

# The Villager

FALL 2024

serving Halton's Lakeside Communities

MAGAZINE



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# Dare To Be Youth Charity (DTBY) Empowering Every Young Mind



*by Shannon Tobin,  
Founder & CEO,*

***Dare To Be Youth Charity (dtby)***

Disruption, social inequalities, and health inequity – from the pandemic to global war and affordability – have compounded the negative halo surrounding our youth.

## **Our youth need help**

Our society faces a crisis as teens and young adults are increasingly

impacted by anxiety and stress related to personal finances. With 70% of youth believing more time should be devoted to personal finance in high school (BC Securities Commission) and 70% of mental health issues arising before age 18 (Mental Health Commission of Canada), it's clear that intervention is crucial.

## **What would the world be like if we all chose to rise above our self-doubt and fears and make our mark?**

If you're older than 24, you likely remember the challenges of your teen years. While the essence of adolescence remains the same, the landscape for today's teens is markedly different and, in many ways, more demanding than it was a decade or two ago. The omnipresence of social media, the rapid pace of technological change, and the increasing pressure to conform have created a unique and daunting set of challenges for today's youth.

The omnipresence of social media creates an environment where self-worth is frequently measured by likes and followers, leading to heightened anxiety and pressure to conform. In contrast, teens faced fewer external comparisons two decades ago, relying mainly on face-to-face interactions and traditional media. Additionally, the rapid pace of technological change has resulted in overwhelming information and distractions, making it harder for today's youth to focus and find their identity.

If you had access to programs that taught you life skills, resiliency, and how to rise above

self-doubt and fears, programs that taught you how to believe in yourself and awaken your full potential, imagine how much easier the teen and young adult phase of life would have been.

## **DTBY helps youth thrive, not just survive**

This alarming trend underscores the urgent need for supportive intervention and preventative measures. While we are not here to diagnose or treat, we are here to complement professional support and services with tools that can have a lasting impact. DTBY is committed to providing programs and peer mentorship as preventative measures. Our vision is a future community where all youth (14 - 24) are resilient and empowered to make an authentic impact. DTBY is here to provide the necessary support for youth to survive and thrive.

## THE FACTS | DID YOU KNOW THAT?



Adolescent mental health conditions often extend into adulthood and will be the world's leading cause of disability by 2030.

- World Health Organization

The economic cost of supporting children and youth in Canada who experience anxiety and depression is \$4 billion per year.

- Conference Board of Canada, Nurturing Minds for a Secure Futures

Principals reported "increased behavioural issues, kids struggling with self-regulation, and kids struggling with being able to stay mentally healthy"

- Annie Kidder, executive director of People for Education

## THE FACTS | DID YOU KNOW THAT?

**70%**

of mental health issues begin before the age of 18

- Mental Health Commission of Canada

**fewer 15-29**

year olds have reported a very strong or somewhat strong sense of **belonging** to their local community compared with those 45+

- Statistics Canada

**-15 pts**

hopefulness declined among Canadians 15-25 from 2016 to 2021/2022

- Statistics Canada

**1 in 5**

children and youth in Ontario are estimated to have a **mental health challenge**

- School Mental Health Ontario

**75%**

of issues discussed via phone/live chat were **mental/emotional health** related among ON 14-24 year-olds, followed by relationships (33%)

- Kids Help Phone 2021

**46%**

of issues discussed via text were **anxiety/stress related** among ON 14-24 year-olds, followed by relationships (38%)

- Kids Help Phone 2021



# What Youth Are Saying About Our Programs

## Youth Inspire Community Day

*"Attending Youth Inspire Community Day was a game-changer for me. It opened my eyes to the incredible potential we, as young people, have to make a difference in our community. The event not only motivated me to step out of my comfort zone but also showed me that being a leader is not about age – it's about passion and determination. I'm excited to join the Community Youth Council because I want to be part of a group that actively contributes to positive change. YICD empowered me to unleash my inner leader, and I can't wait to channel that energy into meaningful projects with the council!"*  
– YICD Participant

## Community Youth Council

*"Dare To Be Youth stands out from other charities in its welcoming and inclusive atmosphere and how it is so youth-focused and youth-centred. As someone who has worked with quite a lot of charities and organizations in the past I could say for certain that the environment and the inclusivity that has developed at Dare To Be Youth is definitely unique."*  
– CYC Member

## Anti-Racism Affinity Spaces for Youth - A 2023 Pilot Program

*"We all have something to learn from each other. Everyone has a specific 'lens' to share and diversity of opinions and ways of viewing the world can help to shape our own."*  
– Anti-Racism Affinity Spaces for Youth Participant

## Financial Resilience & Wellness Program

*"Financial education is important to learn at a young age because as we get older we are going to need to make a lot of important decisions. A lot of these decisions are going to involve saving and spending our money wisely. If we learn how to spend, save, invest and budget wisely when we are young we will have a lot less stress for when we are older and we will be able to achieve our life goals."*  
– Financial Resilience & Wellness Workshop Participant



## Not just programs but a beacon of hope

Our programs embody the belief that community is key to thriving. Actively fostering growth, building life skills, and connecting young people with their communities create a sense of belonging and unity, contributing to safer neighbourhoods.

Emotional and financial literacy are at the heart of what we do. We believe these skills are not just separate pieces of the puzzle but essential components of a holistic approach to youth development beyond individual impact. By empowering the youth with tools for resilience and informed decision-making, we're also contributing to the overall fabric of our communities' well-being.

## Making an impact

Better mental well-being outcomes mean stronger futures, resiliency skills for the young people involved, and meaningful community development. When they grow and become better, they DO better and then inspire and mentor others to do the same.

In 2023, 1956, students across Halton and Hamilton were impacted by DTBY's programs and volunteer initiatives. In 2024, we continue to leave our mark on many more!

Thanks to continued support from RBC, 2024 marks the 4th Annual Youth Inspire Community Day as DTBY's signature event. Appleby College will host this year's program, which offers an unparalleled opportunity for students to engage in learning through speakers, break-out sessions/workshops, exploring

career path opportunities, wellness mechanisms, soft skills, and more.

## Invest in young people today for a better community tomorrow

We need your help to empower our community youth. Your support can make a substantial impact. To break it down, every

student participating in our programs costs \$300/year or \$25/month. To donate, please visit [dtby.ca](https://dtby.ca).

## About DTBY:

DTBY was initially founded as a fundraising foundation for youth programs and organizations. In 2020, the organization underwent a significant shift when the team realized a need for youth programming focused on developing soft skills, such as resilience, confidence, social skills, and leadership. In 2021, DTBY launched the first year of its free-of-charge programming to build essential life skills, develop healthy relationships, and connect youth and young adults with their communities. In the few years since, the organization has continued to grow its offerings, including the Community Youth Council and Peer Mentoring, Youth Inspire Community Day, the Leader Within program, and the online Financial Resilience & Wellness Program. This year, DTBY was the proud recipient of the Burlington Mayor's Award. This award, focusing on Equity, Diversity, and Inclusion (EDI), recognizes DTBY's outstanding commitment to empowering young people from diverse backgrounds and fostering a culture of acceptance and understanding. To learn more about DTBY, visit [dtby.ca](https://dtby.ca).



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## ENHANCE YOUR FINANCE

Financial Resilience & Wellness  
Online Course

*Enhance Your Finance* is a five-part, virtual beginners course dedicated to helping youth (14+) develop their financial literacy skills and create financial plan to ultimately experience life to the fullest!



Module 1  
Setting Goals



Module 3  
Saving



Module 2  
Budgeting



Module 4  
Investing

Module 5  
Taxes



## Unleash Your LEADER WITHIN



This dynamic four-part online workshop series is carefully crafted to empower 14-24-year-olds with the skills and confidence needed to thrive in today's challenging world.

Sign up for free at <https://www.dtby.ca/programs/leader-within/>



Module 1  
Strength



Module 3  
Energy



Module 2  
Challenge



Module 4  
Trust

Calling all  
**HIGH SCHOOL STUDENTS**

Do you have a business or social enterprise idea that can drive positive change in your community?



## Pitch Your BIG Impact Idea To THE PYTHONS

- Receive **mentorship** from professionals
- Top 3 winners will receive **\$1000**
- Winners present at the **DTBY Youth Inspire Community Day Symposium** on Nov 28th, 2024

Enter your business idea or social enterprise at [pythonspit.ca](https://pythonspit.ca)  
No later than October 28th

#PYTHONSPIT2024

