

Centering Black Youth Wellbeing:

The Workbook



About The Workbook

This workbook was developed to support learners in making connections between lecture material and their work with Black youth, their families and communities. We hope this workbook will help you to deeply engage with the lecture material, identify gaps and opportunities in your professional practice, and support your commitment to the ongoing work of combatting anti-Black racism.

The workbook includes three components:

1. **Set an Intention:** Identify opportunities, challenges and professional goals for improving Black youth wellbeing.
2. **Reflect:** Record your responses to the learning material for each module. What did you learn, how did the content make you feel, what actions will you take?
3. **Take Action:** Using the insights from your intention, reflections and discussions with peers, make a commitment to a few practical actions that you can implement to better support Black youth wellbeing.



Join the conversation in REX [Virtual Café](#), an online community for Ontario's youth sector stakeholders – youth workers (frontline and management), youth leaders, policy makers and researchers – to connect, network, share and find resources.

First, let's take some time to situate ourselves. Below you can identify opportunities, challenges and professional development goals for improving Black youth wellbeing. Feel free to revisit and expand this section throughout (and after) the Certificate.

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Reflect: Module 1

The lectures in Module One locate anti-Black racism within a historical, socioeconomic and political context by connecting hundreds of years of history to the pervasive modern-day racism that shows up in our institutions. Please share your thoughts, feelings and responses below.



Thoughts – What ideas or new information did you come across?



Feelings – How have your feelings been sparked or changed?



Actions – What can you do with the information that you have learned?

Reflection Questions

How does having an understanding of the historical/social/political contexts of anti-Black racism support my work with Black youth and their families?



Why is anti-Black racism still a problem in Ontario? Click [here](#) to join the discussion on REX Virtual Café.

Reflect: Module 2

The lectures in Module Two engage with research about the consequences of the inequities that Black youth and their families experience including disparities within various systems, and the impact on their wellbeing and mental health. Please share your thoughts, feelings and responses below.



Thoughts – What ideas or new information did you come across?



Feelings – How have your feelings been sparked or changed?



Actions – What can you do with the information that you have learned?

Reflection Questions

How can research/evaluation support your daily work with Black youth?



How might we draw on research findings to highlight and challenge the impact of anti-Black racism on youth and their families? [Click here to join the discussion on REX Virtual Café.](#)

Reflect: Module 3

The lectures in Module Three explore models and practices to support Black youth within the context of their multilayered identities, including practice strategies for supporting Black youth who might be experiencing mental health challenges. Please share your thoughts, feelings and responses below.



Thoughts – What ideas or new information did you come across?



Feelings – How have your feelings been sparked or changed?



Actions – What can you do with the information that you have learned?

Reflection Questions

Identify one critical practice in your workplace needed to improve equitable experiences for Black youth and their families.



What is One Simple Thing you could do to center Black youth wellbeing in your work? What is One Simple Thing that your organization could do to center Black youth wellbeing? Click [here](#) to join the discussion on REX Virtual Café.

Reflect: Module 4

The lectures in Module Four provide learners with the knowledge and tools required to commit to the ongoing work of cultivating practices, policies and alliances that challenge, disrupt and combat systematic anti-Black racism beyond this certificate. Please share your thoughts, feelings and responses below.



Thoughts – What ideas or new information did you come across?



Feelings – How have your feelings been sparked or changed?



Actions – What can you do with the information that you have learned?

Reflection Questions

Identify the most challenging issue impacting your agency's anti-Black racism change process and the strategies you have engaged to address it.



Let's dream and envision programs and services where Black youth are not experiencing anti-Black racism. How might we move beyond identifying the service needs and gaps Black youth face, to proactively designing pathways to inclusion in the youth sector? Click [here](#) to join the discussion on REX Virtual Café.

Take Action

Revisiting your intentions from the first exercise and your module reflections throughout this workbook, how can you convert your knowledge into action to better support Black youth wellbeing? Consider the critical conversations that you have had with others in your workplace and on REX Virtual Café and, if possible, make an effort to hold yourself accountable to the action items you list below.

My Action Plan for Combatting Anti-Black Racism

The top 3 concerns that I am most passionate about addressing in the immediate future are:

1.

2.

3.

In order to combat Anti-Black racism in these areas, I will:

1.

2.

3.

The one simple thing I will commit to doing as soon as possible is:

I know I have met my goal when:

My accountability partner is:

My accountability partner will check in with me on this date:



Youth Research and Evaluation eXchange (YouthREX) is a province-wide initiative based at the School of Social Work at York University.

OUR MISSION is to make research evidence and evaluation practices accessible and relevant to Ontario's grassroots youth sector through capacity building, knowledge exchange, and evaluation leadership.

OUR VISION is an Ontario where shared knowledge is transformed into positive impact for all youth.

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