



## GENERATION ACTION: YOUR VOICE COUNTS!!



A network of youth has been formed in Saskatchewan called “Generation Action”. This group of youth and young adults is passionate about physical activity and making sure the voice of youth is being heard! In January and February of this year, a group of youth from across the province came together at the Generation Action Youth Summit to talk about why youth are not more physically active in Saskatchewan (did you know that **less than 15%** of youth are physically active enough each day for health benefits?!) and to talk about ideas of how they can make a change. This group used information gathered over the past year, from other youth across the province, to come up with some solutions and also to identify what challenges may lie ahead in getting children and youth more physically active.

The Youth Summit team has an opportunity to share their voices, AND YOURS, to a group of provincial leaders and decision makers this April. We are looking for you to add your voice to this movement to ensure that you are being heard! As part of the presentation at this provincial meeting of leaders and decision makers, we are creating a video of youth from across Saskatchewan sharing their thoughts, concerns, ideas and opinions on physical activity. The Youth Summit team was able to narrow down from all of the ideas collected from youth, THREE main areas of physical activity that could have the most impact in making change. We have come up with three questions for these important issues, and we are looking for your answers and opinions.

The Youth Summit team is asking you to join Generation Action by submitting a video of yourself and/or your friends sharing your own ideas and thoughts about the three main areas of physical activity identified on the ‘question sheet’. We would ask that you try and limit your response to one minute or less, and include:

1. Your name, age and where you live
2. How many days a week (on average) you would say that you personally do 60 minutes of activity (Don’t worry....there is no pass or fail on this and won’t be shared with anyone else!!)
3. State the question from the ‘question sheet’ in your video and then follow with your response to the question.

Some tips for your video:

- ✓ Ensure that you speak loudly and clearly
- ✓ Look directly into the camera
- ✓ You may want to consider recording your video in a ‘physically active’ place (i.e. gym, park, rink, outside, dance studio, etc.)
- ✓ Show your passion!

This truly is your chance to have your voice be part of the larger voice of youth from across Saskatchewan. What you say (and do) really can make a difference!

## **Process of submitting video:**

Once you have recorded your video ‘testimonial’, we are asking that you upload it to YouTube for our team to be able to access and use it. Here are the steps:

How to load your video to YouTube:

Step 1: Log into your Google or YouTube account - if you don't have an account take a minute and create one (you can log in with either, you don't need both).

Step 2: Click on Upload – Look for it at the top of page on YouTube (You can upload directly from a mobile phone if you choose to).

Step 3: Select the file you want to upload (your folders should open, select your video from there)

Step 4: As your video uploads (check the progress bar to see your uploads progress) give your video a title

Step 5: If you choose to fill in the description area and tags. Your description could include: your video's purpose, the audience, a synopsis of what you are saying. Tags help people searching YouTube to find content they are interested in. Some tags for your testimonial video could include: Physical Activity, Saskatchewan ***in motion***, Generation Action, Youth, and anything else you think applies.

Step 6: Select a category for your video: Generally Saskatchewan ***in motion*** selects the non-profit/activism category

Step 7: Set your privacy setting – you will need to set your video as public for us to be able to view it.

Step 8: Share your link with Saskatchewan ***in motion*** so we can find and watch your video. E-mail the link to [kenji@saskinmotion.ca](mailto:kenji@saskinmotion.ca). Post it on the Generation Action by Saskatchewan ***in motion*** [Facebook group](#) or send [@kenji22](#) or [@inmotionsk](#) a tweet with your link.

*Please e-mail, fax, or mail a signed photo/video release form upon submitting a video (attached at end of document). By posting a video and notifying the Generation Action Summit Team, you are granting Saskatchewan ***in motion*** permission to use photograph(s), video(s), or interview quotes of yourself for purposes of promoting the benefits of physical activity. Saskatchewan ***in motion*** may use the posted media in any and all forms of advertising and promotion including, presentations, print, television and the internet, all without payment of any fee or consideration to you.*

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If you need more help uploading your video watch this YouTube 101: How to Upload video ([http://www.facebook.com/l/f3abc2mIDP\\_FZwWsGJ3Po9DTNkA/www.youtube.com/watch?v=SzSwnbxb9TY](http://www.facebook.com/l/f3abc2mIDP_FZwWsGJ3Po9DTNkA/www.youtube.com/watch?v=SzSwnbxb9TY))

## Question Sheet

The following are the three questions we would like you to respond to in your video. Have fun with this while sharing your true feelings and thoughts!

### Issue #1:

Generation Action identified the need for free or low cost access to recreation programs and/or facilities for children and youth. In response to this, some other youth have shared things like:

- Some kids don't have the money to participate but want to and they should be able to
- There needs to be more opportunities in our community to be active
- Money should not prevent children and youth from being active if they want to
- We need more free things to do in our parks and school

### Question #1:

**“Describe your opinion on the need for providing children and youth access to low cost or free programs and facilities to increase physical activity?”**

### Issue #2:

The Generation Action Youth Summit team identified the need for physical education in school to be considered just as important as other subjects offered. There is a need for schools to look at how they offer physical education and to consider making it year round from grades K-12. Also, schools should be getting families more involved through 'physical activity homework assignments' that students take home with them. (i.e. assignments to get the family doing more physical activity together). In response to this, some other youth have shared things like:

- I wanted to do phys ed. in grade 12, but I couldn't fit it into my class schedule
- I think it is important for all children and youth to have phys ed. all through school at all grade levels
- Being active and doing phys ed. is just as important to me as any other subject in school
- Some kids don't play sports, so the only opportunity for them to get regular physical activity would be from daily phys ed.
- Schools need to provide more opportunity for kids **not** on teams to be physically active

### Question #2:

**“Describe your opinion on the current state of physical education and physical activity opportunities in your school. What suggestions for change might you be able to offer?”**

### Issue #3:

Youth want to be involved in the decision making that affects their physical activity opportunities. This means being included or having a say on decisions being made by schools, town councils, sport and recreation boards, etc. In response to this, some other youth have shared things like:

- People making decisions and choices for me do not bother to ask me for my opinion
- I am ready and willing to offer my opinion but I don't know who to go to
- There is no opportunity for the opinions of youth to be heard
- I have some good ideas that I could share if someone would listen
- I would like to help my town with ideas that I think would work for youth

### Question #3:

**“Describe for us the importance of youth having a say or being heard by decision makers in your school, town or province about physical activity. What ideas do you have to get involved?”**

### #4: Final Thoughts

We also want to give you the opportunity to share your thoughts on anything about physical activity that is really important to you, that you may not have had a **chance to say as part of the 3 questions**. **You may want to consider answering the question, “Why is it important that your voice (the voice of youth) be heard?”**. You can call this “Some Final Thoughts” on your video!

Thank you so much for taking the time to be a part of Generation Action and the opportunity for youth to be heard by leaders in our province! Again, we cannot say how important your involvement and your opinions are to us! You have a unique opportunity to really make a difference for your generation and for the future generation of our province's children and youth!

For more information on youth and physical activity, you can visit the Generation Action page on the Saskatchewan *in motion* website: [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca)

Join the [Generation Action by Saskatchewan \*in motion\* Facebook group](#)  
Follow [@kenji22](#), Saskatchewan *in motion's* youth mentor on Twitter



## **VIDEO/PHOTO RELEASE**

To: Saskatchewan ***in motion***

I hereby grant to Saskatchewan ***in motion***, the right to use photograph(s), video(s) or interview quote(s) of me for the purposes of promoting the benefits of physical activity. Saskatchewan ***in motion*** may display the photograph(s)/video(s)/interview quote(s) of me in any and all forms of advertising and promotion including television, print and internet, all without payment of any fee or consideration to me.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**CONSENT FOR MINOR** – I am the parent or legal guardian of the minor named above. I approve and affirm this consent on his/her behalf.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_