

YOUTH MATTER

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



YOU CAN... **SPOTLIGHT** ON OUR **PARTNERS**

National Youth Model Advisory committee...in this issue we focus on YOU CAN.

YOU CAN is an organization focused on youth-led initiatives in non-violent conflict resolution and violence prevention, both nationally and internationally. YOU CAN is a national, non-profit organization whose mission is:

“to equip and inspire others to peacefully resolve conflicts and develop healthy relationships in their communities”.

YOU CAN assists youth in exploring the connection between conflict resolution and violence prevention. This, combined with training workshops, forums and national conferences provide youth with the skills and knowledge to make a real difference in their communities by developing “Youth Taking Action” plans. These plans allow for youth empowerment by challenging youth to identify the most current issues they face in their schools and create solutions to address them.

These skills are applicable to all facets of life and will last a lifetime. In the past four years, YOU CAN has trained over 11,000 youth nationwide in the skills of facilitation and non-violent conflict resolution. Currently YOU CAN has 800 youth members who represent every province and territory in Canada as well as members in Colombia, Slovakia, Mexico, Jamaica...

For more information on YOU CAN and the valuable work they do visit:
www.youcan.ca



National Car Wash Day... A great Fundraising idea, and good Clean Fun.

Looking for a way to fundraise for youth activities?

Armor All® National Car Wash Day is a fun and easy way to raise money!
Armor All® supplies everything you need to hold a car wash — you supply the people and the water. Plus, every dollar goes directly to your cause.

Visit www.nationalcarwashday.com/en/home.php for more information on application and to download the FREE publicity kit. Start planning now—Spring is (thankfully) just around the corner.



The National Youth Project Team wish you and your family a safe and happy holiday season and all the best for the coming year.

Laurie, Alla and Lara

Summer Camp Staff Shirts...

Thinking ahead to summer camps? The Canadian Parks and Recreation Association (CPRA) offers great looking, bilingual staff clothing at reasonable prices. Check out this link for more details:

www.cpra.ca/cpra-new/news/_PDF/T-Shirts.pdf

Did you Know?

Safe Kids Week 2005 is scheduled for May 30th-June 5th ... for more information visit:
<http://www.safekidscanada.ca>



Looking to get more young women physically active in your community? The Alberta Sport, Recreation, Parks and Wildlife Foundation may have the answer for you....Go Girl.

What is Go Girl?

- A one day get active workshop for teenaged girls (12-17 years old)
- The goal of this event is to encourage and support teenaged girls in choosing an active, healthy lifestyle.
- This is a one day experience in which teenaged girls are invited to see-and-try a variety of physical activities and sports and access resources on how to continue participating in these activities.

Why Go Girl?

- Teenaged girls ages 12-17 are at high risk. They are generally less active than males in the same age group. This is compounded as the recent trends indicate that levels of sport participation decrease dramatically as we age (Sport Canada's 1998 - Sport Participation in Canada).
- Girls are particularly prone to sedentary behavior during puberty, when their self image and confidence levels are challenged. In fact, 62 percent of girls are inactive compared to 54 percent of boys. (Canadian Pediatric Society - Environics Poll - April 2002).

What are the Expected Outcomes?

As a result of attending Go Girl events, the teens will have:

- Experience a range of physical activity adventures;
- Receive contact information on how to further pursue these activities in their communities;
- Receive information dealing with nutrition and wellness issues;
- Provide input on physical activity preferences to be shared with community programmers and facility operators; and
- Meet other teens and gain new friendships

A **free** downloadable reference manual is available at:
www.cd.gov.ab.ca/asrpfw/programs/sports/GoGirl/pdfs/How_to_Go_Girl_Book.pdf

For more information contact:
Joanne Gesell
Executive Director
InMotion Network
Phone: (780) 644-5613
e-mail: inmonet@telus.net