

## 2012: A YEAR IN REVIEW

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.

# 2012

### A VOLUNTEER

“ I was reminded of how deep and complex human identity is and how these complexities affect the lives we live, the opportunities we do or don't have... Also, I felt very hopeful for society and our future because I knew that in one way or another, each of the intelligent, strong, and inspiring individuals in that room were going to touch someone's life and make a positive impact in this world, even more so than they already are!”

**Elaiza Datar**  
Check Your Head Volunteer

### A DONOR

“ There must exist a paradigm, a practical model for social change that includes an understanding of ways to transform consciousness that are linked to efforts to transform structures.”  
– Bell Hooks

To me, this is what Check Your Head does and I am proud to support it.

**Friend of Check**  
Monthly Donor

### A TEACHER

“ I have nothing but praise for this group of committed young educator/activists. It is so encouraging to see such wonderfully energetic and well-trained young adults working towards such good ends in the world. They provide excellent role models for my students...”

**Supervising Teacher**  
Student Leadership Council

### SUPPORTERS

B.C. Teachers' Federation  
Vancouver Foundation  
Health Sciences Association of B.C.  
B.C. Nurses' Union  
Berger-Marks Foundation  
Hospital Employees' Union  
Status of Women Canada  
B.C. Health Coalition  
B.C. Government and Service Employees' Union  
The Province of British Columbia  
CUPE BC  
Vancity  
Friends of Check (Monthly Donors)  
Individual Donors

### STAFF

Kaitlin Pelletier (Executive Director)  
Kyla Brophy (Education Program Coordinator)  
Isabel Krupp (Program & Office Administrator)  
Vince Terstappen (Project & Operations Coordinator)  
Tahia Ahmed (Program Assistant)  
Marianne Bos (Bookkeeper)

### BOARD MEMBERS

Ryan Cho  
Deanna Ogle (Co-Chair, outgoing)  
Christine Katerynych  
Charlene Ponto (Co-Chair)  
Adeline Huynh  
Steve Evans  
Kimball Finigan (Secretary)  
Anna McClean (outgoing)  
Justin Harder (Treasurer)

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58 ACTIVE  
YOUTH VOLUNTEERS



90 WORKSHOPS &  
TRAININGS FACILITATED



60,000+  
YOUTH PARTICIPANTS  
SINCE 1999



1,900 YOUTH  
ENGAGED IN WORKSHOPS



3,561  
VOLUNTEER HOURS



30 PEER  
EDUCATORS TRAINED



2,000  
WORKSHOPS FACILITATED  
SINCE 1999



2,750  
SOCIAL MEDIA  
FOLLOWERS



13  
YEARS OLD

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**CHECK YOUR HEAD**  
Educate Activate Empower

# 2012

## ORGANIZATIONAL DEVELOPMENT

In 2012, as Check Your Head officially celebrated its 13th birthday and became a teenager, we embarked on an ambitious organizational development initiative. This process, which will continue into 2013, involved, amongst other activities, a weekend retreat where Check Your Head staff and board members reflected on the organization's history and journey, articulated their own personal connections to the organization, identified the organization's strengths and weaknesses, and set about developing a strategic plan to orient Check Your Head for the future. Staff and board also reflected on Check Your Head's vision and mission statements and, since that retreat, have been finalizing new articulations of these statements that will guide us in the years to come.

### PROJECTS

#### YOUTH & GENDER MEDIA PROJECT

Facilitating workshops in classrooms and community spaces across BC that use interactive activities, media, and dialogue to build understanding of key issues facing our world, and make connections between global issues and local realities.

#### GLOBAL CITIZEN EDUCATION PROGRAM

Check Your Head's popular youth-led workshops on social and environmental justice reached a more diverse audience than ever before in 2012. We led workshops on food justice, climate change, media literacy, income inequality, sweatshops, and more!

#### YOUTH ON TRAC

A Health Advocacy Voice for Youth with Chronic Health Conditions: 2012 saw a new partnership develop between Check Your Head and researchers and patient advocates at the B.C. Children's Hospital. Here, Check Your Head is supporting diverse groups of youth with chronic health conditions to develop strong leadership and self-advocacy skills.

#### ENGAGING YOUTH IN CLIMATE JUSTICE

Our newest project, a collaboration with the Canadian Centre for Policy Alternatives and Gen Why Media Project, resulted in the creation of a new workshop on Climate Justice that was first piloted with youth at PowerShift 2012 in Ottawa.

#### YOUTH AND THE LABOUR MOVEMENT

Connecting Young People, Unions, and Social Justice: For the second year of the Youth and the Labour Movement project, Check Your Head worked to highlight the connections between the labour movement and social justice in the area of income inequality and food justice.

#### ACTUALIZING CHANGE

To bridge the gap between understanding and action as well as to inspire other youth, Check Your Head supported three youth-created and youth-led environmental justice initiatives with resources to grow, become sustainable, and share their experiences with others.

#### YOUNG WORKERS ENGAGEMENT PROJECT

The Young Workers Engagement Project was a research project undertaken by Check Your Head in 2012 to support labour organizations as they work to better understand the needs and desires of their new members.

#### CHECK UP

In 2012, in addition to facilitating Health Care workshops across the province, our collaborative project to engage young people in discussions about the health care system saw a youth delegation travel to Victoria to bring their voices to federal health care discussions.

#### B.C. CHILDREN'S HOSPITAL YOUTH ADVISORY COUNCIL

Working with Partners in Care, Check Your Head is coordinating & facilitating meetings, activities, and trainings for a Youth Advisory Council at the B.C. Children's Hospital. This group will be a critical voice in ensuring that the hospital and health care system are responsive to the needs of all youth.

### CYH IN THE COMMUNITY

