



## **What's New at Y4Y?**



## Sexual Health & Reproductive Healthcare Campaign

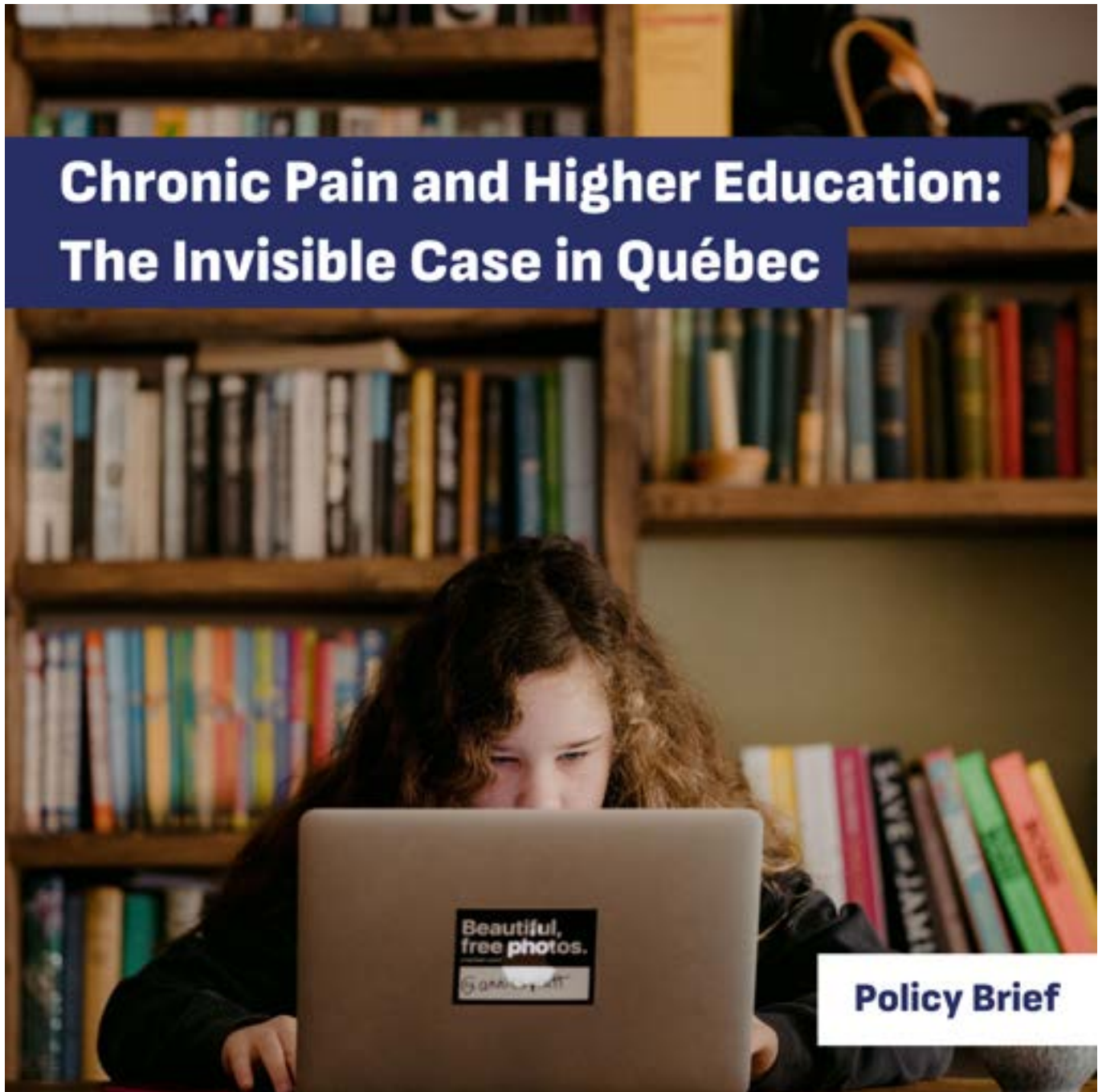
Over the summer, Y4Y conducted research with the aim of building an understanding of youth perceptions of, experiences with, and attitudes towards sexual health and reproductive healthcare services in Québec. By conducting a survey, we had the privilege of amplifying the voices and perspectives of the youth in Québec! 🗣️

🔍 Check what we found out and read the full report [here](#).

We heard what you had to say, and on your behalf, Y4Y is calling for better Sexuality Education in Québec! We urge Education Minister Bernard Drainville to take action in devising a comprehensive and inclusive sexuality education plan for high schools. By

implementing these reforms, we can empower our youth with the knowledge and resources they need to make informed decisions about their sexual and reproductive health.

Sign the petition [here!](#) 📄



**New Publication:**  
***Chronic Pain and Higher Education: The Invisible Case in Québec***

Y4Y's latest policy brief sheds light on the issue of students experiencing chronic pain in the context of higher learning, and offers recommendations on how students, universities, and the provincial government can approach this issue.

Click [here](#) to find out more!



### Youth on Boards

Thank you to all of our lovely participants who joined Y4Y's [Youth on Boards](#) program this Fall! We enjoyed seeing your engagement and interest and hope to see you all

again soon ... and on Boards! 😊

Interested in participating in the program? Youth on Boards offers training to youth between the ages of 16 and 30, introducing the concept of nonprofit governance and connecting them to Boards accepting new directors or members.

**The next training is scheduled for February 10th & 11th, 2024. Secure your spot [here](#).**



WELLNESS LIAISONS 

## NEW BLOG POSTS BY Y4Y'S WELLNESS LIAISONS

- 01** **Why should we fight bullying?**  
By Becaye Baldé
- 02** **Why workout at the gym when you can workout at home?**  
By Abbigail Witcher
- 03** **Financial insecurity is really tough on students.**  
By Blessing Tchemtchoua Dassi

Meet the [Wellness Liaisons](#) and read their blog posts [here](#).



**Join our Membership,**

*lead the way.*

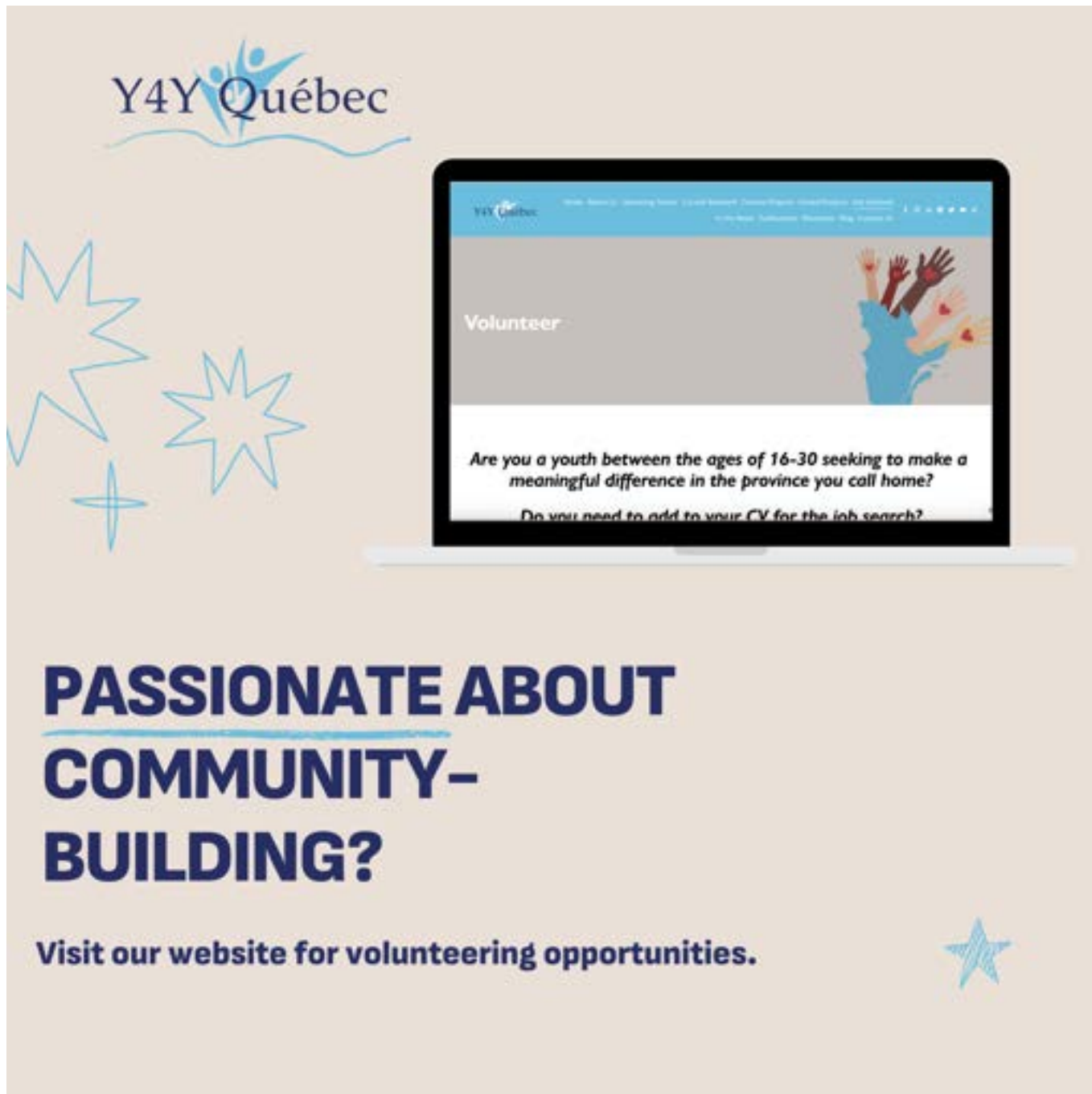


## **Y4Y Membership**

Do you support our mission and the work we do within the community?

**Join a group of movers and shakers mobilised around elevating youth voices and strengthening civic engagement.**

To find out more, or to sign up, visit our [Membership page](#).



### **Volunteer with Y4Y**

Y4Y is always looking to expand its volunteer team and that's why we need you!

Looking for a volunteering opportunity or a chance to create change in your community?

**Check out Y4Y's new & improved Volunteer Program!**

To learn more about our volunteer opportunities and incentives, visit our [Volunteer page](#).

To sign up to be a volunteer, fill out this [form](#).

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## In The Community

### Fonds d'action québécois pour le développement durable (FAQDD)'s Destination nature

Are you aged 12 to 29 and need to get out of the city? Destination nature is here to help! 🏡

Take advantage of cost-effective transportation options to bring your group to the great outdoors. This is a great opportunity to spend time outside, enjoy Québec's landscapes, and have a great experience with others! 🌲🍃

Discover this [FAQDD](#) opportunity [here](#).

### Apathy is Boring: Net Zero and You(th)!

Want to learn more about Canada's Net Zero goals?

[Apathy is Boring](#) created a new program that offers free workshop series to support youth in their understanding and knowledge about Net Zero! 🌍

These virtual workshops will take place on 📅 January 29, February 5, and February 12, 2024 from 4:00 PM - 6:00 PM!

**There are only 20 spots!**  
**Secure yours and find out more [here](#).**

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**If you haven't yet, connect with us on:**



[Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#), [TikTok](#), & [YouTube](#) to stay in the loop!

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