

YOUTH MATTER

*A Newsletter for Those Committed to
Supporting Youth from
Canadian Forces Families
June 2004*



YOUTH MODEL UPDATE

Throughout 2003 the National Youth Project Team has been striving to advance the implementation of the National Youth Model. In April 2003, National Defence On-Line (NDOL) provided \$125 000 to support the development of the "Connecting Youth" component of the National Youth Model. The first stage of the project focused on the conduct and results of a feasibility study assessing the need for, and sustainability of, a web site targeting youth from a CF family. The findings of the preliminary research revealed that youth from a CF family prioritize the need for such a web site as high, but believe that the development of any web site must intrinsically include strong youth involvement.

In March 2004, NDOL again provided funding, this time for the development and implementation of the web site for youth from a CF family. Recognizing that youth involvement is key to the success of any youth web site, the National Youth Project Team will begin this second stage of the project with the creation of a "youth engagement" strategy that specifically recognizes and addresses the unique experiences of youth growing up in a CF family.

The "youth engagement" study will begin in June 2004 and conclude in September 2004. The goal of the process is to develop a workable and sustainable model by which youth may be recruited, retained, supported, developed and positively retired from the management of, and participation in, the development, delivery and evaluation of national and local youth services. In July and August 2004 the Youth Project Team will test the viability of the proposed "youth engagement" strategy, the National Youth Project team will engage in a pilot study with youth from a CF family.

In September 2004, the National Youth Project Team will begin the development of the design, content and technical components of a web site for youth from a CF family. It is anticipated that the web site will be launched early in FY 05/06.

Throughout this project, the National Youth Project Team will post frequent updates on the CFPSA web site at <http://www.cfpsa.com/en/psp/youth/index.asp>. Should you have any questions please contact your DMFS Regional Representative, or Laurie Ogilvie, NRYSM at (613) 995-7802.

What is Youth Engagement?

A commonly used definition of "youth engagement" has yet to emerge. Many use terms such as "involvement", "participation", "community service", or "volunteering" instead of engagement. However, most will agree that youth engagement is the meaningful participation and sustained involvement of a young person in an activity. Youth can be vitally engaged in almost any sphere of activity, including music, the arts, and community work. The key features of the engagement are as follows: youth are absorbed in an activity that's sustained over time; the activity provides a link to the outside world; and the activity is felt to be meaningful and significant (Adapted from "The Centre of Excellence for Youth Engagement").

Athens Olympics...
Leading into the upcoming
Summer Olympics youth can
get great info on the Games and
their history by checking out
[http://www.olympic.ca/EN/
youth/facts.shtml](http://www.olympic.ca/EN/youth/facts.shtml)



Check out his great, FREE resource available through Volunteer Canada
Youth Works! Creating and developing youth-led volunteer projects

Young people can use this fun and helpful guide to get a youth-run community project or volunteer activity off the ground. All the components for a successful project are brought together in this useful resource. Project ideas, practical tips, teambuilding, winning support from community partners and promoting the event are included in this informative kit.

Visit www.volunteer.ca/volcan/eng/marketplace/marketplace.php?display=4,0#youth to order or for details on other resources

Are you looking for an interesting way to inspire and motivate youth in your community?

Canadian Athletes Making a Difference With Youth!

What is the **ESTEEM** Team?

ESTEEM Team is a national not-for-profit organization with one goal – Athletes inspiring & educating youth to reach their full potential.

ESTEEM Team Vision:

To inspire young people to have the courage to achieve what they want to do in life. ESTEEM Team Athletes are real life people who have experienced many of the same challenges youth are facing. They spark imagination, excitement and share the lessons of life learned on the playing field.

What the **ESTEEM** team does:

ESTEEM Team provides face-to-face, interactive presentations geared to youth of all backgrounds in grades 4 – 12, through schools, community centres and sports clubs. In addition to presentations in major centres, the remainder of the program focuses on high profile tours, which send our athletes into far reaching communities to visit schools, service clubs and youth groups in those areas.

For more information call: Toll free 1 866 ESTEEM-1 or visit the Esteem Team website at www.esteemteam.com



Looking for ways to **raise awareness** of the benefits of youth involvement in physical activity and recreation? A few quick stats to help make the case:

Participation in sport and recreation develops self esteem, self discipline and responsibility among Canadian youth; sport encourages a positive identity, especially for youth at risk.

It costs 100 times more to incarcerate a young person than it does to provide recreation programs. In Manitoba there was a 17.3% reduction in crime in communities with sports programs, those without saw an increase of 10.6% over the same period.

Obesity in boys and girls (aged 12-16) tripled in the 15 years between 1981 and 1996. Recent data suggests more than 30% of youth are overweight.

A Question from the Field....

Does anyone know of any Canadian research done on the impact of relocation on children and youth? Replies can be forwarded to rooke.lara@cfpsa.com and will be included in the next edition.