic event for youth mental health awareness. This year, the open mic event will be held at the Victoria Event Centre and will showcase the artistic work of 12 youth poets and/or musicians. The event will be free and the venue can hold 150–175 people. An in-depth performance workshop series run through Foundry will prepare youth spoken-word and stage performers for the open mic, and youth contributors will produce a multimedia chapbook of spoken-word poetry and song lyrics.



How the project benefits the lives of youth in Victoria

The intent of this community event is to celebrate youth in their efforts to cultivate creativity towards an ongoing and performative discussion of mental health. *Unquiet Minds II* will generate city-wide awareness on critical youth issues by giving youth activists a voice at the event and within a multimedia chapbook publication. This project not only prioritizes the emerging artistic practice of youth as performers, but it also places trust in bestowing youth with the opportunity and skill sets to be burgeoning leaders in the new mental health avant-garde of their generation.

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What We Need: Prevention of Youth Homelessness

Greater Victoria Coalition to End Homelessness

Participatory Budgeting funding: \$27,520

What is the project?

The 2018 Point-in-Time Count reported that over 259 youth are homeless in Greater Victoria. Our lived-experience group 'Youth Educating and Advocating about Homelessness', is determined to meet the needs of homeless and at-risk youth through:

- a weekly cooking group to provide healthy, affordable food planning experiences, job opportunities and relationship-building
- a monthly education forum to empower youth through mentorship and life skills training on topics they have posed, and
- a tenancy program to overcome barriers to housing through advocacy, support and educating youth and landlords



How the project benefits the lives of youth in Victoria

Peer-to-peer engagement is essential to our work; designing our project with a for-youth, by-youth approach is vital. Instead of deciding what is beneficial to youth, we asked them.

We consulted 96 homeless youth. Lack of life skills, confidence and emotional support were key contributors to their experience of homelessness.

Our project will equip youth with resources to find employment, housing and stability through fostering independence and belonging in a healthy environment. When asked what a perfect program could look like – this is what youth in Victoria envisioned.

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Nobody's Perfect Parenting Program for Young Parents

James Bay Community Project

Participatory Budgeting funding: \$2,400

What is the project?

We will run a free six-week Nobody's Perfect Parenting program for young parents (under 21 years of age) in James Bay. At Nobody's Perfect sessions, parents learn about their child's feelings, behaviours, body, and safety and share what it is like to be a parent.

Sessions are based on what parents want to learn about, not step-by-step procedures from a book. Because of their different stage of development and life circumstances, the needs of younger parents may be quite different from those of older parents. Young parents feel more supported in a program designed specifically for their age group.



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Nobody's Perfect has been implemented in communities across Canada since the 1990s and has proven to increase multiple parenting outcomes: confidence, ability to cope with stress and problem solve, resiliency, self-sufficiency, access to support and frequency of positive parent-child interactions.

In addition to these more immediate benefits, the children of these young parents benefit from a more positive parenting approach and grow up with fewer risk factors, improving outcomes for them in the long term.

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Our Future Flies on the Wings of Pollinators

Pollinator Partnership Canada

Participatory Budgeting funding request: \$18,000

What is the project?

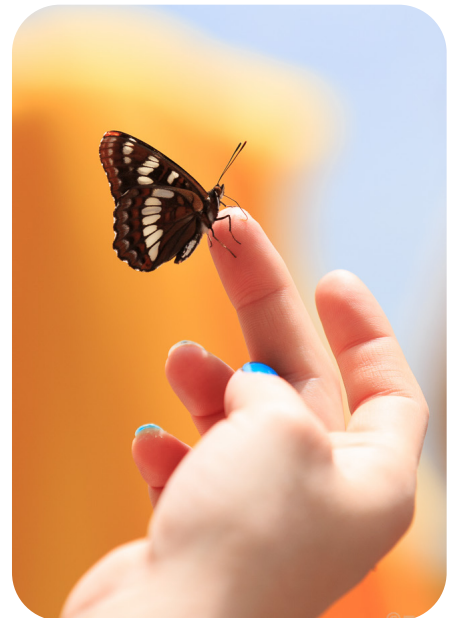
Youth leadership is essential to the future of our planet. Without pollinators, food production and natural ecosystems would collapse, yet we're losing pollinators at an alarming rate. Native bees and other insects are the most important pollinators, yet we know little about their status in Victoria.

A core group of 20 youth ages 16–24 will be mentored by established scientists about pollinators, assessment, and knowledge transfer. These youth will take the lead on assessing pollinator populations, conservation, and developing innovative knowledge transfer to peers and the community.

How the project benefits the lives of youth in Victoria

Youth can lead the change to more sustainable urban systems, however, there are few opportunities for youth to have a meaningful role in communities. The Youth Pollinator Squad will benefit from training and mentoring by established scientists to become teachers and community leaders. They will gain skills in research, conservation and knowledge transfer and will work to create a better future for themselves, other youth and future generations.

The wider youth population will benefit from the Youth Pollinator Squad's actions and leadership example, showing the power of young people in making change.



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Quadra Village Has Talent

Quadra Village Community Centre

Participatory Budgeting funding: \$500 microgrant

What is the project?

A one-night talent show will provide an opportunity for youth in our community to showcase their unique skills and talents. This event will be held at Quadra Village Community Centre and will bring community members of all ages together for a fun night to celebrate diversity and recognize the talents of local youth. A panel of judges made up of local supporters will choose one winner from each of the three age categories.



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This event will provide an opportunity for youth to explore their passions and interests, while making connections with others in their community. According to the Creative City Network of Canada, engaging children and youth helps build their resiliency and self-esteem, and contributes to creating healthy and supportive communities. Research has proven that youth who have access to arts and creative outlets tend to have better academic results, greater likelihood of college enrolment, increased self-esteem and resiliency, better workforce opportunities, improved emotional intelligence, and more civic participation, such as voting and volunteering. The event will be entirely planned and organized by the Quadra Village Girls Group, which focuses on creating spaces where youth can build their self-worth and create community connections.