

A YEAR IN REVIEW

For 15 years, the core of Check Your Head's work has been delivered in public schools across British Columbia. Despite the BCTF's job action in 2014, Check Your Head was able to work with new groups such as Iqra Islamic School, Burnaby Students' Social Justice Conference, and Vancouver Technical Secondary's after-school program for newcomer youth. We also had the exciting opportunity to reach an increased number of youth outside of traditional educational spaces such as at neighbourhood houses, youth employment centres, and youth-led community organizations.



Working with Check as a volunteer has been a profoundly educating and empowering experience that has helped me grow personally. Check's thorough training program equipped me with a set of transferable skills that I am now putting to use in academic, professional and other volunteer settings. In addition to feeling more involved in the wider community through the workshop facilitation experience, Check has assisted me in deepening my personal commitment to social justice and change-making.

-Volunteer Youth Facilitator



69 WORKSHOPS & TRAININGS FACILITATED

1,725 YOUTH ENGAGED IN WORKSHOPS

67 PEER EDUCATORS TRAINED

87 ACTIVE YOUTH VOLUNTEERS

4,900 VOLUNTEER HOURS



66,000 YOUTH ENGAGED SINCE 1999

2,200 WORKSHOPS FACILITATED SINCE 1999

15 YEARS OLD

3,500 SOCIAL MEDIA FOLLOWERS



CHECK



YOUR



HEAD



Educate
Activate
Empower

2014

A YEAR IN REVIEW

MISSION & VISION

Check Your Head board and staff members took part in organizational development and strategic planning in 2012 and emerged with a new mission and vision 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 connections to self and society,
- Youth can build positive relationships, and
- Youth are inspired to action.

Our vision is of a world where critically engaged communities of empowered people work toward a more-just society that values diversity, creativity, and collaboration.

PROJECTS

YOUTH & GENDER MEDIA PROJECT

This project wrapped up its final year in 2014. Over the course of three years, 45 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 2014. Our workshop repertoire now includes dialogues on migrant justice, food justice, gender, income inequality, media literacy, and more – 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. 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. Check Your Head completed this three year initiative in 2014 and we are looking forward to seeing the lasting impact of this work.

GROWING CHECK, GROWING CHANGE

Using our trialed and tested method of volunteer facilitation training programs, this project aimed to train a core group of CYH facilitators who would deliver our core programming of 13 issues based and skills enhancement workshops to youth. This project aims to make our work sustainable and responsive to the increasing demand of CYH's workshops.

GET ORIENTED!

To further our partnership with the BC Children's Hospital, CYH is supporting a team of youth who are producing a video introduction to the hospital for new patients. The Get Oriented! video enables youth to support their peers as they access health care services in spaces that are not traditionally youth-centered.

2014

COMMUNITIES VISITED

Burns Lake
Richmond
Vancouver
Burnaby
Surrey
Victoria
Ascroft
North Vancouver
West Vancouver
Nanaimo
Langford

COMMUNITY ENGAGEMENT

Hosted by Check Your Head
Reel Causes Film Screening
Changing Gears: Bike Main-
of B.C.
Freedonia Foundation
Berger-Marks Foundation
Party
Indoor Gardening 101
Supported by Check Your Head
Diabetes Teen and Parent
Night at BC Children's
Hospital
Artfact Vancouver
Zajac Ranch Leadership
Camp
Children's Heart Network
Activity Day at the Vancouver
Aquarium

SUPPORTERS

B.C. Teachers' Federation
Vancouver Foundation
Health Sciences Association
Vancouver Foundation
of B.C.
Hospital Employees' Union
B.C. Health Coalition
Canadian Women's Foundation
B.C. Government and Service
Employees' Union
CUPE BC
Telus Community Foundation
Friends of Check (monthly donors)
Individual Donors

BOARD MEMBERS

Mauree Matsusaka (Co-Chair)
Charlene Ponto (Co-Chair)
Danica Black (Treasurer)
Addy Musuku (Secretary, outgoing)
Jacqueline Peat (outgoing)
Megan Branson
Elise Barber
Tasha Henderson
Sharnelle Jenkins-Thompson
Marianne Bos (Bookkeeper)

STAFF MEMBERS

Katlin Peltier (Executive Director)
Leah Horlick (Education Program Coordinator, outgoing)
Aleks Bevan (Education Program Coordinator, incoming)
Isabel Krupp (Program & Office Administrator)
Vince Terstappen (Project & Operations Coordinator, outgoing)
Tahia Ahmed (Project & Operations Coordinator, incoming)



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