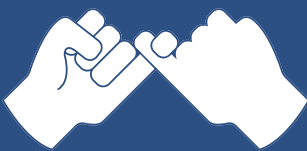


THE PROMISE PROJECT TOOLKIT

PROJECT
DEVELOPMENT
CRITERIA
AND
GUIDELINES



THE PROMISE
PROJECT





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INTRODUCTION

Change does not happen with one big step. It happens with many small steps. When you have thousands of people making small changes, it amplifies into systemic social change. This is what we learned during our 17 month, 9000km walk across Canada. Inspired by student-led participation during the walk, we developed The Promise Project to further tap into what youth are passionate about and to enable them to tackle social justice issues in an applied manner. The Promise Project will be much more than youth empowerment learning. It is a call to action, to get involved now and for the long term. We believe that changing the world is possible one project, one promise and one young person at a time.

PARTNERS

The Push for Change has worked in partnership to develop The Promise Project. Our partners include:



TOOLKIT PURPOSE

This toolkit is designed to help guide you through the initiation, development and submission of your Promise Project. There are various tools and resources included, such as checklists, winning project selection criteria, and curriculum integration (lesson plans) for teachers.

USING THE TOOLKIT

The toolkit is available online in web and PDF format at The Push for Change website, thepushforchange.com.

The table of contents outlines the information and resources available. You can click on any topic to be taken directly to it.



OVERVIEW OF THE PROMISE PROJECT

BACKGROUND

Push for Change and The Promise Project

In 2016-2017, Joe Roberts pushed a shopping cart across Canada to help educate people on youth homelessness. This is how The Push for Change came to be. Building on the momentum of that trek, Joe and Marie Roberts furthered their desire to educate Canada's youth about the factors that contribute to homelessness by promoting an initiative called iPromiseto.

In September 2018, Joe and Marie travelled throughout rural Ontario and engaged with high school youth to present the iPromiseto initiative. These 90-minute presentations addressed key areas on addiction, mental health, and homelessness education/prevention measures. The students also heard Joe's real-life experience and what motivated him to share his message. The goal of this school engagement initiative was to see students make a commitment to facilitate positive change in their community.

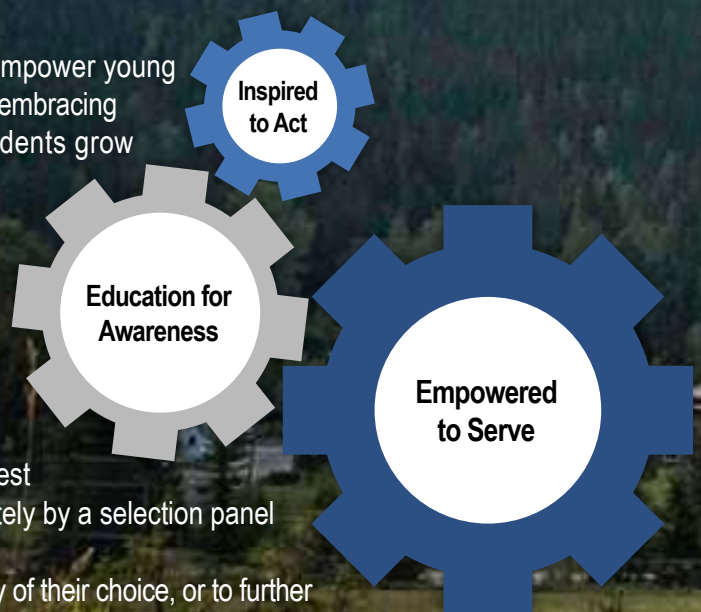
A new initiative, The Promise Project, will take this a step further.

GOAL

Our goal with The Promise Project is to educate, inspire, and empower young people to see their potential and impact the world by doing so. By embracing 21st century skills through service-based learning projects, students grow and learn while positively impacting their communities.

THE DETAILS PLEASE!

- Participants will assess the needs of youth in their school and/or community and will then develop a Promise Project to help address those identified needs
- Youth can enter their initiative into The Promise Project contest
- Finalists in The Promise Project contest will be judged remotely by a selection panel in a business-pitch type of environment
- Final winners will be offered \$5000 grants to donate to a charity of their choice, or to further their Promise Projects



THE PROMISE
PROJECT IS A
CALL TO ACTION
FOR YOUNG
CANADIANS,
UP TO AGE 24,
TO ADDRESS
CURRENT
CONCERNS
AFFECTING
YOUTH IN THEIR
COMMUNITIES.



FREQUENTLY ASKED QUESTIONS

SO WHAT IS THE POINT OF THE PROJECT?

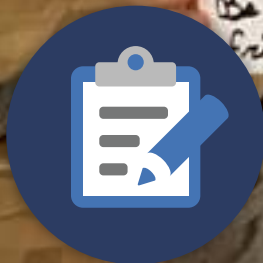
- Empower young Canadians to identify current issues affecting youth in their communities, and engage them in developing innovative solutions to alleviate those issues
- To inspire an understanding of the variety of factors that contribute to youth homelessness
- To create change for youth in communities across Canada
- Learn how to become an engaged global citizen
- A concrete way to engage in social justice towards issues that align with youth values
- Teach young people about the joy that can be derived by being in service to others, which carries through into adult life



Create a team.



Define an issue.

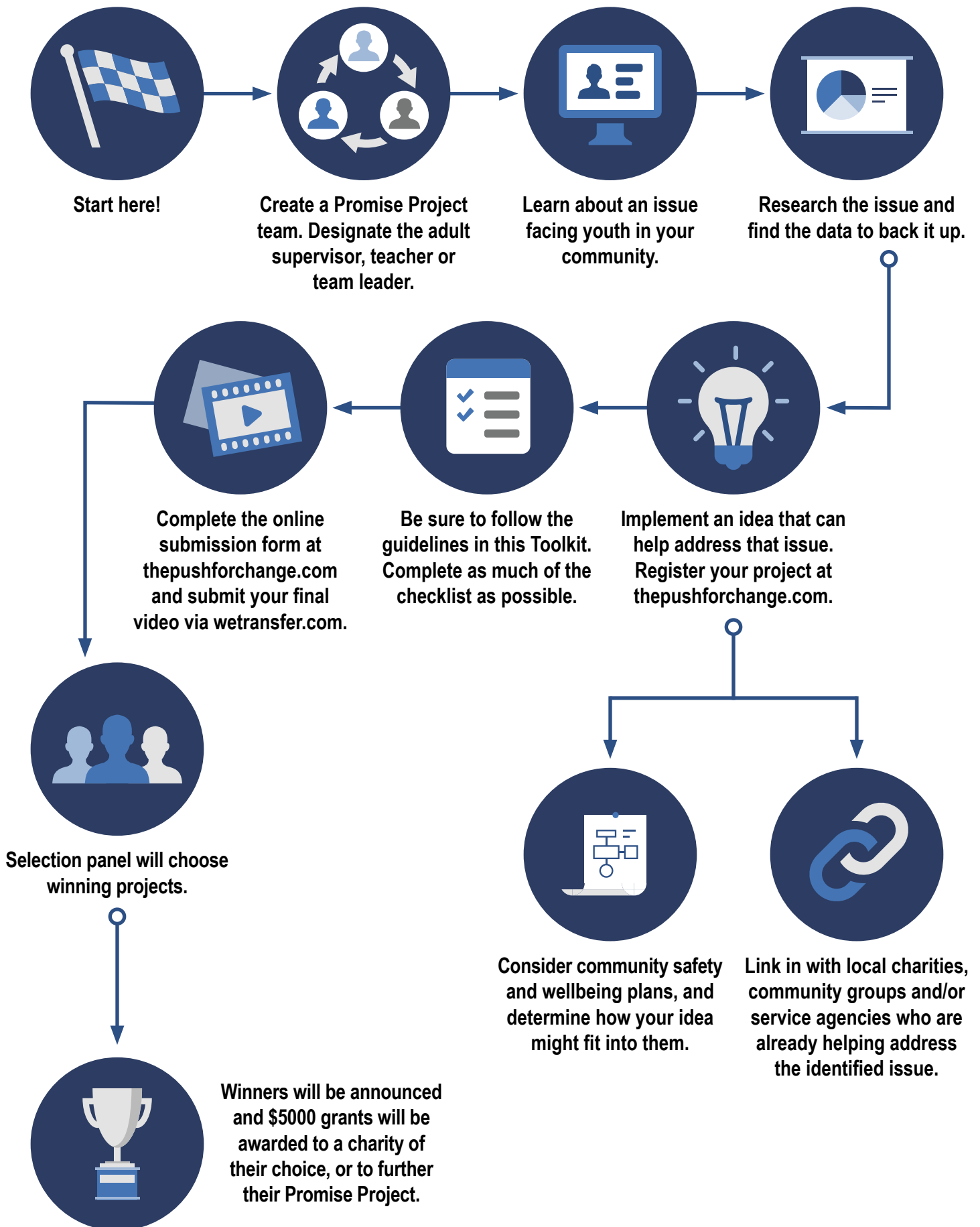


Devise and implement a solution.



Spread the word about your Promise Project.
Generate impact!

HOW DO I CREATE A PROMISE PROJECT?



HOW DO I RESEARCH AND IDENTIFY AN ISSUE AFFECTING YOUTH IN MY COMMUNITY?

There are many ways you can learn about issues affecting youth in your community, including, but not limited to:



- Reading your local news and performing searches (online, school/public libraries etc.)



- Talking to local organizations who already assist youth in need



- Talking to your local police service, including community safety officers/school liaison officers, to understand local trends regarding youth. Find out how your project fits into local community safety plans



- Consulting The Push for Change website



- Reaching out to Push for Change for further support

PROJECT IDEAS

Your project could be a fundraiser, an awareness campaign, a creative solution, a food/clothing drive, a club to address an issue, a sleep-out, a call to action, a march or walk, a challenge campaign, a song/video or creative project, an advocacy campaign etc. The list of project topics is only limited to your imagination!

These topics will get you started on the direction of your project:

- Addiction
- Emergency Homeless Shelter
- Bullying
- Mental Health
- Family Conflict
- Sexual Abuse
- Domestic Violence
- Teen Pregnancy
- Poverty
- Early Childhood Trauma
- Suicide Prevention
- LGBTQ2SA+ Inclusion
- Indigenous Culture and Rights
- Education/Literacy
- Employment Status

These social issues (and many more) represent root causes that can lead a young person to experience homelessness. Our goal, through The Promise Project, is to raise awareness about these issues. The categories listed above are intended to help you decide on a project topic; however because there are many social issues related to youth homelessness, you can certainly choose beyond those noted.



IMPORTANT DATES



**Promise Project
Launch: Get Started
on Your Ideas!**



**Project Registration
Deadline**



**Project Submission
Deadline**



Winner Selection



**Promise Project
Contest Winners
Announced**

THE CONTEST

- For full contest rules, please see Appendix A
- Project teams and concepts must be registered online at thepushforchange.com on or before April 15
- Final projects must be submitted on or before May 15 and must include:
 - Electronic submission form, electronic version of the Criteria Checklist, video and photos
- Projects will be judged virtually by a selection panel based on a set of criteria
 - See checklist below for further details on the criteria

The teams with the BEST chance of winning \$5000 will be those that have:

- demonstrated an understanding of the expansive root causes of youth homelessness
- identified a critical social issue relevant to their school or community and have found a creative solution that attempts to solve it
- engaged their school and/or community with their Promise Project
- implemented their project and have provided details on the impact it has had

and/or

- if their Promise Project has not been implemented, the team has proven **very clearly** that their idea will work

See "Criteria Checklist" below for further details. Also, please see Contest Scoring Rubric in Appendix G.



CRITERIA CHECKLIST

KNOW THE CRITERIA

A selection panel will judge all eligible entries based on the following criteria:

- 25% strategy, planning and execution
- 25% impact on identified issue and actual results
- 50% engagement and creativity

The selection panel Scoring Rubric can be found in Appendix G.

To maximize your chance of winning, TICK EVERY BOX!



STRATEGY

Registered for The Promise Project on The Push for Change website on or before April 15

There are a minimum of three youth on your Promise Project team

Your team is inclusive

All team members have contributed equally to The Promise Project

Team is led by an engaged teacher, school official, adult supervisor; or if over 19 (i.e. not enrolled in secondary school), an identified team leader

- The team understands the root causes of youth homelessness and will identify at least one cause in the final video
- The team displays a passion for their chosen project, which is evident in the final video submission
- Your Promise Project is directly related to improving lives for at-risk youth in your school or community

Before April 15, you have updated The Push for Change about your Promise Project:

- You have included at least three photos and/or one video (maximum of one minute) **announcing** your Promise Project
- In at least one of the photos or in the video, your team is holding their #iPromiseto card with your Promise Project clearly written on it
- You have updated your Action Plan as necessary to reflect any changes since implementation. Further details about the Action Plan are included in this toolkit
- Your teacher, adult supervisor or team leader submitted the online contest entry form before May 15
 - You have included other documents your team has developed related to the planning, execution and impact of your Promise Project
- You have included this checklist with your contest submission to demonstrate fulfilled project criteria
- You have submitted your Action Plan with the contest entry form and MP4 video
- Your MP4 video is a maximum of five minutes, is creative and original, and speaks clearly to the issues surrounding at-risk youth in your school or community

ENGAGEMENT AND CREATIVITY

- Your Promise Project is unique, creative, and inspiring
- You discussed the issue and possible solutions with local (or national) organizations and/or charities
- You discussed the issue and possible solutions with community members (e.g. businesses, municipal leaders, local police etc.)
- You created an Action Plan that clearly outlines the issues and solutions you are attempting to implement
- You have chosen a Canadian Registered Charity that is in good standing with the Canadian Revenue Agency (CRA) to be your \$5000 grant recipient (should your project be selected) **OR**; you have included a business plan (template not provided) and budget (template provided in Appendix F) detailing how your team will use the \$5000 grant to further your project
- You have shared your Promise Project on Facebook using hashtag #iPromiseto, tagging The Push for Change Foundation
- You shared your Promise Project on Twitter using hashtag #iPromiseto
- You shared your Promise Project on Instagram using hashtag #iPromiseto
- You shared your Promise Project on another social media channel
- You have used traditional media (community posters, radio, newspaper, etc.) to promote your Promise Project
- You shared your Promise Project with your school, class, club, team and/or community, beyond social media posts
- Your school joined and was engaged in your Promise Project (e.g. participated by learning about your project through school assembly, if your project was a fundraiser – there were numerous participants, if your project was the implementation of a breakfast club - your school principal and teachers supported it etc.)
- Your community joined and was engaged in your Promise Project (same examples as above)

IMPACT

- Your Promise Project impact was creatively included in your MP4 video
- Your Promise Project can be easily replicated in other schools or communities or your Promise Project was replicated in another school or community
- The impact of your Promise Project was measured with real, tangible results and documented
- Your MP4 video **showcases the solution** you have attempted to implement in your school or community and how it intends to solve the identified social issue



RESEARCH ELEMENT SUPPORTING THE PROMISE PROJECT

Please see Appendix B for information on research supporting the implementation of a Promise Project.

ACTION PLAN

As a team, design and prepare an Action Plan detailing the proposed solution for the social issue your team has identified.

We recommend including a project task list within your Action Plan. The task list should have at least two columns - one for the action item/task and the other to designate which team member(s) will complete the action item. Have an intellectual conversation about individual values and skills to determine who is best suited to carry out each action item.

The Values and Skills Teamwork sheets (Appendix C) can help inform your team's Action Plans.

VALUES AND SKILLS TEAMWORK SHEETS

The exercises included in the Values and Skills Teamwork sheets are not mandatory; however they have the potential to contribute to an overall self and team-awareness. The worksheets may also assist teams in refining their project ideas and solidifying cohesion between members. They are geared towards older youth (high school age and beyond). Please feel free to adapt them to suit your team's needs.

As noted above, the worksheets are located in Appendix C.

CURRICULUM INTEGRATION – TEACHERS, THIS INFORMATION IS FOR YOU!

A curriculum, which can be used in schools across Canada to educate students on the issue of homelessness, has been developed by our partners at Raising the Roof. The curriculum design is based on an inquiry model, utilizes constructivist pedagogy principals and is divided into four categories: primary, junior, intermediate and secondary content.

Additionally, Leadership Lessons have been developed to create confidence within the teacher and school staff community to execute the curriculum. This program is a self-directed learning exercise that informs school staff about social structures that create and perpetuate the issue of homelessness across Canada.

Visit thepushforchange.com to view and download curriculum and leadership materials.

IPROMISE CARDS

iPromise cards, for use in your photos and videos, can be found in Appendix D and on The Push for Change website.

QUESTIONS AND ANSWERS

Please refer to Appendix E for quick reference "Question and Answers."

These are designed to provide answers to basic questions regarding The Promise Project.

OTHER RESOURCES

Please see Appendix H for further details.



CONTACT INFORMATION

If you have questions and/or are looking for further guidance, please feel free to reach out to us:

THE PUSH FOR CHANGE FOUNDATION

- Canadian Revenue Agency (CRA) registered charity #86361 6017 RR0001
- Website: thepushforchange.com
- Promise Project email: promise@thepushforchange.com
- Campaign Manager: Marie Roberts
Email: marie@thepushforchange.com
Phone: 778 584-5202
- Mailing Address: 156-15550 26 Ave, Surrey, British Columbia V4P 1C6

APPENDICES



APPENDIX A: CONTEST RULES

THE PROMISE PROJECT CONTEST OFFICIAL RULES

THIS CONTEST IS ADMINISTERED BY THE PUSH FOR CHANGE FOUNDATION (SPONSOR) AND WILL BE GOVERNED BY CANADIAN AND APPLICABLE PROVINCIAL LAWS. NO DONATION, PURCHASE, PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN.

ELIGIBILITY

Subject to the additional restrictions below, the “THE PROMISE PROJECT CONTEST” (the “Contest”) is open to legal Canadian youth up to the age of 24 (as of September 3) who are students of a public or private school, college or university and/or youth who are members of a local club or service agency. Each team, comprised of a minimum of three (3) youth up to the age of 24, must be led by a teacher, school official or adult/club supervisor at least 19 years of age.

HOW TO ENTER

The Contest entry period will begin on September 3 at 8 a.m. (PST) and end on May 15 at 11:59 p.m. (PST). Contest entry forms are available at thepushforchange.com. The contest registration form must be submitted before April 15 and the contest entry form must be submitted before May 15.

Before April 15 teams must also update The Push for Change on their project idea by emailing or submitting via file transfer protocol (e.g. www.wetransfer.com) to promise@thepushforchange.com:

- A PDF copy of the original registration form that was previously submitted online
- A minimum of three (3) photos or one video (maximum 30 seconds) of the team announcing their Promise Project
- Include in at least one (1) photo (or the video) your team holding our #iPromiseto cards with your Promise Project clearly written. Download cards here or go to Appendix D.
- Complete legal name and business number of registered charity or exactly how the grant money will be used to further the project if not donating to charity
- Share your promise on your social media channels using #iPromiseto

Entries are to be submitted by the adult leader of a team of youth from any Canadian school, college or university or who are members of a local club or service agency, or a group of youth up to the age of 24 (as of September 3). Each team must be composed of at least three (3) youth with a sponsoring classroom teacher or club members with an adult supervisor, or adult leader at least 19 years of age. There is no limit to the size of the team. Each team may submit only one (1) entry per school year. Each team will create and execute a Promise Project for the benefit of a Canadian Charity or to further their project by (i) setting a goal that proposes to solve the critical issues that limit youth potential or puts youth at-risk of homelessness in their school or community (ii) develop an Action Plan to achieve the goal and (iii) execute their plan, (their Promise Project). All submissions must be entered by either the teacher or adult supervisor/ leader by completing the submission form available at thepushforchange.com.

Each Contest entry form must include:

- A completed PROMISE PROJECT CONTEST Entry Form, including complete and specific responses to each question.
- An MP4 video of the team in action on their project or describing their project and outcomes. Maximum 5 minute video.

All contest entries must be received by 11:59 p.m. (PST) on May 15.

All entries must be the sole, original work of the team members (including the videos, photographs and written components). All standard rules of copyright apply. The Sponsor will not be responsible for incomplete, lost, late, misdirected, garbled, inaudible or illegible entries, or for failure to receive entries due to transmission failures or technical failures of any kind, including, without limitation, malfunctioning of any network, hardware or software, whether originating with sender or Sponsor. All entries become property of Sponsor and none will be returned.

SELECTION OF WINNERS

THE PROMISE PROJECT CONTEST. A panel of judges selected by the Sponsor will judge all eligible entries based on the following criteria:

- 25% strategy, planning and execution
- 25% impact on identified issue and actual results
- 50% engagement and creativity

Additional criteria can be found here.

Judging for THE PROMISE PROJECT CONTEST will be completed on or about June 5.

CONTEST WINNERS

Up to ten (10) \$5000 grants will be awarded to the charity of choice or winning teams. The number of winning teams is dependent on the number of eligible entries received and the results of the judging. The decisions of the judges shall be final and binding in all respects.

THE PROMISE PROJECT CONTEST PRIZES AND ODDS

\$5000 grants will be awarded to each Canadian Registered Charity that the winning team supported as part of its Contest entry, or to the team lead to further their Promise Project as outlined below. The total amount of all THE PROMISE PROJECT CONTEST prizes shall not exceed \$50,000 for the year and shall be determined by Sponsor and judges at their sole discretion. The prizes shall be provided by the Sponsor to each winning charitable organization or team.

The odds of winning depend on the number of eligible entries received and results of the judging, as applicable.

WINNER NOTIFICATION

Winning teams of THE PROMISE PROJECT CONTEST will be notified by June 15. Sponsor will contact the teachers or supervisor/adult lead by telephone or email during regular business hours at the number or email address included with the entry. Failure to reach the teacher or supervising adult within three (3) days may result in disqualification of the team, and selection of a substitute winner from among all remaining eligible entries. After confirming with the winning teams that they are in compliance with the Official Rules of the Contest, Sponsor will coordinate delivery of the prizes to the Canadian Registered Charities selected by the winning teams. The charities supported by the winning teams may waive their right to receive prizes. Team teachers or adult supervisors/leaders who have chosen the \$5000 grant to further their Promise Project will be held accountable and must complete

a Winners Declaration and Winner's Budget Proposal provided by the Sponsor before funds are disbursed. Proof of expenses paid to further The Promise Project will also be required within a set time frame established by the Sponsor. Prizes are non-transferable. No substitutions are allowed by the winning teams or the charities. The Canadian Registered Charities supported by the winning teams, the schools, and local clubs and organizations are solely responsible for reporting of any grants received.

Winning teams and their sponsoring teacher or adult supervisor and the parent or legal guardian of team members may be required to complete (i) an affidavit of eligibility certifying that the team's submission is the team's original work, that the team owns rights to the work, and that the team has complied with the Official Rules of the Contest, and (ii) a liability and publicity release (except where prohibited by law), which must be executed and returned as instructed.

Failure to sign and return the affidavit or release, any required documentation, or to comply with any terms or conditions of these Official Rules, may result in a winning team's disqualification, forfeiture of the prize and the award of the prize to an alternate winner. Except where prohibited, acceptance of any prize constitutes consent by each winning team, by each Canadian Registered Charity selected by a winning team, by each school and by each local club, organization or team to the publication of his/her/its names, biographical information and likeness in any and all media now known or hereinafter invented for any commercial or promotional purpose, including, without limitation, the internet without additional compensation. Prizes and grants not won and/or claimed by eligible recipients, in accordance with these Official Rules, will not be awarded and will remain the property of Sponsor. Any grants unclaimed as of July 31 will not be awarded.

PARTICIPATION

By participating, contestants agree to be bound by these Official Rules and the decisions of Sponsor and the judges. Sponsor reserves the right to disqualify teams found tampering with or otherwise abusing any aspect of this Contest as solely determined by Sponsor. In the event the Contest is compromised by tampering or other causes beyond the reasonable control of Sponsor which corrupts or impairs the administration, security, fairness or proper operation of the Contest, Sponsor reserves the right in its sole discretion to suspend, modify or terminate the Contest. Should the Contest be terminated prior to the stated expiration date, Sponsor reserves the right to award prizes based on the entries

received before the termination date. Contestants acknowledge and agree that Sponsor shall have the right to edit, adapt, modify, reproduce, publish, promote, create a sound recording of, broadcast, or otherwise display or use entries in any way they see fit without limitation or compensation to entrants. Any questions regarding the number of entries submitted shall be determined by Sponsor in its sole discretion. Sponsor further reserves the right to disqualify any entry that is alleged to infringe on any third-party's intellectual property rights, or that Sponsor deems obscene, offensive or otherwise inappropriate for viewing by a general audience.

COPYRIGHT

By entering the Contest, each team grants to Sponsor an exclusive, royalty-free and irrevocable right and license to publish, print, edit or otherwise use the team's submitted entry, in whole or in part, for any purpose and in any manner or media (including, without limitation, the internet) throughout the world in perpetuity, and to license others to do so, all without limitation or further compensation. Each team further agrees that if its entry is selected by Sponsor as a winning entry, the team members will sign any additional license or release that Sponsor may require.

CONSTRUCTION

The invalidity or unenforceability of any provision of these Official Rules shall not affect the validity or enforceability of any other provision. In the event that any such provision is determined to be invalid or otherwise unenforceable, these Official Rules shall be construed in accordance with their terms as if the invalid or unenforceable provision was not contained therein.

SPONSOR

THE PROMISE PROJECT CONTEST is administered by The Push for Change Foundation ("Sponsor"). The decisions of Sponsor and the judges regarding the selection of winners shall be final and binding in all respects. Sponsor will not be responsible for typographical, printing or other inadvertent errors in these Official Rules or in other materials relating to the Contest. For a list of winners (available after July 31) or a copy of these Official Rules, visit thepushforchange.com. If you have any questions regarding this Contest, please contact promise@thepushforchange.com. Please see privacy policy located on The Push for Change website for details of Sponsor's policy regarding use of personal information collected in connection with this Contest. If you are selected as a winner, your information may also be included in a publicly-available winner list.



APPENDIX B: RESEARCH ELEMENT SUPPORTING THE PROMISE PROJECT

The Promise Project empowers students to gain new skills and understanding through an experiential learning process, while creating real impact in their school and/or community.

The Promise Project uses Project-Based Learning with a Social and Emotional Learning approach, and targets the development of 21st Century Skills.

PROJECT-BASED LEARNING

The Promise Project teams participate in Project-Based Learning (PBL), a student-led approach to education, focused on the investigation of real-world problems. PBL encompasses inquiry-based learning, experiential learning, expeditionary learning, community-based learning, and problem-based learning.

Here are four keys to PBL:

1. Real-world connection

Each project unit begins with an authentic social problem or driving question to initiate learning. Through The Promise Project, students examine their school and/or local community and identify social issues (around youth homelessness) they want to tackle through their work. Students may venture outside their classroom to organizations dealing with these social issues, and to businesses or like-minded community members, interviewing experts and gaining real-life experience. The \$5000 grant at-stake for charities or students' projects is critical: this is real money with the potential for a positive and tangible impact in our world.

2. The project is core to learning

We recommend that educators begin to plan their Promise Project unit by looking at the curriculum

designed by our charitable partner Raising the Roof, a national charity dedicated to long-term solutions to homelessness.

The project followed through is not an “add-on” or busy work for students, but is the mechanism through which the learning happens.

3. Structured collaboration

Students participate in The Promise Project in groups. This work is structured and supported with our Promise Project Toolkit. Teachers should check in with groups on a regular basis, and make sure that every member of the group is pulling their weight and has a role.

4. The Promise Project is student-driven

Students must be able to demonstrate clearly what their Promise Project is all about. In The Promise Project, the teachers act as facilitators - asking questions, providing guidance, but never answers. In The Promise Project, students select the social issue on which to focus, and students choose the charities, businesses and like-minded community members to research, visit, and engage in The Promise Project.



SOCIAL AND EMOTIONAL LEARNING

The Promise Project embodies several components of Social and Emotional Learning, an approach to education that values the development of character including:

1. Self-awareness

Through The Promise Project, students explore their personal values and use these values as a starting point to identify social issues of importance to them personally. Through teamwork, their strengths will be utilized to help solve this identified social issue.

2. Social awareness

After the foundation of looking inward to identify personal values is established, students are required to explore their school and communities and learn what root causes exist that contribute to youth homelessness. They must develop an understanding of youth homelessness as a social issue and the impact charities and the community itself has on this issue. This will help them understand the human side of a social issue, or at least be exposed to it through real-life examples; and learn about the experiences of others who, in many cases, are different (or the same) as themselves. This contributes to the development of empathy.

3. Relationship skills

Every student participating in The Promise Project completes the majority of the program as part of a team. Teams typically consist of 3-5 people, and there are many opportunities for students to build their relationship skills within this framework.

4. Responsible decision making

The Promise Project team believes that young people are capable of making responsible and informed decisions. We trust students to identify the most pressing (youth homelessness) issue in their school or community, and to ultimately decide where solutions and funding need to be directed. The program prepares students to make important real-life decisions.

21st CENTURY LEARNING

The Promise Project supports the development of 21st Century competencies, which are generally accepted in Canada and beyond as skills required for students to succeed after graduation in today's social, economic and environmental landscape. These competencies are targeted across provinces through course curriculum. The Promise Project provides opportunities for students to develop these competencies as well as opportunities for educators to assess them clearly.

For more information on Project-Based Learning, and Social and Emotional Learning visit, www.edutopia.org

For more information on 21st century competencies, visit: www.c21canada.org and www.p21.org.



APPENDIX C: VALUES AND SKILLS TEAMWORK SHEETS

The Values and Skills Teamwork Sheets are optional tools that can be used by Promise Project leaders and team members. The worksheets are designed to give teams a deeper understanding of the individual values and collaborative skills that each unique member brings to the table.

These sheets were developed with older youth in mind (i.e. high school age and beyond), given the mature level of the worksheet content.

INSTRUCTIONS

- You have identified a social issue in your school or community that limits youth or puts them at risk of homelessness
- You want to propose a solution/create your Promise Project for this social issue
- You have a team

ONE

- Each team member completes the “Elements of Teamwork - Inventory of Skills” worksheet
- Each team member completes the “Quick Look at your Values” worksheet

TWO

- As a team, prepare an Action Plan (using your own ideas/template) detailing your proposed solution for the social issue identified. Include two columns on the worksheet, one for the action item and the other identifying which team member(s) will complete the action item

THREE

- As a team, have an intellectual conversation about individual values and skills to determine who is best suited to carry out each action item and add name to your Action Plan

FOUR

- Use this exercise as an opportunity to grow. No one is perfect (for real!), **but** you have skills and values that others do not. Be honest with yourself and your team - what you learn here will help you become the person you strive to be as an adult.



ELEMENTS OF TEAMWORK – AN INVENTORY OF SKILLS WORKSHEET

Part of being a good team member is learning how to understand your personal strengths (what you have to offer) AND where you might need to draw assistance from others.

Rate your level of confidence in each skill (HONESTLY) – and then devise a plan for how you can improve some of the areas you think might need a “jump start.”

Listed on this sheet are 10 of the characteristics that make a productive team member.

SKILL 1: RELIABLE

This means: You can be counted on to get the job done.

Rating:

- Not so confident
- Sort of Confident
- Really confident

SKILL 2: EFFECTIVE COMMUNICATOR

This means: You express your thoughts and ideas clearly and directly, with respect for others.

Rating:

- Not so confident
- Sort of Confident
- Really confident

SKILL 3: ACTIVE LISTENER

This means: You listen attentively to and respect different points of view. Others can offer you constructive feedback – and you don't get upset or defensive.

Rating:

- Not so confident
- Sort of Confident
- Really confident

SKILL 4: PARTICIPATES

This means: You are prepared – and get involved in team activities. You are a regular contributor.

Rating:

- Not so confident
- Sort of Confident
- Really confident

SKILL 5: SHARES OPENLY AND WILLINGLY

This means: You are willing to share information, experience, and knowledge with the group.

Rating:

- Not so confident
- Sort of Confident
- Really confident

SKILL 6: COOPERATIVE

This means: You work with other members of the team to accomplish the job - no matter what.

Rating:

- Not so confident
- Sort of Confident
- Really confident

SKILL 7: FLEXIBLE

This means: You adapt easily when the team changes direction or you are asked to try something new.

Rating:

- Not so confident
- Sort of Confident
- Really confident

SKILL 8: COMMITTED

This means: You are responsible and dedicated. You always give your best effort!

Rating:

- Not so confident
- Sort of Confident
- Really confident

SKILL 9: PROBLEM SOLVER

This means: You concentrate on solutions, as opposed to focusing on negative factors that could impact outcomes.

Rating:

- Not so confident
- Sort of Confident
- Really confident

SKILL 10: RESPECTFUL

This means: You treat other team members with courtesy and consideration - all of the time.

Rating:

- Not so confident
- Sort of Confident
- Really confident

Adapted from Problem Solving Video, Workplace Videos 2000, Glencoe McGraw

A QUICK LOOK AT YOUR VALUES

Values are your heart's deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis.

There are literally hundreds of different values, but below you'll find a list of the most common ones. Some will be relevant to you, some will not be.

Keep in mind there is no such thing as 'right values' or 'wrong values.' It is a bit like our taste in pizza. If you prefer ham and pineapple, but I prefer salami and olives, that doesn't

mean that my taste in pizza is right and yours is wrong. It just means we have different tastes and similarly, we may have different values.

Please read through the list below and write a letter next to each value:

V = Very important,

Q = Quite important,

N = Not so important

Be sure to score at least ten of them as very important.

-
1. **Acceptance:** to be open to and accepting of myself, others, life etc.
 2. **Adventure:** to be adventurous; to actively seek, create, or explore novel or stimulating experiences
 3. **Assertiveness:** to respectfully stand up for my rights and request what I want
 4. **Authenticity:** to be authentic, genuine, real; to be true to myself
 5. **Beauty:** to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc.
 6. **Caring:** to be caring towards myself, others, the environment etc.
 7. **Challenge:** to keep challenging myself to grow, learn, improve
 8. **Compassion:** to act with kindness towards those who are suffering
 9. **Conformity:** to be respectful and obedient of rules and obligations
 10. **Connection:** to engage fully in whatever I am doing, and be fully present with others
 11. **Contribution:** to contribute, help, assist, or make a positive difference to myself or others
 12. **Cooperation:** to be cooperative and collaborative with others
 13. **Courage:** to be courageous or brave; to persist in the face of fear, threat, or difficulty
 14. **Creativity:** to be creative or innovative
 15. **Curiosity:** to be curious, open-minded and interested; to explore and discover
 16. **Encouragement:** to encourage and reward behaviour that I value in myself or others
 17. **Equality:** to treat others as equal to myself, and vice-versa
 18. **Excitement:** to seek, create and engage in activities that are exciting, stimulating or thrilling
 19. **Fairness:** to be fair to myself or others
 20. **Fitness:** to maintain or improve my fitness; to look after my physical and mental health and wellbeing
 21. **Flexibility:** to adjust and adapt readily to changing circumstances
 22. **Forgiveness:** to be forgiving towards myself or others
 23. **Freedom:** to live freely; to choose how I live and behave, or help others do likewise
 24. **Friendliness:** to be friendly, companionable, or agreeable towards others
 25. **Fun:** to be fun-loving; to seek, create, and engage in fun-filled activities
 26. **Generosity:** to be generous, sharing and giving, to myself or others
 27. **Gratitude:** to be grateful for and appreciative of the positive aspects of myself, others and life
 28. **Honesty:** to be honest, truthful, and sincere with myself and others

29. **Humility:** to be humble or modest; to let my achievements speak for themselves
30. **Humour:** to see and appreciate the humourous side of life
31. **Independence:** to be self-supportive, and choose my own way of doing things
32. **Industry:** to be industrious, hard-working, dedicated
33. **Intimacy:** to open up, reveal, and share myself, emotionally or physically, in my close personal relationships
34. **Justice:** to uphold justice and fairness
35. **Kindness:** to be kind, compassionate, considerate, nurturing or caring towards myself or others
36. **Leadership:** to guide and motivate others to work towards accomplishing a common goal; facilitating positive change
37. **Love:** to act lovingly or affectionately towards myself or others
38. **Mindfulness:** to be conscious of, open to, and curious about my here-and-now experience
39. **Open-mindedness:** to think things through, see things from others' points of view, and weigh evidence fairly
40. **Order:** to be orderly and organized
41. **Patience:** to wait calmly for what I want
42. **Persistence:** to continue resolutely, despite problems or difficulties
43. **Pleasure:** to create and give pleasure to myself or others
44. **Reciprocity:** to build relationships in which there is a fair balance of giving and taking
45. **Respect:** to be respectful towards myself or others; to be polite, considerate and show positive regard
46. **Responsibility:** to be responsible and accountable for my actions
47. **Safety:** to secure, protect, or ensure safety of myself or others
48. **Self-awareness:** to be aware of my own thoughts, feelings and actions
49. **Self-care:** to look after my health and wellbeing, and get my needs met

50. **Self-development:** to keep growing, advancing or improving in knowledge, skills, character, or life experience.
51. **Self-discipline:** the ability to control your own feelings and actions, overcome personal weaknesses and make yourself do certain things even when you really do not want to
52. **Sensuality:** to create, explore and enjoy experiences that stimulate the five senses
53. **Skillfulness:** to continually practice and improve my skills, and apply myself fully when using them
54. **Spirituality:** to connect with things bigger than myself
55. **Supportiveness:** to be supportive, helpful, encouraging, and available to myself or others
56. **Trust:** to be trustworthy; to be loyal, faithful, sincere, and reliable
57. **Insert your own unlisted value here:**

58. **Insert your own unlisted value here:**

Once you've marked each value as V, Q, N (Very, Quite, or Not so important), go through all the Vs, and select out the top six that are most important to you.

Mark each one with a 6, to show it's in your top six.

Write those six values out below, to remind yourself this is what you want to stand for as a human being.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Adapted from: The Complete Set of Client Handouts and Worksheets from Acceptance and Commitment Therapy (ACT) books by Russ Harris



APPENDIX D: IPROMISE CARDS



#iPromiseto:



THE PROMISE PROJECT

#iPromiseto:



THE PROMISE PROJECT

#iPromiseto:



THE PROMISE PROJECT

#iPromiseto:



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THE PROMISE PROJECT



APPENDIX E: QUICK REFERENCE QUESTIONS AND ANSWERS

WHAT IS IT?

The Promise Project, administered by The Push for Change, focuses on youth and aims to inspire, educate and empower students in developing a project to address an issue affecting youth within their communities. Students will have an opportunity to submit their ideas as part of a contest that will occur in the last two months of the school year. Up to 10 projects will win a \$5000 grant to support their local charity or further their project.

All details about The Promise Project are available online at thepushforchange.com.

WHO CAN PARTICIPATE?

The Promise Project contest is open to Canadian youth up to the age of 24 (as of September 3), who are students of a public or private school, college or university and youth who are members of a local club or service agency.

DO WE PARTICIPATE AS TEAMS OR INDIVIDUALS?

Teams.

Each team must have a minimum of three youth and must be led by a teacher, school official, adult/club supervisor, or team leader (for teams where members are 19 and older i.e. no longer in secondary school).

WHEN DOES THE CONTEST START AND END?

The contest starts September 3 at 8:00 pm (PST) and ends May 15 at 11:59 p.m. (PST). Contest registration forms must be received before April 15 and contest entry forms must be received before May 15. Winners will be selected by June 15, and announced by July 31.

ARE THERE AWARDS?

Depending on the number of contest entries received, and at the sole discretion of The Push for Change, up to 10 grants in the amount of \$5000 will be awarded to a Canadian Registered Charity as chosen by the winning team, or to the winning team to further their Promise Project.

WILL I RECEIVE VOLUNTEER HOURS?

For high school students who require volunteer contributions to graduate, the number of hours you worked on your project outside of regular school days can be submitted via your Community Involvement Hours Form to The Push for Change by the lead teacher or adult supervisor of your team for sign-off; provided they have already approved these as eligible hours.

LOCAL CHARITY OR GLOBAL?

The Canadian Registered Charity you choose to partner with can be a local or Canadian national charity, as long as their mandate aligns with your Promise Project goals and objectives.



WHAT DO I NEED TO GET STARTED?

Once you understand The Promise Project, have your teacher, adult supervisor or team leader register your Promise Project. Use The Promise Project Toolkit to guide the development of your idea. All resources are available at thepushforchange.com.

WHERE CAN I FIND IDEAS FOR MY PROMISE PROJECT?

Visit our “Promise Ideas” web page, use The Promise Project Toolkit, have a class/team discussion, and visit service agencies in your community.

HOW DO I IDENTIFY AN ISSUE AFFECTING YOUTH IN MY COMMUNITY?

- Visit service agencies in your area
- Talk to your local police service
- Discuss with school guidance counsellor
- Check out The Homeless Hub online resources
- Read further details in The Promise Project Toolkit
- Review The Promise Project curriculum and lesson plans on The Push for Change website

HOW DO I FIND THE RESEARCH AND DATA REGARDING OUR CHOSEN ISSUE?

- Credible online sources
- Current events/news
- Communication with local service agencies and community resources, including health units, police services etc. about shareable data they may have

WHAT IS THE CRITERIA USED FOR WINNING PROJECTS?

See the Criteria Checklist in The Promise Project Toolkit and visit our resource documents online.

CAN I PARTICIPATE IN MULTIPLE PROJECTS?

Teams can only submit one project, however; keen individuals may certainly choose to be on multiple (and different) project teams.

I NEED SUPPORT, I STILL HAVE QUESTIONS.

Please email promise@thepushforchange.com for further support.

APPENDIX F: BUDGET TEMPLATE

The budget template is designed for Promise Project groups who hope to further their initiatives.

A fillable Excel document of the Budget Template is available on The Push for Change website.

If you won a \$5000 grant, how would you spend it to further your Promise Project? Fill out the budget template to let us know!

*Please note, this template is NOT required for those groups who would choose to donate the \$5000 grant to a registered charity.

INSTRUCTIONS AND NOTES

1. If you are allocating your winning grant to a registered charity, this proposal does not need to be completed or submitted.
2. Initial funding and initial expenses are not mandatory, but must be included if incurred.
3. Expenses proposed to further the project must be clear and detailed.
4. Edit each line in Column C with detailed expense descriptions.
5. Proposed expenses should include tax.
6. Attach quotes for proposed expenses from vendors (if applicable).
7. \$5000 grant will be disbursed upon satisfactory review of this budget as decided by The Push for Change Foundation and judging panel.
8. Insert exact name Grant Cheque should be issued to in text box located at Row I, Column B.

The Push for Change Promise Project | Winner's Budget Proposal

Issue Grant Cheque to: _____



STARTUP FUNDING	Budget	Actual	(Under) / Over
Initial Funding (if any)			
Funds raised by team	\$ -	\$ -	\$ -
Local Contributions: Businesses	\$ -	\$ -	\$ -
Local Contributions: Personal	\$ -	\$ -	\$ -
Total	\$ -	\$ -	\$ -
Additional Funding			
Promise Project Grant	\$ 5,000.00	\$ 5,000.00	\$ -
Funds raised by team			
Business Contributions	\$ -	\$ -	\$ -
Personal Contributions	\$ -	\$ -	\$ -
Total	\$ 5,000.00	\$ 5,000.00	\$ -
Total Funding	\$ 5,000.00	\$ 5,000.00	\$ -
EXPENSES	Budget	Actual	(Under) / Over
Initial Expenses (if any)			
Detailed description 1	\$ -	\$ -	\$ -
Detailed description 2	\$ -	\$ -	\$ -
Detailed description 3	\$ -	\$ -	\$ -
Total	\$ -	\$ -	\$ -
Expenses Proposed to further the project			
Detailed description 1 + vendor	\$ -	\$ -	\$ -
Detailed description 2 + vendor	\$ -	\$ -	\$ -
Detailed description 3 + vendor	\$ -	\$ -	\$ -
Detailed description 4 + vendor	\$ -	\$ -	\$ -
Detailed description 5 + vendor	\$ -	\$ -	\$ -
Detailed description 6 + vendor	\$ -	\$ -	\$ -
Detailed description 7 + vendor	\$ -	\$ -	\$ -
Total	\$ -	\$ -	\$ -
Total Expenses	\$ -	\$ -	\$ -
FUNDING LESS EXPENSES	\$ 5,000.00	\$ 5,000.00	\$ -

APPENDIX G: CONTEST SCORING RUBRIC


This rubric illustrates how The Promise Project selection panel will score project submissions.

An Excel version of the Scoring Rubric is also available on The Push for Change website.



The Push for Change

Promise Project | RUBRIC



Project Name: _____

MANDATORY components	Submitted
Registered online before April 15	<input type="checkbox"/>
Updated w/ min. 3 pics and/or 1 video announcing project + use of #iPromiseto card before April 15	<input type="checkbox"/>
Submitted contest entry form in its entirety before May 15	<input type="checkbox"/>
Minimum 3 people on team	<input type="checkbox"/>
Team is led by teacher or adult leader	<input type="checkbox"/>
MP4 video is maximum 5 minutes	<input type="checkbox"/>

Contest entry is void if above not all checked

STRATEGY (25%)	Possible	Earned
Team is inclusive of all	2	
It is evident that team members have contributed equally	2	
Team has demonstrated knowledge of youth homelessness root causes	2	
Team displays an obvious passion for their selected cause/solution	2	
Project solution directly related to improving lives of youth at risk of homelessness	8	
Included add'l documents (not provided as a template) with contest entry form (eg. Action plan)	2	
Included criteria checklist with boxes ticked with contest entry form	2	
Final video speaks clearly to the issues of youth at risk in community	5	
TOTAL	25	0

IMPACT (25%)	Possible	Earned
Project impact clearly demonstrated in final video submission	5	
Promise Project can be easily replicated	5	
Promise Project WAS replicated	5	
Promise Project was measured with real, tangible results & documented	5	
MP4 video showcases how project intends to solve identified social issue	5	
TOTAL	25	0

ENGAGEMENT and CREATIVITY (50%)	Possible	Earned
Charity (local or Canadian) was introduced to project	5	
Community was introduced to project	5	
School peers and educators were introduced to project	5	
Action plan was created to carry out project	5	
Submission of Registered charity with business number, or a business plan & budget	5	
Promise Project was shared on social media using #iPromiseto	5	
Promise Project was shared on local or national traditional media channels	5	
Community members participated in project	5	
Update photos and/or video announcing Promise Project was fun	5	
Final video is creative and unique	5	
TOTAL	50	0
TOTAL POINTS	100	0

APPENDIX H: FURTHER RESOURCES

A WAY HOME CANADA

A National movement, bringing together coalition partners dedicated to preventing and ending youth homelessness in Canada.

CANADIAN ALLIANCE TO END HOMELESSNESS

A national movement of individuals, organizations and communities working together to end homelessness in Canada.

CBC SHORT DOCS

A resource guide for homeless Canadian youth.

HOMELESS HUB TOOLKIT

A resource to learn how organizations across Canada are leading community efforts to prevent and end youth homelessness.

NACY NATIONAL ALLIANCE FOR CHILDREN AND YOUTH

A collaborative network dedicated to enhancing the well-being of children and youth in Canada.

NATIONAL MAP OF ORGANIZATIONS WORKING WITH HOMELESS YOUTH

(Note: not extensive)

NEED2

Working to prevent deaths by suicide through community programs and online resources.

RAISING THE ROOF

Provides national leadership on long-term solutions to homelessness.

THE LEARNING COMMUNITY

A community of practice focusing on youth homelessness.

YOUTHSPACE

An online place for any youth across Canada, under 30, that is experiencing any sort of crisis to chat or text.



APPENDIX I: PROMISE PROJECT POSTER

A printable 11x17" poster is available on The Push for Change website or print the 8.5x11" poster on the next page.

WIN \$5000 FOR SOCIAL JUSTICE!



THE PROMISE
PROJECT



THE PROMISE PROJECT CONTEST

- Identify a social issue in your school or community that limits youth potential or puts them at risk of youth homelessness
- Create a Promise Project that proposes to solve this issue
- Enter for your chance to win one of ten \$5000 grants!

FOR MORE INFORMATION

www.thepushforchange.com



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TOGETHER WE CAN END YOUTH HOMELESSNESS.
ONE PROMISE, ONE PROJECT AT A TIME.



**FIGHT
YOUTH
HOMELESSNESS**