



# Youth Experience

dare to be YOU  
make your mark

2022 Guide



Registered Canadian Charitable  
Organization Number:  
#816162242RR0001

# Creating Change

#ChangingTheWorld

Driven by mentorship and leadership initiatives, DTBY is dedicated to supporting young adults and empowering personal growth and self-discovery to create a community of young leaders that inspire change.

## 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 disruptions students have faced to their education, 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 makes sense. This is what you get out 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.

### We Inspire

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.

### We Mentor

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

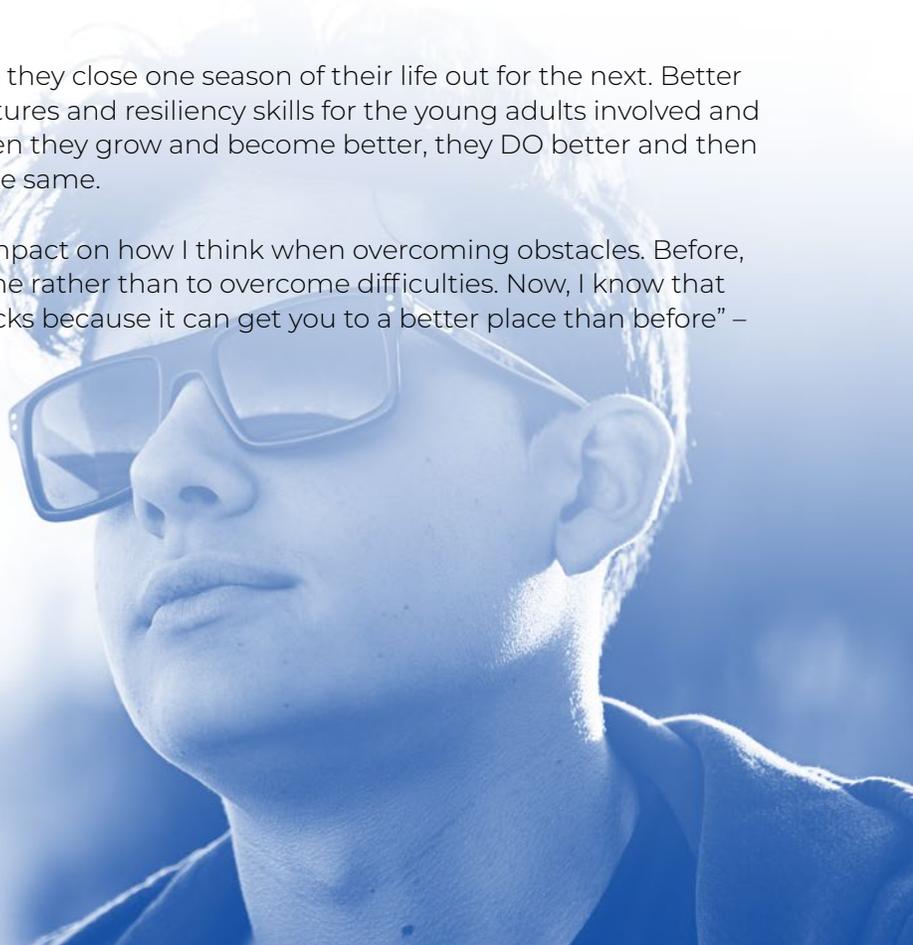
We build community engagement through various volunteer and leadership opportunities. When youth grow and become better, they DO better and then go on to inspire and mentor others to do the same.

## Growing in 2022

We're expanding our programs in 2022 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

#ServingOthers

## Community Youth Council

The Community Youth Council (CYC) officially launched in April 2021 and provides youth inspire community day workshop participants (grades nine and beyond) with an opportunity to take on a leadership role and drive community change. Members of the CYC support the development of our peer network, DTBY’s community engagement & fundraising campaigns, and play a lead role in organizing the Youth Inspire Community Days. 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, make a mark in their community, and gain community service hours.

## Youth Inspire Series

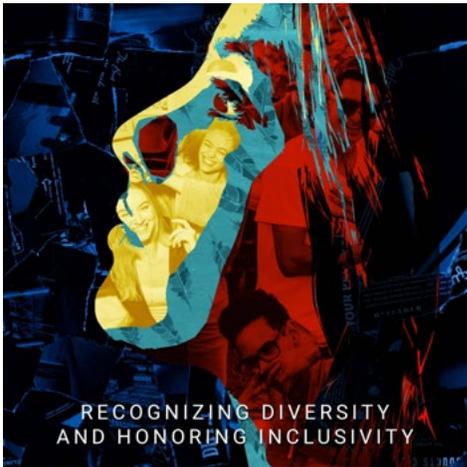
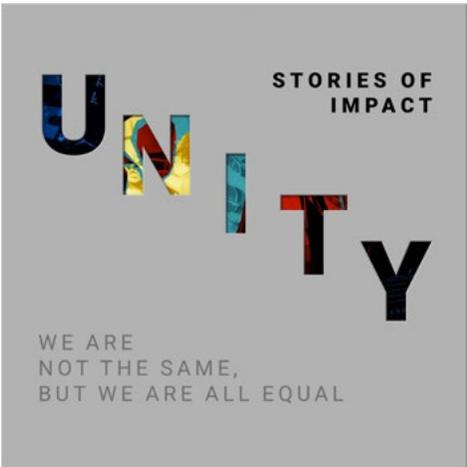
The Youth Inspire Series is DTBY’s signature program consists of four unique programs designed to inspire and empower youth to engage with their communities and build their resilience. Three hundred participants attended the inaugural Youth Inspire Community Day event, and we are excited to build off this success and expand the program in 2022.

## Spotlight Project

The Spotlight Project puts the focus on the positive ways that students have persevered during these challenging times. It gives them the opportunity to positively impact other students by sharing their stories and lessons learned through a commemorative book, which recognizes diversity and honours inclusivity.

## 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 educational seminars to help them develop a holistic understanding of financial literacy and how this intersects with their emotional resilience and wellness.



Left: Spotlight Project Prospective Cover and Inner Cover.  
Below: CYC Logo



### More Information

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

# What Previous Program Participants Are Saying

## #MenteeToMentor

"I don't usually like participating in events about inspiration as they seem repetitive, but DTBY was so valuable that even my parents started watching with me 1/2 way. The passion the speakers had about their messages was phenomenal, and I feel safe knowing that I'm not the only one who feels empty at times."

– **Youth Inspire Community Day attendee**

"The impacts of Youth Inspire Community Day are astounding. I don't think many people realize how reassuring it can be to have people talk about their struggles and how they overcame them. I didn't know how helpful this event would be until I joined. I was immediately engaged by all the excited vibes and energy I could feel from the speakers! My heart goes out to everyone who participated and made the event happen, they are all truly wonderful people. This event impacted me in such a positive way that I'll be thinking about this for the rest of tonight, tomorrow, and I'll take it with me for the rest of time. I believe I am a more resilient person and I will try to apply these lessons to my life starting RIGHT NOW."

– **Youth Inspire Community Day attendee**

"I have learned a lot about myself through this workshop. I have grown a lot and learned how strong I am. I don't think I realized how strong I am and how much I can do. This has been eye-opening, and it has been an amazing experience!"

– **Leader Within workshop attendee**

"I love the opportunity it gives me to better myself and become the best person I can be. I am enjoying the chance to do this with other people who push me and inspire me."

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# We look forward to having you join the movement!

## Connect with us

Connect with DTBY online:

### Web

<https://www.dtby.ca/>

### Instagram

<https://www.instagram.com/dtbyhalton/>

### LinkedIn

<https://www.linkedin.com/company/dtbyhalton/>

### Twitter

<https://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**

