

What is Planet Youth Timiskaming?

Planet Youth Timiskaming is a 5-year pilot project based on the Icelandic Prevention Model, a proven approach to reduce alcohol and drug use among young people and improve their wellbeing. Planet Youth is not a program - it is a collaborative approach to identifying and establishing long-term strategies that promote positive changes to the environment where young people grow up.

Planet Youth empowers communities to address the root causes of early substance use. Rather than targeting individual behaviour, Planet Youth aims to **strengthen protective factors** and **reduce risk factors** within four major domains of intervention: parents and family, leisure time and local community, peer group, and school.



Using the Planet Youth approach, our communities will gain valuable insights into the health and wellbeing of young people, implement effective local solutions, and track changes over time.

What is a Local Action Team?

Our strategy is to build three teams across the District of Timiskaming and Temagami. The teams are based on the approximate catchment zones of each high school.



A youth survey was completed in November 2023 among all grade 10 and 11 students in Timiskaming District. The surveys provide valuable insight into the health and well-being of the young people who live in our communities. The Local Action Teams will be tasked with reviewing the youth survey findings for their area, sharing the findings with their communities, developing an action plan for what they see as the best responses to the findings, and monitoring the plans progress.

The Local Action Teams are a great way for local community members and organizations to come together, listen to the needs of young people, and discuss how their local communities can better support children and youth now and into the future.

Who can join?

Local people from all walks of life are welcome to join - parents, grandparents, carers, youth workers, school staff, sports, arts and other activity providers, municipal staff, counsellors – anyone with an interest in improving health and wellbeing outcomes for children and youth in their local community.

What is the commitment?

We anticipate that the teams will start by meeting monthly for 1-2 hours, starting in February 2024.

To learn more, contact:

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