

Youth Wellness Champions Activity Profile

Please use this form to tell us about one activity or event you have completed as part of the Youth Wellness Champion (YWC) Program. It is up to you which activity or event you decide to tell us about. Ideally, we would like to hear about things which you are especially proud of, and which you think will have a lot of impact on the youth in your school or community.

Please try to answer the questions in as much detail as possible so that we may have a good idea of the goal of your activity/event, who was involved, and how it will impact youth.

If this is a group activity or event, you may decide to have everyone involved help complete the profile, or you may select one or two members of the group to complete it. It's really up to you.

This form is just a start. Feel free to be as creative as you want when describing your activity. Some ideas include:

- Write a story
- Produce a video or podcast
- Write a blog

Once you've completed your profile, return it to the YWC Program contact in your school.

Tell us about yourself

Name (insert name of group if you have one):

School:

Local health unit:

Age range of group members (youngest member to oldest member):

of months group has been working with the YWC Program:

Which of the following adults helped you with this project:

- teacher guidance counsellor principal community agency staff
 public health staff other

Tell us about your activity

What is the name of your activity:

What issue does your activity focus on (for example, decreasing mental health stigma, sharing information and resources, promoting mental health, or raising awareness about substance misuse)?

Where did the idea for your activity come from and how did you develop the idea?

What was the overall goal(s) of your activity? What changes were you hoping to see among youth in your school or community?

Do you think the activity reached its goal(s)? Do you think you have had an impact on youth? How do you know?

How did this activity impact you and your team of youth? What did you learn about working together? Please describe your experience:

Do you have anything extra to add to this profile:

- Pictures
- Designs/drawings
- Videos
- Websites
- Social network/ blog pages
- Photovoice
- Written story (text)
- Other

Please attach any extras at the end of this profile, or just provide a link below to whatever you'd like us to view.

Updated February 2025