

# A YEAR IN REVIEW

What a year! We went through a major staff turnover and change in organizational leadership, saw the end of some long-standing projects and partnerships, and started exciting new ones. While our educational programming kept us as busy as ever, we couldn't be idle during the federal election year and so we ran a special campaign playing our part in the record-breaking youth voter turnout.

Our team also seized the opportunity presented by all the big changes to reflect on our work. With input from our stakeholders, we emerged from this process with a clear vision for the next several years.

As we look into the future, we are excited about all the possibilities that are starting to emerge. We hope you will continue supporting us in bringing about positive change by educating, activating and empowering young people.



Thank you for always being so lovely to work with; I admire the work that Check Your Head does but it is the people who make it particularly wonderful to volunteer there.

- Youth Facilitator



80 WORKSHOPS & TRAININGS FACILITATED

2,000 YOUTH ENGAGED IN WORKSHOPS

20,000 PEOPLE REACHED ONLINE

40 ACTIVE YOUTH VOLUNTEERS

2,385 VOLUNTEER HOURS



68,000 YOUTH ENGAGED SINCE 1999

2,300 WORKSHOPS FACILITATED SINCE 1999

16 YEARS OLD

5,000 SOCIAL MEDIA FOLLOWERS



**CHECK**



**YOUR**



**HEAD**



Educate  
Activate  
Empower

# 2015

## A YEAR IN REVIEW



## MISSION & VISION

Our mission is to create spaces where young people come together to connect, imagine and build socially, economically and environmentally just communities. Our work is motivated by the understanding that a healthy, democratic and sustainable future depends on a generation of informed, empowered and active young people.

We encourage young people to understand and take action for social, economic and environmental justice. We provide education, resources, training and support for youth to live as engaged, independent and active citizens within our local and global communities.

## PROGRAMS & PROJECTS

### GLOBAL CITIZEN EDUCATION PROGRAM

Our core educational program continues to be the biggest focus of our work. It includes two main components: workshop delivery and volunteer engagement. Workshops are offered to youth in school and community settings, and cover a wide range of social, economic and environmental justice topics. They are co-facilitated by our staff and peer youth facilitators, whom we train and support throughout the year. We also deliver custom workshops and skills-based training that supports youth leadership.

### DEMOCRACY CHECK!

This special project engaged young people around five key issues leading up to the 2015 Federal Election: income inequality, migrant justice, climate justice, gender inequality and health care. In partnership with other organizations, we held two community events and worked with a team of 15 youth digital media campaigners on an online campaign that reached more than 3,000 people.

### CHECK UP!

Check Up is an ongoing project in partnership with the BC Health Coalition that engages youth on the topic of Canadian healthcare system. Through workshops, trainings and outreach activities we provide a space for much-needed youth-to-youth education and discussion around the kind of system that we want to see.

### BUILDING TOOLS FOR A GREENER FUTURE

Building on the success of our 2014 events, we continued to create spaces for youth to develop hands-on skills, grow as environmental leaders and connect with local organizations that provide resources to support living greener lives. Each event involves dialogue activities led by skilled youth peer educators, and is co-presented with a local group.

### GROWING CHECK, GROWING CHANGE

This year marks the completion of a multi-year project designed to strengthen our core programming and meet the increasing demand on our social, economic and environmental justice workshops. This project enabled us to evaluate and examine our core programming and to develop a long-term volunteer engagement strategy.

### MEDIA AND YOU(TH): BUILDING POSITIVE COMMUNITIES ONLINE

This project is a partnership with Open Media that aims to empower youth with knowledge, skills, and resources to create positive, inclusive, and safe online communities. Together, we created a new workshop on media awareness and worked with a team of youth who took online action on issues they are passionate about.

### OPEN HOUSE SERIES

These are youth-led bi-monthly community gatherings that take place at our office. CYH youth volunteers lead evening gatherings on various issues with activities ranging from art projects and film screenings, to youth made and led workshops. The Open House events provide spaces for young people to learn about the issues that impact them and build community with their peers while also connecting to our work.

## FINANCES

### SEPTEMBER 1, 2014 TO AUGUST 31, 2015

Total revenues: \$207,136

Total expenses: \$207,132

### SPECIAL PRESENTATIONS

Together 2015:  
BC Federation of Labour  
Conference

CUPE National Convention

Media Democracy Days

SFU City Conversation

Windermere Social Justice  
Conference

Maple Ridge Social Justice  
Conference

BC Social Studies Teachers  
Association Conference

VSB Sustainability  
Conference

### SUPPORTERS

BC Government and Service  
Employees' Union  
BC Health Coalition  
BC Teachers' Federation  
Coast Capital Savings Credit  
Union  
CUPE BC  
Friends of Check (monthly  
donors)  
Health Sciences Association  
of BC  
Hospital Employees' Union  
Individual donors  
TELUS Community Foun-  
dation  
Vancouver Foundation  
Vancouver Social Justice  
League

### VOLUNTEERS

Jasroop Gosal  
Thomas Nowaczynski  
Katrina Koehn  
Michael Carbonnier  
Katherine Grimmer  
Zoe Fajber  
Rodney Stehr  
Bijan Naghipour  
Eva Yu  
Lucinda Yeung  
Mandavni Kaur  
Abigail Pelaez  
Sean Celi  
Jel Kocmaruk  
Katie Fajber  
Afifa Hashimi  
Monika Saran  
Michele Walter  
Neha Nemade  
Kira Pidzamecky  
Ari Havusha  
Justine Burlo  
Zumana Chowdhury  
Miranda Bahng

### VOLUNTEERS

Sayeh Yousefi  
Emily Bridge  
Stephania Domingo  
Daniella Silveira  
Sarah Przedpelska  
Allison Jones  
Emma Laviolette  
Nia Cahill  
Stacey Bryant  
(Stef) Stefanie Block  
Krysta Cowling  
Alex Pysklywec  
Jen Castro  
Rebekah Parker  
Zakeera Hydich  
Emily Gorham  
Julieanna Foss

### BOARD & STAFF MEMBERS

*Incoming Board Members:*  
Lena Shillington  
Danielle VanderEnde  
Megan Ryland  
Allison Jones

*Outgoing Board Members:*  
Charlene Ponto (Co-Chair)  
Tyler Schaus  
Lise Oakley

*Staff Members:*  
Anastasia Gaisenk  
(Executive Director)  
Aleks Besan (Education  
Program Coordinator)  
Erica Isomura (Fundraising &  
Office Administrator)  
Marianne Bros (Bookkeeper)

### BOARD & STAFF MEMBERS

*Board Members:*  
Mauree Matsusaka (Co-Chair)  
Tasha Henderson (Co-Chair)  
Sharnelle Jenkins-Thompson  
(Secretary)  
Danica Black (Treasurer)  
Elise Barber  
Megan Branson



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