

W I N T E R 2 0 1 6

# VYPER

VALLEY YOUTH PARTNERSHIP FOR ENGAGEMENT & RESPECT  
QUARTERLY NEWSLETTER

## Quote Corner An Epidemic of Inspiration

The best preparation for tomorrow is doing your best today.

– H. Jackson Brown Jr.

Be the reason someone smiles today. – who knows

I can't change the direction of the wind, but I can adjust my sails to always reach my destination. – Jimmy Dean

Even miracles take a little time. – The Fairy Godmother

If opportunity doesn't knock, build a door. – Milton Berle

For what it's worth, it's never too late to be whoever you want to be. I hope you live a life you're proud of and if you find that you're not, I hope you have the strength to start over.

– F. Scott Fitzgerald

Waaaaay back in October 2014, the Mission Youth Committee held the “Pulling Together Conference: You Asked For It”. The goal of the conference was to guide and inspire service providers, covering the topics of complete sex education, youth rights, learning styles, and respectful discussion around LGBTQ+ youth. It also included a youth panel which gave youth an opportunity to speak to pertinent issues that service providers in Mission needed to know and to answer their questions. The day was a great success, so much so that it sparked the interest of Chilliwack youth to create their own conference: “Youth Speak Up: Breaking Down Barriers”. The event was put on by Chilliwack VOYCE youth a year later. This conference also included a youth panel and covered topics such as mental health, healthy relationships, and trauma informed practice. Following this, the Boston Bar youth put on their own mini VYPERence in March 2016, which was also aimed at guiding and inspiring service providers who work with youth. Currently, Abbotsford youth have caught the conference planning bug and are holding their own conference on May 11th! What started with one area's commitment to advocating for youth voice, has led to an epidemic of youth led efforts to create sustainable change within their communities. **Go youth go!**

### CORE VALUES - Embracing diversity & enjoying life

Growing relationships in an environment of trust, compassion, and understanding.

Creating an open forum for honest and respectful dialogue and discussion among youth and adults.

Strengthening connections in the community through collaboration with service providers and youth.

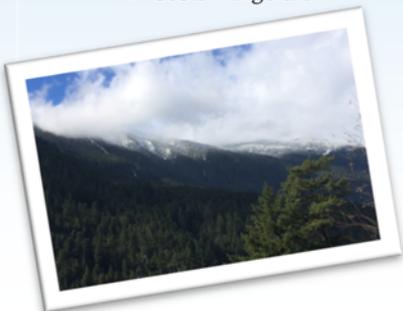




Photo Credit: Cecilia Louis

# Area Updates

## Chilliwack

Written by VOYCE youth (Voice of Youth for Community Engagement)

VOYCE has started back up again and we're already busy with various opportunities! We are putting together a youth panel for the upcoming CYC Conference on May 6<sup>th</sup> that will focus on resiliency. Abbotsford youth asked us if we could present at their upcoming conference on May 11<sup>th</sup>, so we are re-vamping our mental health presentation in preparation. In addition, some VOYCE youth are currently connected with the starting up of a collaborative project between youth and seniors. We are currently working on this Winter 2016 newsletter as well, but we won't be when you're reading it! And lastly, we are working on hiring a new Youth Adult Partnership Facilitator so we can continue our work in the community!

## Agassiz

Written by Agassiz VYPER youth

Many new and exciting things have happened in Agassiz. The youth have named the new youth centre - "Valley Youth Centre". Youth coordinators have had discussions with Agassiz Secondary's leadership class about youth programming. There are now scheduled youth meetings, to help plan and guide youth opportunities within the Valley Youth Centre. The youth are looking forward to workshops by Lydia Luk from PeerNetBC at the end April.

## Hope

Written by Hope VYPER youth

Hope youth have been enjoying the beautiful sunshine! Hope youth are hosting a REAL Talk event on April 20<sup>th</sup> at Hope Secondary School. VYPER youth in Hope have invited other local youth to participate in the REAL Talk event in order to showcase diverse answers for service providers. Not only are the Hope youth looking forward to the REAL Talk event, but also the upcoming regional VYPERence.



Photo credit: Briann Gillies



Photo Credit: Marina Heath

# Boston Bar VYPER-ence!



*Amazing youth organizers and presenters*



*Learning Styles Workshop*

## Boston Bar

Written by Boston Bar VYPER youth

The Boston Bar youth were very happy to host the Boston Bar VYPERence this past March. All youth enjoyed the experience of participating in planning, setting up, and hosting the event. This event helped youth connect with services, become familiar with other adult supports, and gain experience in event planning. Boston Bar youth look forward to having their voices be heard, and guiding, inspiring and connecting with other projects.



*Door Prize Winner*



*Harm Reduction Table*

*Photo credits: Stacy Wood*



*Awesome adult organizers*



*All the pizza*

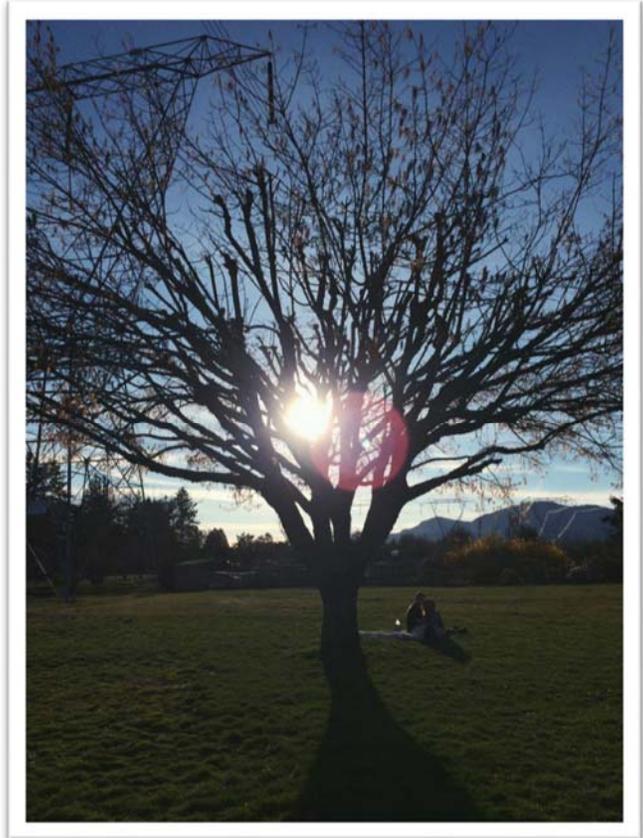


*Enjoying the view*

## Mission

Written by T, Audrey, Kevin and Sam.  
(Mission Youth Committee Youth and Youth-Adult Partnership Facilitator)

- 1) Pizza and Sushi are always a hit
- 2) A couple youth have been working on the Local Action Team to continue the development of the Mission Youth House (MY House). A youth on the LAT also attended a 2 day conference on trauma informed practice in Vancouver; she was sponsored by the FORCE Society.
- 3) Audrey, one of the youth on the MYC, did their LGBTQ+ presentation at the adolescent day program at Abbotsford Regional Hospital, to approximately 10-12 youth and 8 workers.
- 4) Youth from the MYC presented their LGBTQ presentation at the Youth Speak Up conference in Chilliwack on October 1<sup>st</sup>.
- 5) Youth from the MYC attended Suicide Prevention day at Sto:lo Nation in Chilliwack.
- 6) Currently the youth are working on a poster contest for MY House. They will be presenting the project at Fraserview alternate school in Mission.
- 7) The youth developed a poster with nursing students at UFV on HIV and AIDS. The focus is that HIV is NOT a death sentence and raising awareness. #gettested #justdoit



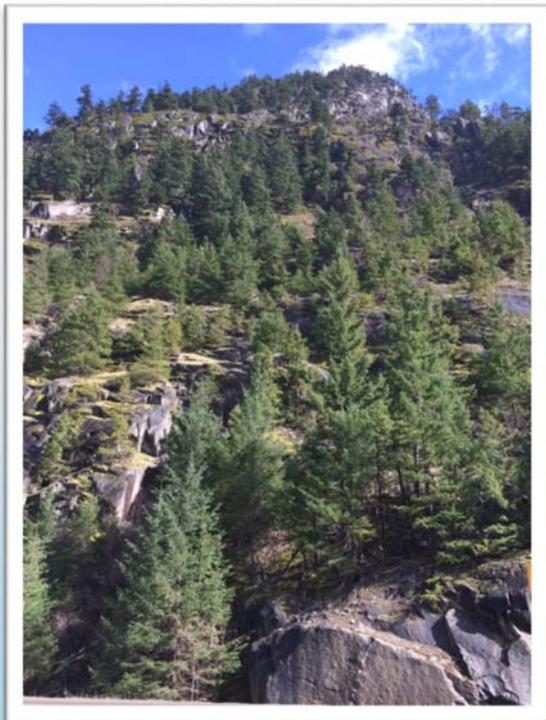
*Photo Credit: Marina Heath*

## Abbotsford

Written by Sarah

The Abby VYPER youth have been busy educating the community about youth adult partnerships and their impact on youth experiencing mental health/substance use issues. Recently, Marcie, Tasha, and Tearsa spoke on the "Mental Health and Social Connectedness in Our Communities" panel during Fraser Health's Plan H Forum at the University of the Fraser Valley on March 10, 2016. The VYPER youth were joined by a youth from the Mission Youth House and they spoke to a room of 50+ people about their experiences with youth adult partnership projects.

Currently, Abby and Mission youth are planning the first youth developed conference for Abbotsford to be held at the University of Fraser Valley on May 11th. Workshops for the day will include: Youth Rights, Allyship, LGBTQ+, Youth Panel, and more! We would love to see you there!



*Photo Credit: Stacy Wood*

## Fraser North and South

Written by Roxan

Fraser South youth have joined in on Fraser North's meetings for the time being, and what an exciting time to do so!

In Fraser North we are fortunate to have the opportunity through VYPER (and in collaboration with the Fraser Health Regional Harm Reduction Team and the support of community partners such as Odyssey 1 Boys and Girls club of South Coast BC) to be presenting a harm reduction/Naloxone Training event. This is the beginning of a harm reduction based initiative in our communities.

We are proud of the work we have put into the planning of the event and the trust shown to us by the adults involved with the project; it is a perfect demonstration that a youth-adult partnership is possible. The project is an initiative that speaks to many of us for a wide array of reasons, either from our own lived experience or of a loved one. It was very important to us that this project be inclusive, as we are hoping to build bridges to help those whose past and present circumstances have led to social isolation and stigmatization. We want to break

down barriers and open the dialogue so that nobody falls through the cracks, is forgotten, or cast aside. This is where we want to start, by educating our communities to be prepared. Now is the time to not just spread the word but to back it up with action; all of us can make a difference with knowledge of the available options. Our first event is scheduled for Thursday April 14<sup>th</sup>, 2016; hopefully the first of many more to come.

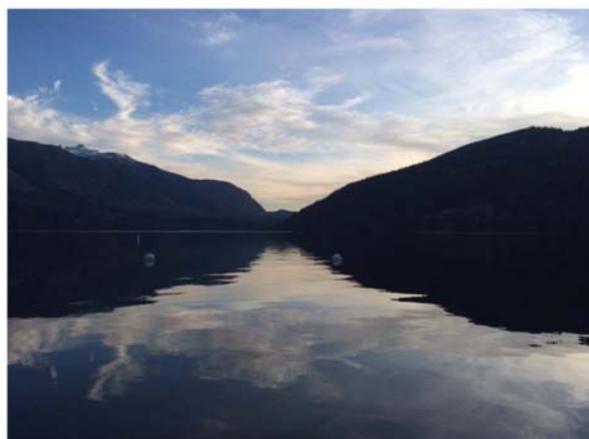


Photo credits: Marina Heath

## JOKE CORNER

I hear Apple is designing a new automatic car, but they're having trouble installing windows!

-

I heard about a scarecrow that won a prize, it was totally outstanding in its field!

-

What is Beethoven's favourite fruit? A ba-na-na-na.

-

What time did the man go to the dentist? Tooth-hurty!

-

Velcro is just a big rip off!

-

Two wifi antennas got married yesterday, the reception was fantastic!

-

What do you call an alligator wearing a vest?  
An in-vest-igator!

-

What did the hat say to the hat rack? You stay here I'm gonna go on ahead.

-

I stayed up all night wondering where the sun went, then it dawned on me!

-

To the guy who invented zero, thanks for nothing!

# Upcoming Conference

**First EVER youth developed conference in Abbotsford!**

**When?** May 11<sup>th</sup>, 2016

**Where?** University of the Fraser Valley, Abbotsford

**What?** Workshops on Youth Rights, Allyship, LGBTQ+, Mental Health, a Youth Panel, and more!

**Keep an eye out for the poster and registration!**



**Valley Youth Partnership  
for Engagement and Respect**

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The views expressed herein do not necessarily  
represent the views of the Government of Canada.

Need to reach us? We'd love to hear from you!

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