

# Empowering Youth!



## TAKE THE LEAD!®

Get active ★ Get inspired ★ Get involved

### Take the Lead!®

- Is an initiative that enables youth to reach their full potential through leadership skill development. Youth design and execute play opportunities for younger participants in their organization.
- Is a Saskatchewan born initiative focused on providing leadership and positive play experiences for youth and children.
- Has decreased bullying and incidences of negative behaviour in a variety of settings because youth are actively engaged in inclusive and positive play experiences..
- Is a valuable addition to any organization or school supporting the holistic growth of youth aged 11 to 14.

### Take the Lead!® Addresses:

- Physical Activity
- Leadership
- Bullying
- Play
- Nutrition
- Mental Health
- Teamwork
- Inclusion



Saskatchewan  
Parks and Recreation  
Association



- Develops strong leaders who will continue to be active members of the community, as they grow.
- Encourages and supports healthy options and promotes students' health and wellbeing; aligning with the Comprehensive School Community Health Approach.  
[www.education.gov.sk.ca/comprehensive-school-community-health](http://www.education.gov.sk.ca/comprehensive-school-community-health)
- Gets children and youth more physically active! Canadian kids were given D- for overall physical activity. However, adding bouts of physical activity throughout their day (i.e. before school, during school and after school) could help increase this grade. (ParticipACTION, 2015)
- Decreases bullying on the playground, through an inclusive and cooperative approach to leadership and play.

## Testimonials

*"Our students **benefit** from this program by having more opportunities to be **physically active**. In addition, our older students are learning great **leadership skills** which improve their self-esteem and build their confidence. Keeping the students busy and active also **reduces the incidence of bullying** and aggressive behavior."*

– Leadership Coach

*"Take the Lead!® is an **opportunity** for those kids who are shy, who don't think they are a leader, **to shine** because it has nothing to do with how physically fit you are, it has nothing to do with how smart you are, **it has to do with being inclusive**."*

– Leadership Coach

Sources:

ParticipACTION. The Biggest Risk is Keeping Kids Indoors. The 2015

ParticipACTION Report Card on Physical Activity for Children and Youth. Toronto:

ParticipACTION; 2015.

## Take the Lead!® Modules

**Why Me? Why Not?** – Helps individuals understand the strengths they already possess to be impeccable leaders.

**Leadership: I Can Do It!** – Teaches and provides opportunities to practice the skills of a great leader!

**Communication...Actions Speak Louder Than Words!** – Participants learn that communication can include non-verbal cues as well. They learn the importance of two-way conversation.

**Keeping Cool, Safe and Fair!** – Focuses on behaviour management and conflict resolution.

**Being the Best I Can Be and Passing It On...** – Leaders consider their health: emotional, physical and nutritional. They note their ability to influence others to make positive choices.

**Okay, Now How Do I Actually Lead?** – Leaders learn through practice the "Lucky 13" skills and tools to being an effective leader.

**Get a Plan!** – Learn how to plan for appropriate age and stage of participants, as well as get creative!

**On Your Mark, Get Set...Lead!** – Leaders practice leading an activity, followed by feedback and discussion.

Supported by:



**For more information, contact the Saskatchewan Parks and Recreation Association**  
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