



DAREarts Youth Institute for Leadership & Social Change

Empowering youth leadership practice by example and mentorship

Program Rationale & Outline:

The DAREarts Youth Institute is a response to the need for youth programs that build leadership skills in young Canadians in high school. These youth are often neglected in leadership programs because they are often required to be heavily committed to their high school studies that focus primarily on academic skills begun in elementary school.

The DAREarts Youth Institute will introduce youth to topics that build their confidence, courage and leadership skills needed for life and career success, as they practice the DARE values of Discipline, Action, Responsibility and Excellence. Students will engage in activities that build both an 'inner leader' (mental health, reflective discipline, ethics and relationships), and an 'outer leader' (communication and conflict resolution, youth activism, social justice and global equity).

Outcomes:

This program will help youth through their teen years, preparing them for their future by building their 'real life' skills to set career goals, stay in school and successfully enter the workforce. Moreover, they will feel empowered to be a positive leader with their peers, realize their potential and succeed in the workforce.

Location:

Toronto School of Art/ TBD per workshop needs

Leadership Workshops with DARE values of Discipline, Action, Responsibility, Excellence:

Inner Leadership: Mental Health, Healthy Choices and Relationships, 'Inclusive & Growth Mindset'

Outer Leadership: Communication & Conflict Resolution, Community & Ethical Volunteerism, Global Change, Job Readiness (Career Panel)



Ten Week Program Overview:

Week & Topic	Themes & Learning Activities
1. Defining Leadership	<ul style="list-style-type: none"> • Introductions and expectations • Defining and deconstructing leadership • <i>How can leadership help ignite change in myself and in my community?</i>
2. Inner Leadership - Understanding Identity	<ul style="list-style-type: none"> • Exploring inner leadership as discipline and reflection • <i>In what ways does my identity influence my leadership, personality, and character?</i>
3. Inner Leadership - Building Mental Health Capacity	<ul style="list-style-type: none"> • Taking action as a peer support in schools and relationships • <i>How can I develop a relationship with my mental health that supports others and my own goals?</i>
4. Inner Leadership - Healthy Relationships	<ul style="list-style-type: none"> • How to manage boundaries, conflict, and difficult conversations • <i>How do leaders use reflection and responsibility to foster healthy relationships with others?</i>
5. Intersession- Bridging Inner & Outer Leader	<ul style="list-style-type: none"> • Leadership style tests and connecting inner and outer leadership traits • <i>How does my understanding of inner leadership affect leadership in my school and community?</i>
6. Outer Leadership - The Inclusive & Growth Mindset	<ul style="list-style-type: none"> • Reflecting on growth versus victim mindset • <i>How does a growth mindset help me overcome adversity with resilience?</i>
7. Outer Leadership - Helping those in Need: Social Justice Leadership	<ul style="list-style-type: none"> • Understanding marginalized communities and oppression • <i>How can leaders take action against racism, sexism, and homophobia?</i>
8. Outer Leadership - Finding Purpose: Transitions and Career Readiness	<ul style="list-style-type: none"> • Research-informed career advising tests • <i>Where are leaders needed in society?</i>
9. Collective Leadership - Working as a Team	Preparation for TEDx DAREarts Event
10. Demonstrating Leadership to our Community	TEDx DAREarts Event