

INFORMATION LETTER:

Resilience in Youth in the Student Counsellor (SC) Leadership Program at Camp Wanakita



Dear Parents/Guardians,

We are excited to share that youth the Student Counsellor (SC) Leadership Program will be part of a special project. YMCA staff will be collecting data to understand if participating in the SC program changes how resilient youth feel. Resilience means how well they can handle challenges and bounce back from tough times.

Why are we doing this? Improving resilience in youth is a goal in the YMCA HBB's plan for the year. We believe that by being part of the YMCA community, youth can build strong relationships and develop healthy habits. This helps them become more resilient.

What will your child do? Youth in the SC program will be invited by Camp Wanakita staff to complete a 11-item survey during the first week of their session and again at the end of the session. Your child will be asked if they want to participate, and their decision to participate won't affect their experience at Camp Wanakita. The survey will ask your child how well each of the following statements describes them:

1. I finish what I begin.
2. When I get upset, I know how to calm down.
3. I like to think about all of the things I want to do.
4. I don't like to give up, even when something is hard to do.
5. I like to practice hard to get good at what I'm doing.
6. I am excited to learn new things.
7. I am happy with myself.
8. When I do something, I want to do it well.
9. I like to find something to laugh or smile about every day.
10. I think I'm okay just the way I am right now

They will also be asked Why were you interested in taking the SC Program (week 1)?/ What did you like best about the SC program (last week).

Privacy and Confidentiality: Your child's responses will be kept confidential. We will look at their change in resilience score based on their answers at the start of the session and during the final week. We will report on group-level results only. The raw data will be accessed and used by the YMCA's Research and IT departments.

How will the data be used? This data will help us improve our programs and support the community better. The results will be included in the YMCA HBB's annual plan and impact reporting.

Benefits of Participating: Your child's participation will help the YMCA HBB understand the impact of our programs and improve them for everyone.

Voluntary Participation: Participation is voluntary. If you do not want your child to participate, let us know by completing this [form](#). You can contact Dana Liebermann, VP of Research, at dana.liebermann@ymcahbb.ca if you have any questions. Thank you for your support!