

Indigenous Youth Leadership:

An integrated approach to enhancing the holistic well-being of youth.

Growing Young Movers (GYM) is a non-profit organization dedicated to enhancing the social, emotional, and physical well-being of youth. In partnership with Regina Public Schools and the City of Regina, GYM has developed an integrated approach to supporting Indigenous youth within the North Central community of Regina. Through this newly designed *Leadership Pathway*, Indigenous high school students from Scott Collegiate work through credits geared towards leadership, physical education/wellness, etc. during the school day. Outside of school hours, the high school students are employed as youth mentors within the GYM after-school programs. The high school mentors, receive a salary as well as valuable work experience and training. Furthermore, the mentors receive additional school credit for their work in the programs. This is truly an integrated approach to supporting youth which provides first employment opportunities and additional credit attainment. This integrated partnership increases the likelihood of graduation while supporting transitions in and out of high school. In addition, the elementary students within the programs are gaining valuable skills and building positive relationships while becoming part of a larger community.

This session will provide an overview of the Growing Young Movers programs as well as highlight the high school *Leadership Pathway*. Every community has high school students that could potentially be engaged in some form of leadership opportunity alongside younger youth. Throughout this session, successes will be shared along with barriers that have existed in seeing this endeavour come to fruition. For those working in elementary and/or high school settings, this session will offer a unique approach to enhancing the leadership skills that all youth possess.



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