

FALL EDITION 2013

THE  LUNG ASSOCIATION™

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In This Issue

- Page 1: **Engage 2.0 – Principles and Practices of Meaningful Youth Engagement**
- Page 1: **Newest YATI Team Member - Welcome to Kristy Ste Marie**
- Page 2: **Camp Smitty: Boys & Girls Club**
- Page 2: **TIFF Prep - Partnership with CCS to tackle Smoke Free Movies**
- Page 2: **NCTH Youth Stream - Tobacco industry denorm on a national level**
- Page 3: **My YATI Experience- by Julia Safarli**
- Page 3: **Sheridan College Training - Integrating tobacco denorm into on-campus health promotion**
- Page 3: **My YATI Experience - by Abhirup Chatterjee**

Engage 2.0

Principles and Practices of Meaningful Youth Engagement Piloted and Running!

One of YATI's most popular trainings for adults was updated and offered for the first time this year. Engagement in Action: Youth Development for Healthier Youth is now Engage 2.0: Principles and Practices of Meaningful Youth Engagement.

The goals of YATI's Engage 2.0 training is to increase the capacity of adults to engage youth in the development and delivery of programs that affect them and to provide practical tools and strategies to help build, and/or strengthen, participants youth engagement efforts.

This training module focuses on training adults who work with youth on foundational concepts of youth engagement and applying these concepts in everyday practice. Specifically, this training provides an overview of: key youth engagement terms, research and philosophies, practical application of youth engagement concepts, and best

practice learning's from the area of tobacco prevention.



In August YATI hosted a pilot of the training for community agencies. Participants included members of Ophea and the Ontario Lung Association. In September a second pilot was hosted in the YATI offices for adults who work within the SFOA. Participants came from across the province; Youth Engagement

Coordinators and Youth Development Specialists from all seven Tobacco Control Area Networks. Feedback from the two pilots was fantastic and YATI anticipates Engage 2.0 to be one of the highest requested trainings of this training year. Some feedback from the trainings included:

"Had a great time! Thank you! The facilitators' passion was infectious!"

"The best two days of learning and fun. Thank you to the talented and passionate facilitators."

"Great training! Curriculum was excellent combination of youth engagement and tobacco control."

"So different from the Engagement in Action training! So glad I came!"

"Overall, a great time and super informative. I will definitely attend another YATI training as I feel it is very beneficial to strengthening my knowledge and practice. Thanks!!"

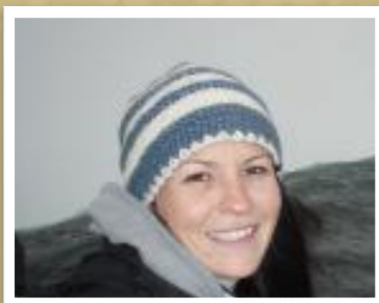
"This has been the most useful YATI training I have had. I've always felt I knew a lot about YE but I learned so much I feel so happily overwhelmed. I'm pumped to bring this back to my youth and 'do something.'"



YATI's Newest Team Member

Kristy Ste Marie joins YATI as the newest Community Education Specialist

Our Community Education Specialists lead curriculum development, implementation, and evaluation, manage partnership projects with YATI, and support evaluation of YATI programs and services. Kristy joins colleague Janna Patrick.



Kristy joins YATI after 9 years of teaching and managing in education settings devoted to diverse populations of adults and youth. Kristy is a certified Ontario teacher who has designed educational programs that engage students, both in a classroom setting and in the outdoors; additionally she has mentored students both academical-

ly and socially. Kristy has managed and led large staff teams of teachers dedicated to facilitating healthy, safe, and challenging experiences. She is a graduate of Guelph University (Bachelor of Arts) and University of Ottawa (Bachelor of Education).

Kristy has been fitting in wonderfully, leading the team through creative and engaging team builders at the YATI Strategic Planning Meeting and participating at the Engage 2.0 Community Pilot training. In true CES fashion Kristy's first time training as part of the YATI team will be at the North West Youth Summit in Thunder Bay and Dryden. We are all very excited to work with Kristy and look forward to what she comes up with next!



Kristy leading the team through a team builder

Boys and Girls Club's 2013 Provincial Youth Conference

By Avery Kartes

This summer, YATI had the exciting opportunity to attend the Boys and Girls Club's 2013 Provincial Youth Conference at Camp Smitty, located in Eganville, Ontario. The conference spanned over 5 days and there were over 100 youth delegates, PYC members and staff members in attendance. The theme of this year's conference was inclusion, and the overall goal was to develop the youth delegate's communication, leadership and interpersonal skills in a positive setting that facilitates personal growth.



YATI delivered 3 morning sessions of the Engagement in Action: Youth Development for Healthier Youth training to adults who work with youth at the Boys and Girls Club drop-in centers around Ontario. The objective of

the training was to learn the key principles and strategies surrounding positive youth development, and have a knowledge exchange where the participants would be able to share ideas on how they can implement these strategies into the work that they do at their drop-in centers. On the last day, YATI facilitated an open spaces activity where the participants were able to choose topics related to struggles that they faced at their clubs' to share in small group settings. The training was a huge success and the adults were a pleasure to work with.

After each morning session, YATI was fortunate to be able to be campers for the week and participate in the conference's afternoon and evening activities! "We went boating, played camp games, attempted to dance, painted a mural, and got to see some amazing speakers and artistic performances by the youth." Everyone had a great time and YATI would love to continue to work with the Boys and Girls Club in the future.

NCTH Youth Stream 2013

This year YATI has partnered with the East Tobacco Control Area Network, Freeze the Industry and the Canadian Council on Tobacco or Health to host the Youth Stream Pre-Conference at the 8th annual National Conference on Tobacco of Health. This will be the first time a Youth Stream has been offered at the NCTH since 2009.

YATI has been working with the East TCAN to collaborate and plan the pre-conference, providing support through co-hosting, developing of priorities and learning objectives, curriculum development and delivery, organizing and hosting registration on the YATI website, and providing logistical support.

The youth stream is designed for youth, young adults and youth workers to learn, network and partake in an advocacy activity in the nation's capital. Sessions that YATI will be delivering

or supporting include Tobacco Industry Denorm Level 1 and 2, Creative Ways to Advocate, Supporting Youth in Promoting Health, Action Planning and a Youth Advocate Panel.



The preconference will be held from November 23 to 25, 2013 in Ottawa and the Youth Stream will be providing the plenary piece to launch the 8th Annual National Conference on Tobacco of Health.

TIFF Prep: Smoke Free Movies

Partnership with Canadian Cancer Society to prep youth for TIFF

In order to tackle raising awareness and gathering support for Smoke Free Movies at this year's Toronto International Film Festival, YATI partnered with the Canadian Cancer Society to train and prep youth from across the province.

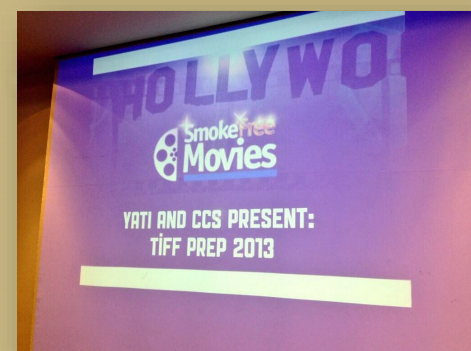
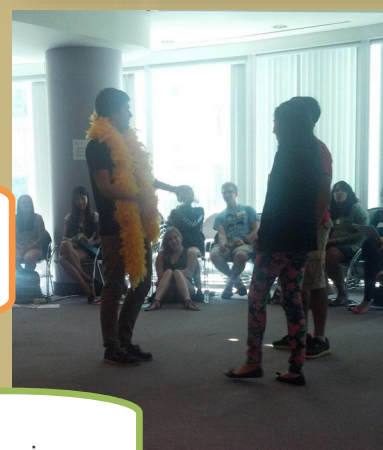
YATI delivered one in-person training in Toronto to 41 participants brought together by Canadian Cancer Society and delivered an additional two online webinar trainings to prep all the participants who were not able to attend in-person. The online webinar trainings were the first webinar trainings YATI has ever delivered and they were a great success. The webinars brought together an additional 50 participants who were highly engaged, partaking in wonderful discussion throughout both 1.5 hour sessions.

For this year's TIFF event YATI provided the training and support so that the youth volunteers were well prepared to raise awareness and education around the Smoke Free Movies issue. Canadian Cancer Society lead the advocacy and take action piece. It is estimated that the youth volunteers reached 1000 people at TIFF.

Youth participants tweeted during the trainings with great feedback:

"Wow, learning a bunch and meeting people from all over Ontario. @cancersociety @Youth_Advocacy #smokefreemovies"

"Having a blast at @cancersociety & @Youth_Advocacy #smokefreemovies TIFF training in Toronto with @uffHamilton #BeBigChange"





My YATI Experience

By Julia Safarli

Looking back at my time with YATI I can clearly remember February 2012—when I got an email to apply for the Leadership Retreat. As I opened the PDF file attached, and the more I read about it, the more intrigued I became. I thought it was too good to be true, but sent in an application anyways, since the deadline was quickly approaching. I had never heard of YATI, but had always been out on the hunt for leadership opportunities and the idea of leaving home in Ottawa to go all the way to TORONTO—that was just icing on the cake! When receiving my acceptance to the program I felt



ecstatic! Convincing my parents though was a whole other story... After extensive background search on YATI and about a dozen emails back and forth from Adelaida, Liza, and probably the entire team, my parents were hesitant, but sold.

To this day I am incredibly appreciative of YATI and my parents for giving me such a life changing experience. The Leadership Retreat was by far one of my favourite weekends of my youth, as it opened me up to everyone in a way like never before. It taught me that you don't always have to be a follower, that it's okay to create your own path, take risks and follow your heart. In those short three days and two nights not only did I make amazing friendships that are still going strong over a year later, the retreat also helped me reflect and learn about myself.

From ridiculously amazing ice-breaker activities, to educational team meetings, to all nighters—the retreat was an amazing experience. I knew I fell in love with YATI after the Leadership Retreat and had started volunteering as a movie reviewer when I had gotten back home.

As grade twelve started coming to an end I decided to take a gap-year before university and move to the big vibrant city — Toronto. Knowing my summer and year off would be packed with opportunities and adventures, the only familiar thing in this new city was YATI. I moved to Toronto on a Sunday in late July and began working the next day with YATI as a Youth Engagement Support Staff. As much as I enjoyed my weekends, every Sunday night I found myself looking forward to going to work the next day. It

has been another unforgettable experience. YATI and Ontario Lung Association has become my home away from home and everyone from my team to people in our office have been very welcoming and I have grown fond of everyone I have met or worked with.

February 2012 to now, I can honestly say I am a huge fan of YATI; not only for teaching me about myself and opening so many doors and opportunities for me, but also for caring so much about every single youth who are being targeted by the tobacco industry. I am planning on still working with YATI to help our society and youth, and will do everything I can to influence people's lives for better. Thank you YATI and Ontario Lung Association!

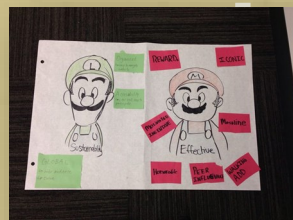
Sheridan College

Integrating tobacco prevention into on-campus health promotion

This summer YATI was approached by the health promotion department of Sheridan College to deliver a version of Creating Effective Health Promotion Campaigns for young adults who promote health on their school campuses. The training was re-designed so that it not only trained participants to be able to describe and apply the basic elements of health promotion campaigns but also integrate tobacco denormalization into discussions around other chronic disease risk factors.



An interesting outcome of working with Sheridan College is that the student health promoters will be integrating tobacco into their campaign development, as a result of the training, when planning each month's health topic. The Sheridan College students will discuss topics such as stress, physical activity, sexual health and nutrition each month with their peers and integrate tobacco into each topic. This training was an excellent opportunity to address young-adult tobacco use and YATI hopes to be able to run this training with other post-secondary campus student health promoters.



My YATI Experience

By Abhirup Chatterjee

While studying Health Science at the University of Waterloo, I was greatly struck by the quote "Tobacco is the most effective agent of death ever developed and deployed on a worldwide scale". As a result, my deep intrinsic desire to save lives and help people in Ontario intensified.



My summer job at YATI and the Ontario Lung Association provided the perfect opportunity to fulfill this desire. I got the incredible opportunity to work on projects educating youth on topics such as tobacco related health hazards, health promotion, tobacco industry denormalization and lung cancer.

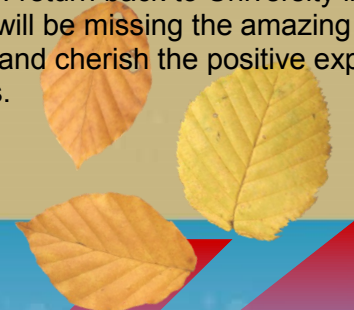
For instance, I collaboratively worked with Central East Tobacco Control Area Network and other partners for

the "Bad Ways to Be Nice" campaign. The goal of this campaign is to reduce the social supply of cigarettes.

Other opportunities included developing the scripts for our Youth Speakers Bureau and creating fact sheets on youth tobacco use and prevention, producing adult and youth information pamphlets. I also greatly enjoyed representing YATI at conferences, teleconferences, meetings and webinars.

It was extremely rewarding to work towards prevention and lowering tobacco use rates among Ontario youth because even a 1% drop in smoking prevalence in Ontario saves lives!

Ultimately, I have realized that when I return back to University in the fall, I will be missing the amazing team YATI and cherish the positive experiences.



Looking for YATI Volunteers!

As a YATI volunteer, you'll receive emails about upcoming volunteer and work opportunities within YATI and the other organizations we work with. Sounds good right?

We are constantly looking for youth to get involved in projects we're working on (e.g. Smoke-Free Movies youth movie critics, Youth Speakers Bureau and many more!). This means that we'll be contacting you when we need help.

Email Adelaida Ortega today at:
aortega@on.lung.ca if you're interested in becoming a YATI Volunteer.



Youth Advocacy Training Institute

18 Wynford Drive
Suite 401
Toronto,
ON M3C 0K8

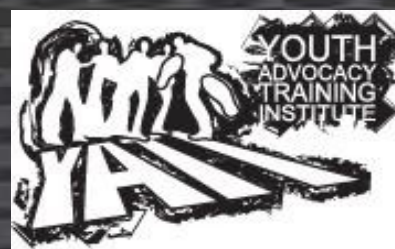
Phone: 1-877-852-9284

Fax: 416-922-9430

E-mail: yati@on.lung.ca



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