



MONEY Homophobia
RELATIONSHIPS FAMILY
Friends
TIME School
GRADES Future

The image features a hand-drawn speech bubble with a thick black outline, set against a background of colorful, abstract paint splatters in shades of blue, green, and purple. The speech bubble is filled with white space and contains several words written in a bold, hand-drawn, black-outlined font. The words are arranged in a roughly circular pattern within the bubble. The words are: 'MONEY' at the top left, 'Homophobia' at the top right, 'RELATIONSHIPS' on the left side, 'FAMILY' on the right side, 'Friends' in the center, 'TIME' on the bottom left, 'School' on the bottom right, and 'GRADES' at the very bottom. The background outside the bubble is a dark, textured area with some blue and green splatters, and a white outline of a hand or arm is visible on the left side, suggesting the speech bubble is coming from a person.

The Youth Wellness Champions consists of a group of Youth Champions from communities across Ontario. Youth Champions together with adults from your school and local public health department are making an effort to raise awareness about mental wellness, help to reduce the stigma related to mental illness, and discouraging the misuse of drugs and other substances. For more information, please talk to your teacher, public health nurse or the Youth Champions in your school.

Good mental health includes developing positive coping skills, understanding your emotions, and having the ability to adapt to change. Draw what good mental health looks like to you in the space below.



**Youth Wellness
Champions**



Cover art acknowledgments: Yafet Backaj, Jhay Martin, Selvin Leemus, Reanne Jordan, Tristen Dubios, Emily Hall

Give light,
and the dark
will disappear
-Desiderius

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C E B G I Q X D G E H P P C J
W E L L N E S S Z X K E T H H
L M B H P E Q H F C Q C D L L
M A M E N T A L I L L N E S S
O E L W S C H O O L U L N G X
S A N A V S T C O P I N G Y T
U Z W T J W U S V I U A T O H
C I S A A E I P B O T R C U S
C A U T R L P J P Z Z R H T C
E V P E I E H E Y O A A A H F
S K H U E G N E E I R T M U A
S C H B V C M E A R T T P F M
B A L A N C E A S L S C I C I
W G S T R E S S P S T I O H L
S F J Z G S L X A R X H N P Y

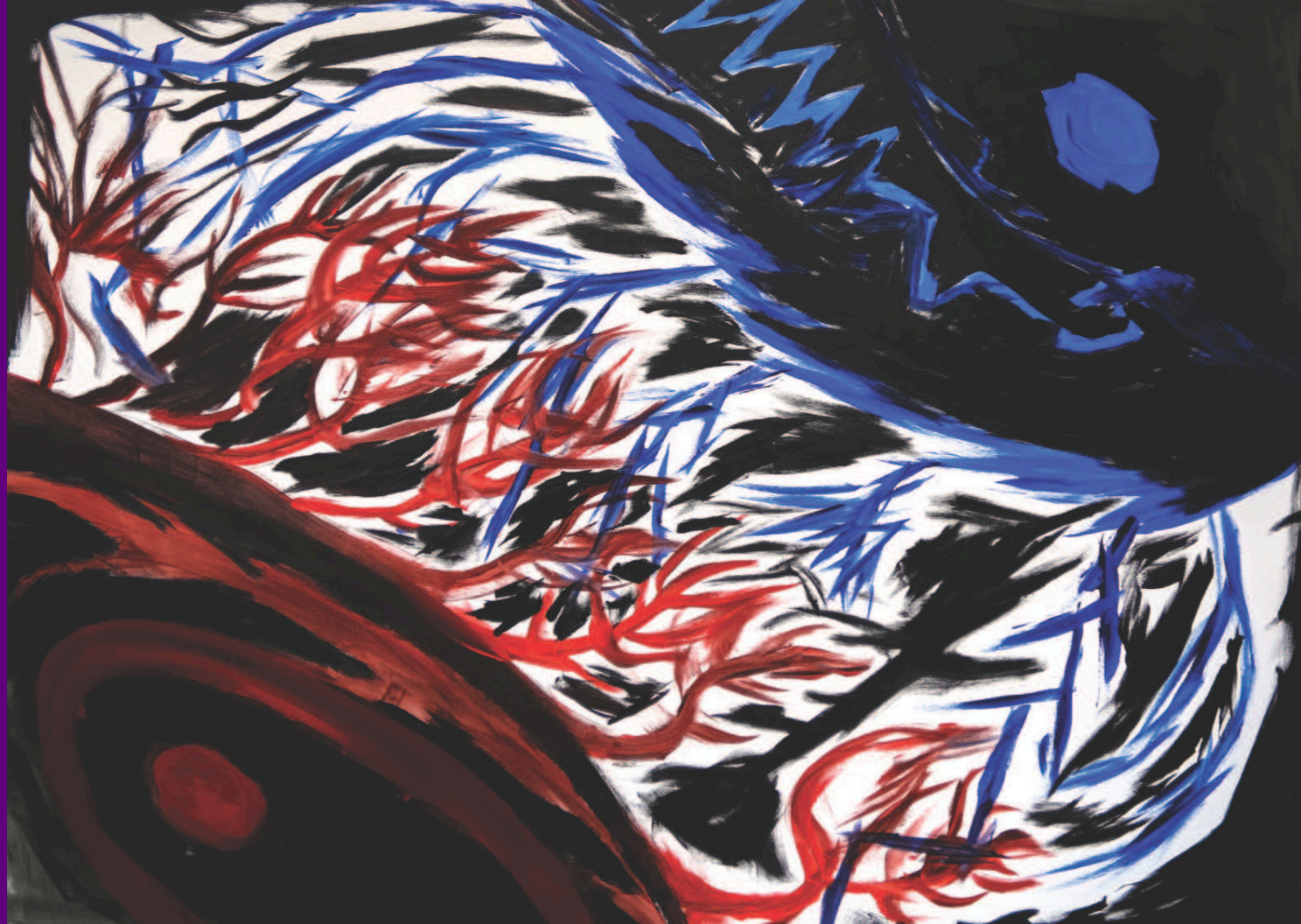


- Awareness
- Balance
- Champion
- Coping
- Family
- Mental Health
- Mental Illness
- Peers
- School
- Stigma
- Stress
- Success
- Support
- Wellness
- ~~Youth~~



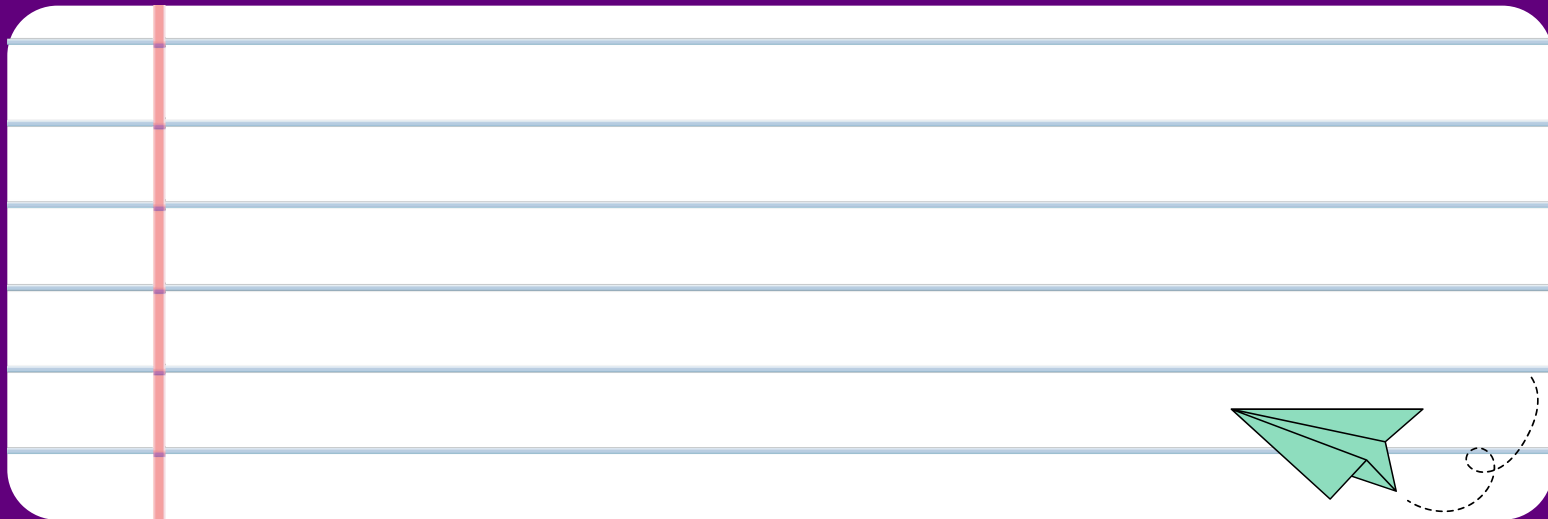
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Receiving positive messages from friends creates a sense of inclusion and belonging. Use the space below to write an inspirational, positive message for your friend and give it to them!



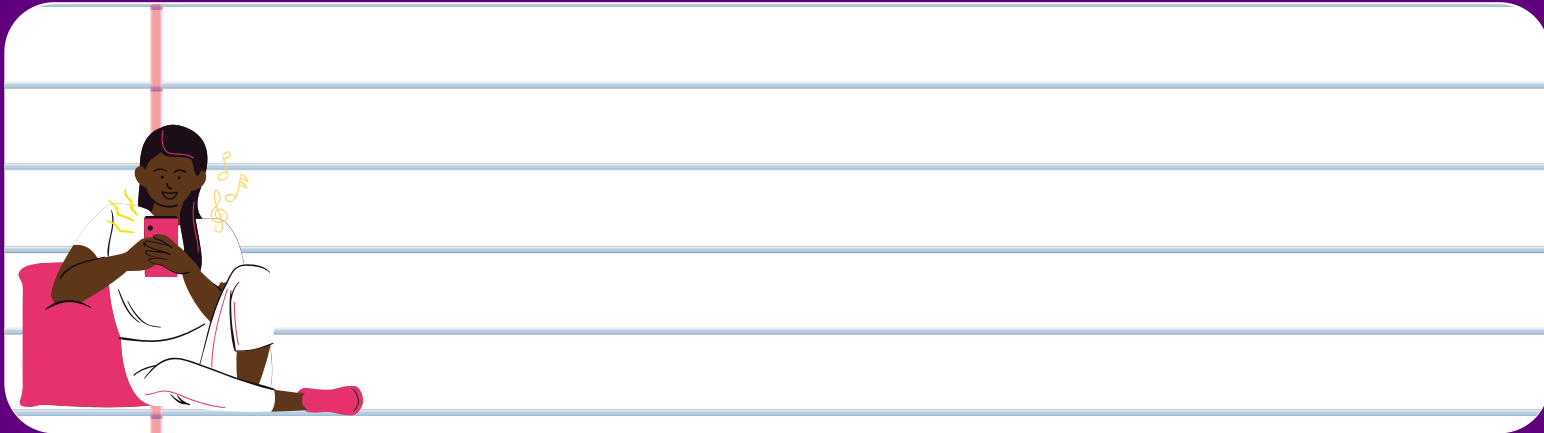
A hand-drawn poster with a vibrant, multi-colored background. The background consists of broad, diagonal brushstrokes in shades of red, orange, yellow, green, and blue, creating a rainbow effect. Overlaid on this background is the text "You don't have bad days just bad moments" written in a thick, black, cursive script. The text is arranged in four lines: "You don't" on the first line, "have bad" on the second, "days just bad" on the third, and "moments" on the fourth. In the bottom right corner, there is a small signature "KP.14".

You don't
have bad
days just bad
moments

KP.14

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Wellness is important in maintaining good mental health. It is about feeling well, having good supports and having balance in your life. What does wellness mean to you? What positive activities do you do to keep well? Can you think of additional activities you or your friends could start doing to improve your mental well-being?



Cover art acknowledgments: Kylie Perala