

Youth Experience

2023 Guide



dare to be YOU
make your mark



"Community is a key component of thriving."

Creating Change

#ChangingTheWorld

We believe in the power of community as a key component to thriving and wellness.

Our Vision

To see a world transformed by bold, authentic, young leaders

Our Mission

To inspire young adults to make their mark and drive community change.

What We're Working to Address

Youth are in need of our support more than ever, and DTBY is stepping up to help. If you have children, grandchildren, nieces, or nephews, then you understand the pandemic's impact on students in Halton, Hamilton, and around the globe.

Not surprisingly, there has been a significant increase in youth accessing mental health and wellness services, as they struggle to stay well and cope during this challenging situation. The disruption students have faced to their education, and extracurricular activities, and being cut off from their social networks and support systems are taking their toll.

Despite these unprecedented challenges, students around the world have demonstrated resilience and done all they could to continue to learn, grow, and engage with their communities. If given the opportunity, students actively seek out programs such as those we offer. They share their inspiring stories and give back to their communities.

Our young people need our support more than ever, and DTBY has stepped up and been there. We have provided empowering personal and leadership development workshops, opportunities for peer networking and community engagement, and a place for youth to feel at home.

"There are just those moments when you heard something and are suddenly inspired, and everything else makes sense. This is what you get out of DTBY."

-Youth Inspire Community Day attendee

Our Solution: Me, We, Community

#MeWeCommunity

Dare to be Youth Charity (DTBY) is a movement dedicated to empowering high school students and young people (14-24) in the Halton/Hamilton region and beyond. It's a platform to unlock their potential and empower them to make their mark and achieve the life they genuinely want to live.

Our Vision

We inspire high school students and grads to build and grow a healthy foundation of resilience. To navigate through life's noise and challenges and create a community of future leaders who motivate positive change.

Our Mission

We mentor individuals on how to develop their mental wellness, resilience, and confidence through educational programming, peer-to-peer support, and workshops offered throughout the organization.

We Build

We build community engagement through various volunteer and leadership opportunities. When youth grow and become better, they DO better and then go on to inspire and mentor others to do the same.

Growing in 2023

We're expanding our programs in 2023 to set up opportunities for exponential growth for young adults in building their skills, resilience, and mental well-being while transitioning from high school to post-secondary.

They're resilient, but they'll need support as they close one season of their life out for the next. Better mental health outcomes mean stronger futures and resiliency skills for the young adults involved and meaningful community development. When they grow and become better, they DO better and then go on to inspire and mentor others to do the same.

"Youth Inspire Community Day had a big impact on how I think when overcoming obstacles. Before, I thought that it's better to leave things alone rather than to overcome difficulties. Now, I know that it's worth it to keep pushing through setbacks because it can get you to a better place than before" – Youth Inspire Community Day attendee.



Our Programs

Community Youth Council

The Community Youth Council (CYC) provides Youth Inspire Community Day participants with an opportunity to take on a leadership role and drive community change. In the spirit of “service-above-self”, the CYC gives young leaders an opportunity to develop their leadership skills, engage with a network of like-minded peers, to make a mark in their community, and to gain community service hours. Members of the Community Youth Council get the opportunity to take part in a unique small-group professional mentoring program facilitated by 3x Olympian Miranda Ayim. Through guided mentorship seminars, Miranda helps youth develop their resilience and essential life skills and move towards thriving.

Spotlight Series

The Spotlight Series helps tell the stories of youth who are the leaders of today. It includes a series of speakers panels and podcasts facilitated by the CYC, which focus on the theme of UNITY. It gives youth the opportunity to positively impact other students by sharing their stories and lessons, and by helping engage their peers in dialogue about how to build more inclusive communities.



Above: Spotlight Project
Prospective Cover and
Inner Cover.
Right: CYC Logo



Youth Inspire Series

The Youth Inspire Series is DTBY's signature program that consists of a series of programs, focused on the theme of UNITY, that is designed to connect youth to engage with their communities and engage in meaningful dialogue around equity and inclusion. Four hundred participants participated in the second Youth Inspire Community Day event, and we are excited to build off this success and expand the program in 2023.

Financial Resilience & Wellness Program

The Financial Resilience & Wellness Program is designed to provide youth with quality educational programming to help them develop their financial resiliency skills. This program provides youth with a self-serve online program to help them develop a holistic understanding of financial literacy and how this intersects with their emotional resilience and wellness. Launching in Q1 2023.

Diversity, Equity, & Inclusion Pledge

DTBY is partnering with local community organizations supporting BIPOC youth and taking steps to implement diversity, equity, and inclusion into all aspects of our programs. We have partnered with local non-profit and equity consultant, Mending the Chasm, to support us with the development of our program curriculums, and to help is launch a new program: Youth Affinity Groups, which will create a safe space for youth to engage in dialogue around equity and inclusion with their peers.

More Information You can find more information on our programs [here](#).

What Previous Program Participants Are Saying

#MenteeToMentor

"DTBY has helped me grow as both an individual and a member of the community. Through its Leader Within Workshop, I am constantly inspired to create change with like-minded leaders in the community. I am looking forward to having fruitful discussions with members of the CYC and propelling the future leaders of our community."

– Leader Within Participant

"It was a wonderful experience participating in the event! I would undeniably recommend it to all youth, as inspiration from peers and successful individuals can hint at all the possibilities there are for you to absolutely excel in your own space."

– YICD Participant

"I LOVED Youth Inspire Community Day as it taught me so much about resilience and community, and how we can create a safe space within our own communities. I wish everybody could hear what the speakers had to say, because I learned a lot and the whole event was very insightful!"

– YICD Participant

"DTBY has given me a platform, a voice that I am able to utilize to advocate for youth within my community. I have met an abundance of leaders like myself who have sparked a sense of light in my life."

– CYC Member and Peer Mentor

"I'm part of DTBY because it gives me the opportunity to meet amazing people and to be a part of something that will help me grow as a person and develop skills that will help me in the future."

– Leader Within Participant

"Youth inspire community day had a big impact on how I think when overcoming obstacles. Before, I thought that it's better to leave things alone rather than to overcome difficulties. Now, I know that it's worth it to keep pushing through setbacks because it can get you to a better place than before."

– Youth Inspire Community Day Participant



We look forward to having you join the movement!

Connect with us

Connect with DTBY online:

Web

dtby.ca

Instagram

[instagram.com/dtbyhalton](https://www.instagram.com/dtbyhalton)

[instagram.com/cycforchange](https://www.instagram.com/cycforchange)

LinkedIn

[linkedin.com/company/dtbyhalton](https://www.linkedin.com/company/dtbyhalton)

Twitter

twitter.com/DTBYHalton

*"A mentor is not someone
who walks ahead of us to
show us how they did it."*

*"A mentor walks alongside us
to show us what we can do."*

Simon Sinek

