

# HELPING

## YOUNG PEOPLE IN THEIR DAILY LIVES

Tel-jeunes is involved in young people's daily lives. Whether at school, in social and traditional media or online, the team seeks to pass along relevant information, reminding teenagers that they are not alone and that the Tel-jeunes team is always available for any questions they may have.

---

## IN SCHOOLS

In Quebec schools, the COVID-19 crisis brought Tel-jeunes' training activities to an abrupt halt. It should be noted, however, that prior to this interruption, Tel-jeunes' training services managed to meet with **14,700 young people** in 11 different regions of Quebec. These young people took part in the [Aider c'est branché!](#) program and sex education training.

Teenagers are not the only beneficiaries of Tel-jeunes' expertise. Thanks to the support of Quebec's education ministry (MEES), a [training session](#) on soft skills and counseling strategies was offered to **educational staff** educational staff at secondary schools. Now in its second year of operation, this training was a resounding success and was offered for **2,500 members of 19 school boards, 89 public schools and 13 private schools in 17 administrative regions.**

Over 90% of participants stated that the training gave them an opportunity to hone their knowledge of young people's sexuality-related needs and concerns and to gain a better understanding of their strengths in the area of sex education.

« *The counseling strategies for working with adolescents gave me a confidence boost. I feel better equipped now as far as sex education is concerned.* »

– Highschool teacher



## NEW WORKSHOP COMING UP!

In June 2019, the Tel-jeunes team won a pro-bono consulting session in design thinking, provided by the firm Talsom. That experience initially gave rise to the Design Thinking Jam (September 2019), in which hundreds of people from all backgrounds joined forces to back the Tel-jeunes cause and to reflect on preventive mental health care for young people.

Various brainstorming sessions were subsequently held with more than 300 young people from a variety of cities, ages and social backgrounds to shed light on their views on preventive care.

The final result of this process was a workshop co-created with young people and the Tel-jeunes team, which will be included in Tel-jeunes' range of services in the 2020-2021 school year.