CTC PRIORITIES

1 Mental Health

Belonging

As social beings, it is important to feel that we belong. Not only does this help us thrive beyond what we can do on our own, it also helps us feel safe. Without a sense of belonging, chronic stress that alters brain development can emerge.

VULNERABILITIES
Limited social options leads to compromising authenticity in the short term to have any shared experiences.

SELF WORTH
What we perceive and believe our value to be.

SUSTAINABILITY
Learning how to understand ourselves, to expand our social circles and how to embrace change.

- Prosocial Involvement
- Feeling Understood
- Growth Mindset

2 Y-F-S-C Connection

Resilience

The capacity to withstand and recovery quickly from difficulties. A healthy nervous system is not the absence of having a response, rather it is about the rate of recovery which involves the ability to regulate and integrate experiences.

VULNERABILITIES
Externally observed behavior is not always indicative of an internal experience. Is perceived resilience forced or performative? How can we discern the difference?

RESOURCEFUL
Having the ability to find quick and clever ways to overcome difficulties.

SUSTAINABILITY
Strengthening our capacity to co-regulate, creating opportunities for curious communication and building skills for navigating conflict resolution.

- Civic Engagement
- Communication
- Conflict Resolution

3 Consent

Agency

Feeling empowered to act, make decisions, and influence outcomes. By recognizing and embracing opportunities where they can impact a situation, those who feel a sense of agency can also take accountability for their actions.

VULNERABILITIES
Autonomy is the freedom to make choices independently, without external influence. The world is constantly conveying messages, intentional or not, about what is considered acceptable, possible or valued.

ACCOUNTABILITY
Willingness to accept or take responsibility for the impact of one's actions.

SUSTAINABILITY
Creating opportunities for choice where feedback in a reciprocal process. Understanding how trust is built and how it can be eroded. Intentionally acknowledging power dynamics and owning impact.

- Youth Engagement
- Feedback
- Trust