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.

Want More Information?
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REFERENCES


