

Youth Summit Speaker Roles & Responsibilities

Responsibilities

- Help promote the themes of the Summit, including anti-stigma education
- Incorporate the following four key messages into your story:
 - There is hope- people can and do recover from mental health problems and mental illnesses
 - People are not defined by their mental health problem or mental illness
 - People living with mental health problems or mental illnesses can and do have happy and successful lives
 - Everyone has the potential to take steps to reduce stigma
- Be respectful towards your fellow Youth Speakers and their stories
- Be on time and present at all necessary rehearsal times and for the entire Summit day
- Be able to answer questions about your mental health problem or mental illness and life experiences in a positive and appropriate manner
- Safeguarding students – can help students upon approach and guide them to proper resources and next steps, i.e. their counsellor or the Support Staff
- Commit to educating others about mental health problems and mental illnesses, with the goal of reducing the stigma surrounding mental health problems and mental illnesses

Roles

Keynote Speaker

- 40 – 45 minute Keynote Presentation, with a 10 – 15 minute questions & answer period
- 45 minute Panel Discussion with fellow Youth Speakers
- Engage with the students during the Action Planning Activity, potentially answering questions
- Be available to the students for the day, including during lunch and breaks
- Submit your Keynote Presentation for review and attend two separate rehearsals (online or in person)
- Submit a Speaker Bio and quote in an appropriate timeframe

- Submit necessary information for payment in an appropriate timeframe

Breakout Room Speaker

- 15 – 20 minute presentation, with a 5 – 10 minute questions & answer period
- 45 minute Panel Discussion with fellow Youth Speakers
- Engage with the students during the Action Planning Activity, potentially answering questions
- Be available to the students for the day, including during lunch and breaks
- Submit your Breakout Room Presentation for review and attend two separate rehearsals (online or in person)
- Submit a Speaker Bio and quote in an appropriate timeframe
- Submit necessary information for payment in an appropriate timeframe