

OVERARCHING THEMES:

Pillars & Shaping the Safer Space
Authenticity & Social Identity
Sharing & Vulnerability
Mental Health & Wellbeing
Belonging & Community
Contribution & Empowerment



SIFT Menu of Services

SIFT your way into a safer space rooted in belonging, wellbeing, and positive social identities. This menu outlines 18 services to spark new or deepen existing safer spaces. Services are broken down into two categories: Foundational Sessions and Complementary Options. Some services build upon each other, while others are standalone sessions.

Social Identity & Safer Spaces: Laying the Foundation



Values & Safer Space: Respect, Belonging, Inclusion

Lay the foundation for a safer space, grounding your group in the 4 pillars (Respect, Listen, Understand, Communicate™), and helping each member begin to see what they can contribute to the space with the values they bring to the table. Optional extension for creative exploration and gallery discussion of group guidelines.



Impacts of COVID-19: Being Heard in the Safer Space

Create a collective framework with your group that seeks to recount and understand the social and systemic impacts of COVID-19; youth connect with each other around how their well-being was influenced by the pandemic through multiple sharing pathways.



Social Identity: Pressures & Habits

Where are the online and in-person spaces that youth inhabit and belong? This session helps young people answer this question and unravel the conditions of spaces that are most conducive for helping them be their 'truest selves', tapping into the role others play in group membership and relevance of spaces.



Authenticity & Mental Health: Finding Spaces that Support Who You Are

Grasp authenticity's importance across the online and in-person spaces by exploring what it means to be real in how we share stories, ourselves and our emotions. Youth are given new creative opportunities to share who they are with your group, reinforcing presence and safety in your space.



Mental Health Pressures & Supports: Matching Supports to Pressures

Centre mental wellbeing at the heart of sharing both pressures and supports to youth's sense of wellbeing. Incorporating both anonymous and transparent ways to participate, this session furthers opportunities for members to share meaningfully from their comfort zone with others in your space.



Motivational Listening for Ending "Us vs Them" Identities

Polarization is what separates people from feeling either familiar (i.e. 'Us') or foreign (i.e. 'Them'). This session helps youth foster active, caring, and motivational listening and communication skills to take steps towards closing the gaps that can divide.



Pathways to Hate or Peace

Engender an awareness in youth to recognize warning flags that someone might be recruited to a violent extremist group, while also learning buffers and supports to help youth steer clear of extremist influences.



The Power of Contribution: The Collective Social Identity

Generativity is the desire to make a lasting and positive contribution for the next generation. This session seeks to awaken youth's sense of generativity by inviting them to reflect on how they, individually and as a group, wish to make their school, neighborhoods, and communities better. Youth will plan how to spark positive change in the world around them.



Safer Spaces & Mental Health Techniques for the Everyday

Where the tables turn from youth being participants in your safer space, to being initiators of new safer space experiences for others. This session breaks down and names the elements that have scaffolded your safer space into personalized toolkits that can be brought into the online and in-person spaces youth belong.



Complementary Options and Extensions



Yoga and Mindfulness for Mental Health: Developed in collaboration with Vinyasa Yoga for Youth; introduce your group to trauma-informed yoga, meditation, and mindfulness practices to support mental wellbeing throughout their lives. Examine impacts on the brain, practice asana (poses), and take yoga “off the mat” through an exploration of values and philosophy.



Nature Experiences: Put simply, to go and be. Slow and intentional presence in nature. Discover and explore, sparking childlike wonder and mindfulness of the world around you. Expand the borders of what a safer space can be to the outdoors. Weave in Indigenous voice and knowledge with the inclusion of an Elder.



Nobody's Born a Racist Workshop: Participate in a national movement to combat systemic racism! Select from a series of influential speakers, interactive activities, and discussion of actions that can be taken to address racism on individual, social, and system levels.



Influencing and Mental Health: In light of prevalent mental health challenges for young people, this session dives into our Influence-in-Action model. This model explores what it means to be a peer influencer, inspiring participants to identify their existing strengths and develop new strategies for providing peer-to-peer support in holistic health and mental wellbeing.



'Day in a Life' Walks: A multi-perspectival walking dialogue co-created with our facilitators that examines key landmarks within your community. What opportunities or barriers do these landmarks pose? How might these monuments intersect, interact, or influence group identities? This session aims to bring a safer space lens to community, a diagnostic of how safe a community is for whom, and how a group might strengthen sense of safety within their own neighbourhood.



Community Builders: Balancing group dynamics and transitioning from activity-to-activity can be a challenge of group facilitation. Expanding your portfolio of energizers, icebreakers, and group-centered activities grants facilitators the edge to agilely adapt to group needs, strengthen member bonds, and apply a finger-tip responsiveness to critical developmental group milestones. This session samples silly-to-serious community builders that can be shuffled into existing or new groups.



Community/Contribution Storytelling through Media: What are the challenges in your community? What are the changes you would like to see? This session guides participants in selecting and using creative media to capture community stories and share their experiences with others. Past storytelling projects have spanned: visual arts, virtual reality, photography, gallery walks, and more!



Youth-led Projects, Campaigns, & Contribution: A key driver behind magnifying the impact of your safer space or introducing elements of your safer space into new spaces is empowering youth to champion projects in their community. Conversations, stories, and issues brought up in your safer space can spark provocative campaigns that call others in or introduce safer space concepts or important issues to broader audiences in the community. In addition to providing a framework for helping youth decide on a campaign, how to be a supportive adult ally is also reviewed.



Decision-Maker for a Day: Sometimes the best vantage for seeing the possibilities of change that we wish to see is to place ourselves in the role of decision-maker. This session gives youth permission to dream big about solutions to issue(s) that impact their school, community, province, or country, providing insights that can shape policies and laws.