

# THE YOUNG CANADIANS ROUNDTABLE ON HEALTH



## WHAT IS THE YCRH?

The Young Canadians Roundtable on Health (YCRH) was created in 2013 based on one of the recommendations in [The Sandbox Project's](#) founding report, [Reaching for the Top](#). The recommendation focused on creating a national advisory of youth leaders to participate in decision-making around child and youth health. The YCRH collaborates with industry, government, research, health practitioners and families. The YCRH's activities happen across Canada, bringing together as many youth perspectives as possible. The YCRH operates in a unique model within the frame of the Sandbox Project, while being youth-run and youth-led. Working in close partnership with The Sandbox Project staff, YCRH leadership has the authority to make decisions and coordinate youth health projects independent of Sandbox approval. The YCRH gets its administrative and logistical support from the staff at the Sandbox office, and The Sandbox Project has responsibility for the legal and administrative obligations of the YCRH.

## YCRH OBJECTIVES

As a group, the YCRH is dedicated to improving the health and well-being of children and youth across Canada. The objectives of the YCRH are as follows:

- To be **Canada's strong youth voice** in issues relating to child and youth health
- To create opportunities to **support and educate Canadian youth** with the goal of improved quality of health in youth across the country
- To develop new relationships with people and organizations involved in **child and youth health issues**
- To generate **national awareness of youth health** initiatives
- Collaborate with partners to advance equity and **inclusion in child and youth-related research** and programs

### **Membership is open to**

Canadian youth aged 15 to 32. Interested applicants can fill out the Google Form application to express their interest in becoming a member.



## YCRH INITIATIVES

Initiatives that the YCRH has organized and collaborated on over the past year include:

- A national storytelling initiative for youth to discuss their experiences during the COVID-19 pandemic. Youth stories will be published on Healthy Debate to bring to light the impacts of the pandemic on youth, and to influence decisions regarding youth services within communities, school boards and the public healthcare systems
- Organize and conduct consultations with youth in high schools across Canada to inform a national school food policy through partnership with the Coalition for Healthy School Food.
- A youth mental health focus group in partnership with the United Nations as part of the Canadian consultation to inform the United Nations World Youth Report
- National forums as part of #WeCANForKids Inspiring Healthy Futures Initiative to get youths' perspectives on the biggest issues facing Canadian youth and children and what they want to see in the future
- Roundtable discussions on health and well-being; employment; climate change; leadership and impact; truth and reconciliation; and innovation, skills and learning with youth across Canada in collaboration with Students Commission of Canada to inform the federal level State of Youth report

## THE YCRH IS SEEKING NEW MEMBERS

As YCRH members, you will have the ability to meet, work and collaborate with organizations such as UNICEF Canada, Children First Canada, the Institute of Human Development, Child and Youth Health and Children's Healthcare Canada as well as researchers, healthcare providers, child and youth organizations, policymakers and more. YCRH members also benefit from professional development opportunities to help enhance their personal and professional skills, as well as the chance to enhance and work on skills such as project coordination, content creation, social media management, and networking.

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