



2013

A YEAR IN REVIEW

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Check Your Head is a youth-driven not-for-profit organization based in Vancouver that provides education, resources, and training for young people to take action on social and environmental justice issues.

CYH STATS



156 WORKSHOPS & TRAININGS FACILITATED



66 ACTIVE YOUTH VOLUNTEERS



35 PEER EDUCATORS TRAINED



14 YEARS OLD



16 COMMUNITIES REACHED



3,983 YOUTH ENGAGED IN WORKSHOPS



3,500 SOCIAL MEDIA FOLLOWERS



7,520 BLOG VISITORS



65,000 YOUTH ENGAGED SINCE 1999



2,200 WORKSHOPS FACILITATED SINCE 1999



10 TOPICS FOR ISSUES-BASED WORKSHOPS



3,755 VOLUNTEER HOURS

2013

“ Being in the classroom with Check Your Head... has made me aware of how necessary these conversations are with students from all backgrounds and histories. We could be talking about gender and media, or climate change and recycling, and yet what is always exciting is sparking critical engagement in the classroom. For students to be engaged with the world around them and critical with the information they receive, this is education that challenges complacency and makes change. I am honoured to be a facilitator with Check Your Head because I feel I can be a part of this action towards building a more informed, more aware generation. ”

—Volunteer Youth Facilitator



CHECKYOURHEAD.ORG

605–207 W. Hastings St.
Vancouver BC V6B 1H7
P 604 685 6631
F 604 608 6736
E contact@checkyourhead.org

PROJECTS

YOUTH & GENDER MEDIA PROJECT

To contribute to a generation of youth who are able and willing to challenge stereotypes and prevent violence, we recruit 15 amazing youth as peer educators annually, train them as facilitators, and support them with gender & media related facilitation opportunities, skills-building meetings, and community mentorship. Their work to engage hundreds of their peers on anti-violence issues is inspiring!

GLOBAL CITIZEN EDUCATION PROGRAM

Check Your Head's popular youth-led workshops on social and environmental justice reached thousands of youth across B.C. in 2013. Our workshop repertoire now includes dialogues on climate justice, food justice, gender, income inequality, media literacy, sweatshops, globalization, climate change, migrant justice, and health care - all delivered by youth, for youth.

YOUTH ON TRAC (YOUTH VOICE PROJECT)

Youth with chronic health conditions and/or disabilities often struggle transitioning from child to adult health care. As part of the Youth Transitioning Responsibly to Adult Care (Youth ON TRAC) research initiative, the Youth Voice Project created and supports a provincial Youth Advisory Committee that promotes youth voices in health care and leads youth-created workshops on transition for their peers.

CLIMATE JUSTICE PROJECT

Working with the Canadian Centre for Policy Alternatives, we developed a new workshop, trained youth facilitators, and launched this project to educate youth on complete communities and equity issues related to climate. The project connected youth across B.C., inspired action, and generated commitments to behavior change.

FOOD FOR THOUGHT: A DIALOGUE ON MULTICULTURALISM AND FOOD

This Check Your Head organized community project was a chance for young people to explore the role of food in connecting with our cultures and the impact of racism and colonization on food systems. Hosted at Britannia Community Centre and supported by amazing youth artists and adult allies, the project included storytelling, gardening demonstrations, spoken word, and more!

B.C. CHILDREN'S HOSPITAL YOUTH ADVISORY COUNCIL

Partners in Care is a group at the B.C. Children's Hospital dedicated to promoting family-centred care and families' voices. We have partnered with this group to train and support a group of youth as they offer their own ideas and views about care at the hospital to create a more youth-friendly environment.

CHECK UP

There is little youth-accessible information and opportunities for youth-based dialogue on issues related to Canada's health care system. In Check Up, the B.C. Health Coalition and Check Your Head have partnered to create these opportunities for young people around the province through youth-to-youth workshops, trainings, and outreach activities.

ACTUALIZING CHANGE

We know that young people have great ideas to positively impact their community but sometimes it's hard to turn these ideas into actions without support. The Actualizing Change project bridges that gap and, in 2013, supported three youth actions related to Gender & Media and Alternative Transportation.

YOUTH & THE LABOUR MOVEMENT

For the third year of this initiative, we evaluated several workshops to assess the strength of their gender and labour focus and, where we identified gaps, designed new activities to better illustrate the connections between gender, workers' rights, and social and environmental justice issues.

BEYOND THE BALLOT

Though many young people can't vote, we worked with neighbourhood houses to ensure that their voices were heard during the election season. Through workshops, youth identified the key issues facing them and how they can make change while an aspiring young reporter wrote up their insights!

MIGRANT JUSTICE PROJECT

Developed in strong collaboration with No One Is Illegal (NOII), the Migrant Justice Project gives youth the tools and resources they need to build and lead strong, active, grassroots movements for migrant justice. With NOII, we designed a new workshop to be led around B.C. by trained migrant youth facilitators.

MISSION

Check Your Head board and staff members took part in organizational development and strategic planning in 2012 and emerged with a newly articulated mission to guide our activities moving forward.

Check Your Head's mission is to create spaces where:

Youth voices and ideas are valued,

Youth lead challenging conversations,

Youth can share their unique opinions and ideas,

Youth can build connection to self and society,

Youth can build positive relationships, and

Youth are inspired to action.

COMMUNITIES VISITED

Burnaby
Burns Lake
Langley
Masset
Mission
Old Masset
Port Coquitlam
Prince George
Queen Charlotte
Richmond
Skidegate
Sidney
Surrey
Vancouver
Vanderhoof
Victoria

BOARD MEMBERS

Ryan Cho (Co-Chair)
Charlene Ponto (Co-Chair)
Justin Harder (Treasurer)
Addy Musuku (Secretary)
Megan Branson
Jacqueline Peat
Kimball Finigan (Secretary, outgoing)
Christine Katerynych (outgoing)
Adeline Huynh (outgoing)
Steve Evans (outgoing)

EVENTS & COMMUNITY ENGAGEMENT

Global Hive National Public Engagement Conference

PowerShift 2013

Children's Heart Network Activity Day at the Vancouver Aquarium

SFU Youth Community Conversation on the BC Economy

No One Is Illegal 10th Anniversary

Zajac Ranch Leadership Camp

Downtown Eastside Women's Housing March

Metro Vancouver Youth Vital Signs Report Launch Event

Let's Talk: A Guide to Teens and their Health

Canadian Association of Pediatric Health Care Puff The Magic Dragon's Den Youth Presentation

SUPPORTERS

B.C. Teachers' Federation
Vancouver Foundation
Health Sciences Association of B.C.
Berger-Marks Foundation
Hospital Employees' Union
Status of Women Canada
ON TRAC: Transitioning Responsibly to Adult Care
B.C. Health Coalition
Canadian Women's Foundation
B.C. Government and Service Employees' Union
Social Sciences and Humanities Research Council
The Province of British Columbia
CUPE BC
Vancity
Friends of Check (monthly donors)
Individual Donors

STAFF MEMBERS

Kaitlin Pelletier (Executive Director)
Kyla Brophy (Education Program Coordinator, outgoing)
Leah Horlick (Education Program Coordinator, incoming)
Isabel Krupp (Program & Office Administrator)
Vince Terstappen (Project & Operations Coordinator)
Marianne Bos (Bookkeeper)