



# IYMP

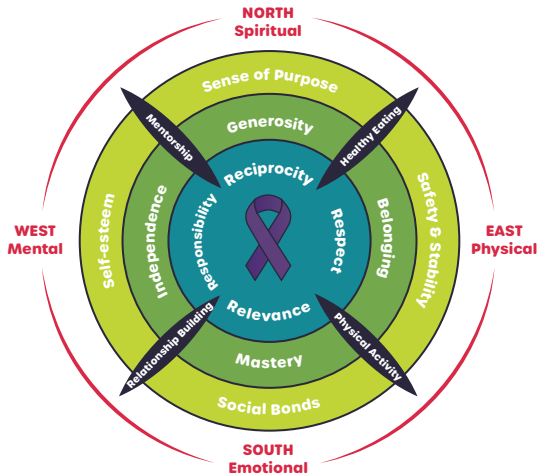
Indigenous Youth  
Mentorship Program



The Indigenous Youth Mentorship Program (IYMP) is a communal, relationship-based healthy living program. It is delivered by Indigenous high school students for elementary school children. Co-developed with Indigenous youth, educators and researchers, IYMP promotes well-being and overall positive mental health, including Mino-Bimaadiziwin/Mino-Pimâtisiwin (“living in a good way”).

### Provinces with IYMP programming

Alberta / Saskatchewan / Manitoba / Ontario / Quebec



The core components of IYMP are healthy eating, physical activity, relationship building and mentorship. IYMP typically runs once per week for 90 minutes, with high school students planning and delivering healthy snacks and physical activity for at least 20 weeks throughout the school year. IYMP is grounded theoretically in teachings of Indigenous scholars Drs. Brokenleg (Circle of Courage) and Kirkness (The Four R's).

## Vision

To create a world where Indigenous children and youth have safe, healthy places to be, belong, grow, and give of themselves. We seek to build on the strengths of youth and their communities to support their journeys toward self-determination.

## Mission

To develop and deliver relationship-based, communal mentor programs involving Indigenous youth and adult allies to nurture healthy inclusive communities.

## Benefits

Depending on your province/territory and school, students may be able to receive high school credits towards their graduation for attending IYMP mentor training, and for running the mentorship program at their school.

## What participants are saying

"I think this is going to change the lives of the younger kids, but also the older kids we trained here today who will be the leaders of the program."

- Lead Teacher

"I'm taking back with me all the games we learned that I can run with the little kids, but also the love and support of all of you. I'm keeping that in my heart."

- Grade 12 student in closing circle



Teena Starlight  
IYMP National Director  
teena@everactive.org

[www.iymp.ca](http://www.iymp.ca)