

# YOU SHOULD KNOW.

## LIFE SKILLS PROGRAMS

### WHAT IS THIS?

This is a resource created by youth in PEC to help local partners, agencies and allies throughout the County to make life skills programming more accessible and impactful for youth like us.



### WHERE TO FIND US

- Meet us at lunch spots
- Greater Than pop ups and events
- Guidance office at the high school (PECI)
- Local youth centre
- Social media

### HOW TO REACH US

- Posters around PEC and in local schools
- Pin your life skills programming to the top of your social media pages
- Visit local businesses and restaurants where youth can be employed



MESSAGES now

PEC Youth

Hi! We thought you should know...

### HOW WE WANT TO ENGAGE

- Some skills are better learned by watching than doing
- Scheduling is subjective, know your demographic
- Having a takeaway resource that can be referred to allows us to revisit the skills learned
- Checkpoints and feedback are a great way to keep us engaged, and ensure we are learning the new skills



### THE BARRIERS WE FACE

- Adult expectations being too high, causing youth to feel like they cannot learn a new skill
- Freedom to speak out
- Not having enough guidance within programming to feel safe to ask questions
- Access to transportation
- Accessibility of the venue and content
- Involving parents can sometimes create barriers to youth participation

### WE WANT TO...

- Leave with a sense of achievement i.e. certificate
- Have an open door afterwards to ask questions and provide feedback on the life skills program
- Develop a relationship between the community partner & youth, which will provide a greater level of comfort for future programming



**GREATER  
THAN**  
COUNTY YOUTH COLLECTIVE

Do you want help bring the perspectives of youth into your program planning, design, or strategy? Greater Than County Youth Collective can help. Contact us at [hello@greaterthancyc.ca](mailto:hello@greaterthancyc.ca) or call (613) 305-3210



[greaterthan\\_\\_cyc](https://www.instagram.com/greaterthan__cyc)



Greater Than  
County Youth Collective



[greaterthancyc.ca](https://www.greaterthancyc.ca)