

WHY ENGAGE YOUTH?



Evidence for involving youth in decisions that affect them



Benefits both youth and services [6, 8, 13]

There is strong evidence across sectors (e.g. mental health, health promotion, & political science) that engagement in the decisions that affect them is positive for both youth and the services they use.



Better health outcomes [4, 5]

Youth engagement leads to better health outcomes for young people, adults, agencies and communities.



Builds resilience [16]

Youth engagement builds resilience and amplifies protective factors amongst marginalized youth.



Increased social inclusion [2]

Youth engagement can lead to increased social inclusion which supports mental wellness. Engagement in health promotion services is particularly effective.



Connect youth with communities [3, 7, 9, 11, 14]

Engaging youth in a meaningful way can help overcome the disconnect between marginalized youth and their communities, allow youth to contextualize their experiences, as well as promote treatment adherence.



Engage Indigenous communities [15]

Youth-driven prevention programs that leverage culture, language, and traditional practices are of particular value to First Nations, Inuit and Metis communities.



Support marginalized youth [10, 1]

Linking engagement projects to increased understanding of socio-economic processes coupled with the ability to take action on these issues supports the development of marginalized youth.



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