

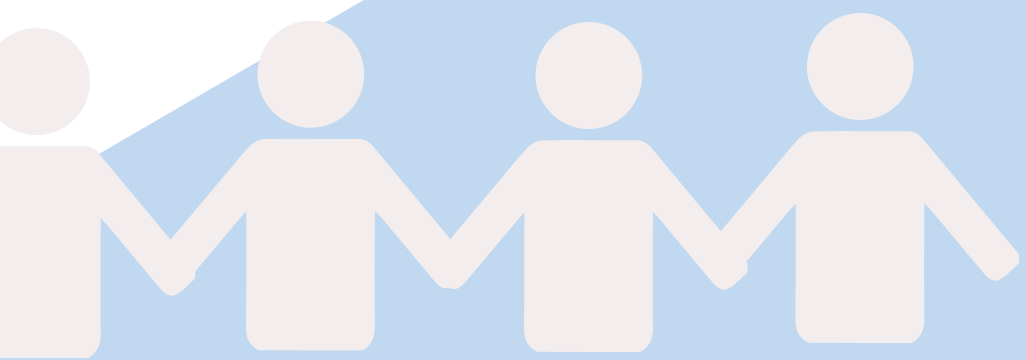


EAST VAN

Group's Goals



"We aim to tackle racism and its negative mental health impacts by advocating for policy change through learning, dialogue & action"



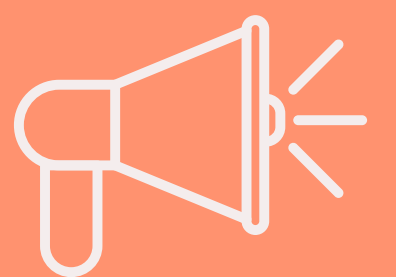
**Our group included: 6 youth collaborators
2 young adult facilitators & our policy allies**

We met over an 8 month period to learn about mental health promotion and its links to human rights, intersectionality, equity & more!

Together with community allies our group created & presented recommendations to the Vancouver School Board to reduce the effects of racism on youth mental health.

Direct Impacts

Enhanced knowledge about mental health + adoption of healthy coping strategies + increased protective factors for mental health + positive changes in our school community.



What's Next?

Policy work continues in the new student BIPOC committee!



"Having this space where I can openly talk about racism was enough for me. Once I had this, I felt I was generally becoming happier."