



# YOUTH SUMMIT 2023

EVENT SNAPSHOT **BREAK BARRIERS, BUILD BONDS, TAKE ACTION.**



Mosaic's first ever **Youth Summit** gathered youth, changemakers and leaders to network, share, and learn how or continue to turn their passion for social change into action.

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## World Cafe: Youth Experiences of Prejudice in Canada

Youth participants contributed to Mosaic's "Youth Experiences of Prejudice in Canada" survey. It will be disseminated to you, participants, community organizations, sector leaders, policy makers, and more in the coming months. A shining example of how to create change at individual, collective, and systemic levels!



## Youth Changemaking Plenary

This discussion was moderated by Executive Director Leigh Naturkach, and featured **Anjum Sultana** and **Riley Yesno**. Key insights included:

- Social media can be seen as a tool rather than the full picture of who you are
- Idolization of people is a form of discrimination, it can dehumanize the person
- Anjum encourages striving for "progress rather than perfection"
- Riley's approach of "all battlegrounds, all tactics" means we need to do what we can from where we are
- Resource: [The Tamarack Institute Index of Community Engagement tool](#)



## Communicating Through Complexity Plenary

This discussion with **Jeff Perera** highlighted:

- The importance of embracing the "Power of the Pause" before we act or react
- Social change is a Rubik's cube, a work we all contribute to toward healing and change, and the final product is greater than our lifetime
- We must model the kind of humanity we want others to aspire to

## Addressing Online Hate Certificate

The soft launch of this Mosaic certificate program was held at the Summit. The official launch will take place in late 2023. Some key learnings included:

- We have to know what it is before we can fight it - the Canadian Human Rights Tribunal outlines the 11 hallmarks of hate.
- Online and offline hate is not separate - they influence each other
- The Five Ds of Bystander Intervention online: Distract, Document, Delegate, Direct, Delay
- Council of Agencies Serving South Asians [#EradicateHate 2.0 app](#) is one of the many resources included in the certificate



## Peace Pedagogies Certificate

Peace Pedagogies is one of the many workshops and certificates offered by Mosaic. Educators and practitioners gained essential knowledge, tools, and strategies to identify and address prejudices in the education system. Participants:

- Learned commonly used definitions, and about overt and covert forms of discrimination - from microaggressions to hate crimes
- Completed a survey on the challenges of talking about race and learned how to address them. Some examples >>>

**Concern:** I do not feel prepared to cover this content.  
**Strategy:** Don't avoid the conversation; educate yourself.

**Concern:** It's not my place to lead these conversations.  
**Strategy:** Create a space where these kinds of conversations can take place and let your students take the lead

**Concern:** I'm afraid I'll say the wrong thing or won't be able to manage my student's questions or emotions.  
**Strategy:** Pinpoint your concerns and make a plan to address them.



## Break Barriers: Communicating Through Identity and Difference

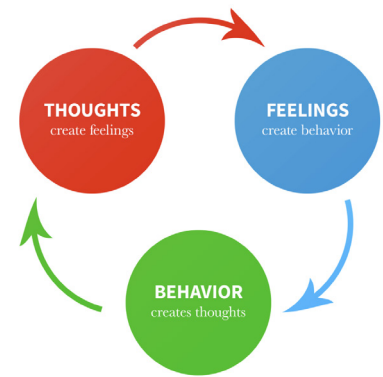
Learning how to understand the other and communicate in a respectful way is vital in this time of misinformation and polarization. Through this workshop offered by Mosaic's Next Generation program, participants learned about the various identity markers and how identity intersects and impacts privileges, gender, and oppression. They also answered questions:

- "What is hard about speaking with people different than you?"
- "What are the benefits of speaking with people different than you?"

## Build Bonds: Mindfulness and Mental Health

In partnership with **Strong Minds Strong Kids Psychology Canada**, small groups came together to share stories and learn strategies for managing and improving mental health and well-being. Participants learned:

- The relationship between prejudice and stress
- How to create a safety plan to manage overwhelm and stress. Plans should be made when feeling calm, recognize triggers and stresses, and identify possible ways to cope. It's natural that the plan will change and improve over time.
- How to build resilience through thinking, feeling and acting



*"I find that sometimes people think they are helping but they don't understand that checking up on someone's mental health is not a check box, but something that is an on-going process that you need to continue to do as a friend, colleague or family member."* - Youth Summit Student Participant

## Take Action: Amplifying Voices, Ethically

Lived experience is data, and telling stories that aren't your own is both an art and a science. Led by Samia Madwar and Soraya Amiri from **The Walrus**, session participants learned how to record and share personal narratives with empathy, equipping them with the skills to build coalitions and increase their influence to advance social change. Key takeaways:

- Consent is ongoing and clarity is kindness
- In listening to each other's stories, participants forged unexpected connections and began to see each other's struggles as more similar than different
- We honour peoples' stories by sharing them ethically and factually



## UofMosaic Program Kick Off

The **2023-2025 UofMosaic fellowship cohort** convened from across Canada for the first time at the Youth Summit, representing 14 universities across Canada. They were also joined by some UofMosaic program alumni! The three new Regional Presidents were awarded the Muldoon-Mosaic bursary, presented by Reeta Roy, CEO of Mastercard Foundation. These innovative changemakers were selected from 75 applicants from across Canada:

- Kathleena Henricus (Western University; leading Ontario Team)
- Dallas Murphy (University of Manitoba; leading our first Western Canada team)
- Shiri Yeung (University of Toronto; leading Toronto team)

