

# Youth-led Health Community Grants Program

Focus: Preventing Alcohol-Related Harms and/or Promoting Sexual Health Education

The Saskatchewan Prevention Institute wants the young people of our province to have the information necessary to understand that the lifestyle choices they make today impact their future health. The Prevention Institute's programs focus on topics to ensure that babies are born as healthy as possible and are able to maintain that good health throughout their childhood, adolescence, and adulthood. We believe that in order to reach this goal, youth aged 14-24 years must be engaged in primary prevention efforts. Two areas of focus at the Prevention Institute that are of key importance to youth are prevention of alcohol-related harms (including the prevention of FASD) and promotion of sexual health.

- The Youth Action for Prevention (YAP) Program is a youth-focused FASD prevention initiative that encourages young people to create resources and projects that raise awareness of alcohol-related harms among their peers. The harmful links between binge drinking, FASD, and pregnancy have been well established.
- The Sexual and Reproductive Health (SRH) Program focuses on key issues that are pertinent to the sexual and reproductive health of Saskatchewan residents. Saskatchewan has troubling rates of STIs and HIV and, unlike the rest of the Canadian provinces, has not seen a decline in adolescent pregnancy rates.

## Grant Application Process

- The proposals must include a well-defined action plan, and:
  - show evidence that at least 2 youth are involved in planning and dissemination of the project
  - benefit the community
  - involve various community groups or members
  - be cost-effective and cost-shared (may be in-kind)
  - avoid conflict of interest
  - focus on community education or awareness
- Funding will be provided only to projects that actively engage youth throughout the process, have a strong community involvement, are funded on a shared basis (may be in-kind) in the community, and address alcohol-related harms and/or sexual health education priorities such as:
  - promoting healthy behaviours
  - youth alcohol use and harm reduction
  - adolescent pregnancy prevention
  - sexually transmitted infections (STIs) prevention

**Please note that salaries, facility rental, and capital expenditures will not be funded.**

## Application Deadlines

Grants are available two times a year. The first deadline is **May 31**. The second deadline is **November 15**. **Late applications will not be considered.**

Funds will be distributed within 30 days of the application deadline. Funds received for the May granting period must be spent by February 28 of the following year. Funds received for the November granting period must be spent by July 31 of the following year.

**Grant Amount**

The maximum allowable grant is \$3,000.00. Grants over \$2,000.00 must demonstrate evidence of matching funds from their organization or other awarded grants. To date, most grants awarded have been under \$2,000.00.

**Recognition of Saskatchewan Prevention Institute**

As a Youth-led Health Community Grant recipient, we ask that you recognize the Saskatchewan Prevention Institute's contribution to the funded project. Whenever possible, staff from the Prevention Institute will attend the event. For suggestions on how to recognize the Institute's contribution, please contact us. The Institute is pleased to be able to collaborate and work with Saskatchewan communities.

**Decisions on Grants**

Applications will be rated on goals and objectives, youth involvement, work plan, reporting plan, and budget. It is recommended that projects have the potential to be sustained or expanded in your community and repeated elsewhere, but repeat funding for the same project will **not** be provided.

**Youth-led Projects and Youth Engagement**

The Saskatchewan Prevention Institute believes there is potential to build capacity among youth in our province to make informed decisions about their health. We require youth engagement in the development of the project, including participation of youth in project planning and dissemination. Youth engagement refers to the meaningful participation and sustained involvement of a young person in an activity with a focus outside of him or herself. For more information see [www.studentscommission.ca](http://www.studentscommission.ca).

Engaged youth are those who:

- initiate the activity themselves without being persuaded by others
- help lead or organize the activity
- talk to others about the activity
- participate in the activity
- advocate enthusiastically on behalf of the organization/activity (Khanna & McCart, 2007)

For more information and to submit a grant application, please contact:

Saskatchewan Prevention Institute  
1319 Colony Street  
Saskatoon, SK S7N 2Z1  
[info@skprevention.ca](mailto:info@skprevention.ca)  
Phone: 306-651-4300  
Fax: 306-651-4301

## Application for Youth-led Health Community Grant

**Contact Person(s):**

**Address:**

**City:**

**Postal Code:**

**Phone #:**

**Fax #:**

**Email:**

**Names of youth involved in planning and dissemination of the project:**

Name:

Age:

Phone:

Email:

Signature:

Name:

Age:

Phone:

Email:

Signature:

**Agency or group representing project:** *(Funds will only be released to an agency or organization, not an individual or private business)*

**Project Name:**

**Purpose of this project:** Briefly tell us what the project is intended to do and how it will promote sexual health education or increase awareness regarding alcohol-related harms in your community. Indicate the goals and objectives for your project.

**Brief description of project** (no more than 300 words):

**Overall goal of the project:** *(Here are two examples that are really clear - "To reduce the number of unintended pregnancies among youth in our community" or "Youth educating other youth about the harms associated with the over-consumption of alcohol.")*

**Objectives:**

**Describe youth involvement in project:**

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**Work plan:** Indicate the planned activities, target audience the project is intended to reach, the expected time frame, the resources required for each activity, and who is responsible for each activity.

Activity                      Target Audience                      Time Frame                      Resources Required                      Person/Group Responsible

**Project reporting:** All projects are expected to submit a final report to the Saskatchewan Prevention Institute. Please note that the community will not be eligible for future funding unless a report is completed. The final report is due one month after the completion of the funded event(s).

The final report must include: statement of expenses, completed evaluation forms (templates will be supplied), and a narrative describing the event’s successes and challenges.

Describe what information will be gathered, how information will be gathered, and how you will know if your project is a success.

**Budget**

Budget item related to project activities	Amount requested from Grant Program	Amount expected from other sources <i>(may be in-kind)</i>	Total
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			