



Student Guidelines

Anti-Racism Programme

In a country as large and diverse as Canada, we have so much we can learn about ourselves, about each other, about what it means to be in treaty, and about what kind of society we are working to create. By participating in the anti-racism livestream event(s), and by listening, sharing, and engaging with peers with diverse backgrounds and experiences, we hope you can find truth, support, and solidarity in familiar stories, as well as greater understanding of those lived realities that differ from your own.

All aspects of this programme will touch on themes of race and racism. **Because these topics can be difficult or uncomfortable to discuss, we hope you will keep the following points in mind:**

- We all have different identities and come from different backgrounds. If you approach these topics with respect for each other's unique contributions and challenges, you'll be better able to learn.
- Some of you and your classmates live with the effects of racism in your lives. Everyone should acknowledge that we are not discussing racism in an abstract sense, but rather as something that causes real harm to us, or the people around us.
 - For those of you who live with these realities, it's okay if these conversations are too difficult to participate in. Know that you have the freedom to step away and take a break at any point, or get help from school counselors or the support resources in this document. Also, know that you are not expected to represent your entire communities when you share.
 - For those of you who do not live with these realities, recognize this as a privilege, and approach these conversations with that knowledge. As you learn more about racism, you may experience discomfort. These feelings are a normal part of learning. Working through them together *and* individually is important.
- You might feel awkward or be afraid of saying the wrong thing or not knowing the right words. It's okay to make mistakes. If your words are hurtful—even if you don't intend to harm—apologize, learn from it, and keep going.
- It is not reasonable or acceptable to expect others to teach you about their experiences with racism. And others shouldn't expect you to teach them about your experiences with it. Rather, the goal is to create a safe space where everyone feels empowered to speak their truths.
- Start by assuming that none of us have the answers to big questions, so our goal should be to learn by listening, reflecting on what others say, and speaking from our own experiences.



- You can disagree, but do so respectfully. Don't focus disagreements on the person, but on engaging with their ideas and perspectives.
- When we talk about Black and Indigenous realities or those of other racially marginalized people, please always remember that there is no single experience of being Black, Indigenous or other racial identities. There is rich cultural diversity in histories, beliefs, and relationships within and between these communities.
- We hope that whatever you take away from the livestream events, you see it as part of an ongoing process of making antiracism a practice you're continually developing, so that you can better address the ways racism is present in your world, be better equipped to confront it, and to demonstrate to others how to divest from it.

Student Support Resources

Emergencies

If you or someone you know is in immediate danger, call **9-1-1**.

Supporting Others

Students caring for a friend or family member who is expressing suicidal thoughts or self-harm behaviours are encouraged to get support at **Youth Space**:

<https://youthspace.ca/youthspace-resources/youthspace-guides/>

Crisis Lines You Can Access

- **Kids Help Phone**
Web: <https://kidshelpphone.ca/>
To talk to a counsellor:
Text CONNECT to 686868
Phone: 1-800-668-6868
Search for youth programs in your area:
<https://apps.kidshelpphone.ca/resourcesaroundme/welcome.html>
- **First Nations and Inuit Hope for Wellness Help Line (Government of Canada)**
Call the toll-free helpline at 1-855-242-3310 for mental health & wellness support.
Phone and live chat options, available 24 hours a day, 7 days a week.
Chat counseling is available in English and French.
Phone counselling is available in English, French and Cree, Ojibwe and Inuktitut (by request).
Web: <https://www.hopeforwellness.ca/>



- **Crisis Services Canada (Canada Suicide Prevention Service)**
Call the toll-free helpline at 1-833-456-4566 or text 'Start' to 45645
Phone option available in English and French, 24 hours a day, 7 days a week
Pour les habitants du Québec, veuillez appeler 1-866-APPELLE (1-866-277-3553)
Text option available in English, 4PM - Midnight ET (standard SMS rates apply)
Web: <https://www.crisisservicescanada.ca/en/>
- **Canadian Association for Suicide Prevention (CASP)**
Web: <https://suicideprevention.ca/resources/>
Directory of bereavement and crisis support centres across Canada

Other Supports

We Matter

*Feeling down? Feeling hurt? **We Matter** is a place to help Indigenous youth get through hard times, whether you need support yourself or want to support someone you know.*

This page features contact information for national and regional help services for all provinces and territories in Canada: <https://wemattercampaign.org/get-help>

Students experiencing suicidal thoughts can find help at: <https://wemattercampaign.org/get-help/suicidal-thoughts>

Toolkits

We Matter also offers free toolkits for youth, teachers, and support workers to guide them in using We Matter videos and materials to explore themes of hope, self-care, breaking cycles, identity, thinking about the future, community and supporting others. People can use the toolkits to work through these topics on their own or with others.

- The [Indigenous Youth Toolkit](#) will help you use We Matter to manage any hard times you may be going through in life, and/or to support friends, family, and those around you.
- The [Toolkit for Teachers, Educators and Facilitators](#) will help those working with Indigenous youth ages 12 and up in a classroom or group setting. It includes additional information on history, context and culture, and tips for discussing colonization and its impacts on Indigenous communities and youth.
- The [Toolkit for Support Workers \(Youth Workers, Counsellors, Social Workers\)](#) will help adults working with Indigenous youth in a one-on-one or small group setting to engage them in conversations about hardship, hope and healing.



Reconciliation Canada

Reconciliation Canada is leading the way in engaging Canadians in dialogue and transformative experiences that revitalize the relationships among Indigenous peoples and all Canadians.

Resources related to mental health and emotional wellbeing, trauma, crisis intervention and suicide prevention are available at <https://reconciliationcanada.ca/need-help/>.

This page includes resources specific to Indigenous populations, such as the Indian Residential School Survivors Society (IRSSS), KUU-US Crisis Line Society (British Columbia) and First Nations Health Authority.

Across Boundaries

Across Boundaries provides equitable, inclusive and holistic mental health and addiction services with an emphasis on addressing the negative impact of racism and discrimination on mental health and well-being.

They provide services in **Greater Toronto** in English and several languages including Caribbean dialects and African and Central, South and East Asian languages.

For intake and program information:

Web: <https://www.acrossboundaries.ca/referrals-intake>

Email: info@acrossboundaries.ca

Phone: (416) 787-3007 ext. 222

Black Youth Helpline

The **Black Youth Helpline** model was created by youth, for youth, to offer primary prevention of social and psychological breakdown in communities by focusing on education, health and community development.

BYH offers a culturally appropriate resource that youth, families, schools and other organizations can turn to for support. Contact begins an initial assessment to help identify and understand problems in order to address them in cooperation with your interests and goals.

National Helpline for Canadian Youth: Anyone can initiate contact for support!

Web: <http://blackyouth.ca/contact-us/>

Phone: 416-285-9944 (Greater Toronto Area) or Toll-Free 1-833-294-8650

Email: info@blackyouth.ca



StepStones for Youth

StepStones offers a number of programs for youth under 25 years old who come from unstable, low income homes and have been in contact with child protection, and/or legal systems.

They have compiled the following list of resources for youth in **Toronto**:

- **Counselling services:** <https://www.stepstonesforyouth.com/resources/youth-resources/counselling/>
- **Services for Black youth:** <https://www.stepstonesforyouth.com/resources/youth-resources/services-for-black-youth/>
- **Services for Indigenous youth:** <https://www.stepstonesforyouth.com/resources/youth-resources/services-for-indigenous-youth/>

Africa Centre

(Edmonton/Calgary)

Offers a 6-month mental health mentorship program and free counselling sessions for Black youths and their families.

Apply to be a mentor or mentee at: <https://www.africacentre.ca/mental-health-mentorship>
Counselling (in partnership with Alberta Black Therapists Network):
<https://www.africacentre.ca/counselling>

Healing in Colour

Directory of registered therapists who are Black, Indigenous and People of Colour
(Note: *This is not a free service. Therapists set their own fees.*)

Web: <https://www.healingincolour.com/>

What's Up Walk-In

(Toronto Area)

Web: <https://www.whatsupwalkin.ca/>

To be connected to a counsellor for a free telephone or video session:

Phone: 1-866-585-6486 (Mental Health TO) Monday - Friday 9am - 7pm ET.

St. Stephen's Community House: Community PEERS

(Toronto)

Non-Crisis Peer Support Line: Peers are available to listen & chat.

Monday - Saturday: 12 Noon - 8pm.

Phone: 647.875.8967

Community PEERS — Peers Elevating & Extending Resources & Supports — is a collective of youth and young adults who are invested in supporting the well-being of youth ages 13 - 29.