

Shaking The Movers 2022

'A WORLD FIT FOR US'



Carleton UNIVERSITY

Toronto Metropolitan University

Faculty of Community Services



Landon Pearson Resource Centre for the Study of Childhood and Children's Rights

Think Link

inked by Devon Kerstake

Virtual conference for youth across Canada

Report prepared by Annabelle De Jesus and Steven Gibson

Toronto Metropolitan University

School of Child & Youth Care
Faculty of Community Services



Landon Pearson Resource Centre
for the Study of Childhood
and Children's Rights

LAND ACKNOWLEDGEMENT

Many of us at Shaking The Movers who identify as settlers on this land that we call 'Canada', recognize and remember that this land, its resources, and its history were stolen from its Indigenous peoples.

It is important for us to acknowledge that our opportunity to come here today, and to share space with one another is as a result of a long legacy of colonialism. Colonialism continues to impact the lives of many Indigenous peoples and communities across Canada today.

Land acknowledgements can be unsettling, as they encourage us to reflect and be critical of our Canadian history. But land acknowledgements, alone, are merely an invitation. An invitation to acknowledge ourselves in relation to this history; an invitation to acknowledge how we perpetuate this history; and an invitation to acknowledge how we can contribute to a changing history. It also invites us to a personal journey through the importance of connecting with the earth, its creatures, and its teachings.

Recognizing that we are virtually joining from the lands of many Indigenous communities, learn more at <https://native-land.ca/>

It is important to note that our university renamed itself in 2022 to address its former namesake's contributions to the Residential School System. This name change was spurred on by a collective process of activism, as well as recommendations from the university's Standing Strong (Mash Koh Wee Kah Pooh Win) Task Force. The name change reflects a foundational goal to contribute to a world fit for all people. We recognize this name change to provide context for all of our participants, particularly those who have attended our past conferences with our previous name. It is also a necessary example for all of us to consider how we can contribute to a world fit for us.

TRIBUTE TO THE HON. LANDON PEARSON

It is with profound sadness that Shaking the Movers communities across the country mourn the loss of our founder and inspiration. The Hon. Landon Pearson O.C. passed away on January 28, 2023. She was 92 years young and lived an extraordinary life dedicated to advancing children's rights including the rights of children and youth to participate in matters of concern to them.

Learn more about her life [here](#).

Shaking the Movers began at Carleton University in 2007 after she created the Landon Pearson Resource Centre for the Study of Childhood and Children's Rights following retirement from the Senate of Canada. The Shaking the Movers webpage reveals how significant this workshop series has been for many young people across the country over the years. Shaking the Movers have tackled a range of child rights topics, specifically engaged with young children as well as children and youth with disabilities, and taken place from coast to coast to coast.

We are so grateful to have learned from the Hon. Pearson, for her visionary leadership, her Centre's support of our Shaking the Movers events over the years, as well as for her virtual contributions to our Shaking the Movers event in November 2022.

May we continue to advance her legacy in children's rights.



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SHAKING THE MOVERS 2022: A WORLD FIT FOR US

by Hon. Landon Pearson, O.C for STM Organizers

Twenty years ago this past May, Prime Ministers and Heads of State from all around the world gathered in New York to adopt a resolution entitled "A World Fit For Children." Attached to the resolution was a carefully drafted plan describing what this world should look like. At the same time as adult delegates were drafting this document, children and young people from the countries that were represented at the UN General Assembly Special Session on Children met separately to create their own vision. The young people called their document "A World Fit For Us" because, as the two girls who were chosen to speak from the podium at the Special Session said, "A world fit for us is a world fit for Everyone."

After this meeting in 2002, the UN as a whole made progress towards a world fit for children by making it a major priority for all of its activities. Most of its member countries (Canada was among the first) drew up national plans of action for implementation. As a result, the quality of children's lives improved everywhere, unevenly, perhaps, but all in the right direction. Today, alas, a combination of circumstances has put progress on hold and childhood everywhere is under threat. Do you think that you who are participants or youth facilitators at our Shaking the Movers workshops this year could work together to help kick-start the momentum the Special Session generated twenty years ago? After all, as the young people told the UN delegates in 2002 quite firmly: "we are not the problem; we are the solution."

For the Shaking the Movers 2022 workshops, what we would like you to do is to read over the 2002 "A World Fit For Us" document (it is quite short) and decide what is missing from it or what is no longer relevant. With the new challenges your generation is confronting in 2022 such as the climate crisis, the pandemic, the expanding digital universe and what appears to be growing discrimination of various kinds with its impact on children's rights to belonging and identity, we would invite you to redraft the original 2002 "A World Fit For Us" document that is relevant for young people in 2022.

The next step we would like you to consider at the Shaking the Mover workshop is to use your own experience to develop ideas and strategies that might address one or more of the issues that shout out to be addressed so that we can take these ideas forward to "movers" and, together, hold them to account to take action. We can't save the whole world but with this intergenerational effort, I think we can make it a little bit better for a new generation of children.

Landon Pearson
August 2022

BACKGROUND

About Shaking the Movers

Shaking the Movers (STM) is an annual youth-driven and youth-led workshop that takes place across the country. STM workshops offer spaces designed to enable children and youth to consider the United Nations Convention on the Rights of the Child (UNCRC) in the context of their lives. In turn, participants prepare comments and recommendations intended for governments, academia, and civil society concerning its implementation. Participating in STM provides children and youth with a unique opportunity to exercise their rights to take part in critical civil and political processes with the assurance that their voices will be listened to and heard.

Workshop Facilitation

For fifteen years, the Landon Pearson Centre for the Study of Childhood and Children's Rights has designed and supported workshops to create spaces for children and young people to explore their unique perspectives and experiences, while providing the opportunity to share specific recommendations and input related to a children's rights topic. Following each workshop, the voices of the participants are consolidated into a report. Landon Pearson has made it her priority to ensure that these reports reach the hands of the 'movers' including the Child Rights Academic Network. At the end of each conference, the participants are invited to provide recommendations for the theme of next year's STM.



STM 2022 OVERVIEW

On November 19-20, 2022, in partnership with the Landon Pearson Centre for the Study of Childhood and Children's Rights and Carleton University, the School of Child and Youth Care at Toronto Metropolitan University (TMU) conducted a two-day virtual conference for young people across Canada. This was TMU's third virtual STM workshop, which included growing national representation of our participants.

Highlights from the conference include: a teaching led by Elder Joanne Dallaire from Toronto Metropolitan University; an introduction from the Hon. Landon Pearson, at what would be her final Shaking the Movers event; as well as plenary sessions led by dynamic guest speakers, including a past participant of multiple STM events. Prior to the conference, participants choose a thematic group that they then participated in during both days. In these smaller groups, participants had the opportunity to focus on particular components of a world fit for children. On both days of the conference, the thematic groups provided short presentations to the larger group on their experiences and learning. These presentations informed a rich dialogue between the participants and adult advocates.

As the realities of life have rapidly shifted for children throughout the 21st century, the general lack of respect for young people's capacity to contribute to social life has remained constant. STM was an opportunity for our participants to participate meaningfully through the sharing of their lived experiences and co-production of novel solutions. The young people were incredibly impressive in terms of their valuable, wise, and unique perspectives, and enthusiasm for contributing to social change. After the two afternoon sessions, all participants, young and old(er), were left energized and better informed of each other's experiences and knowledges. This report serves to carry forward the recommendations, contributions, and experiences of the young people who participated in this year's STM. It is clear, that if adults were to engage, children and young people are ready to create a world fit of us all.

FEATURES OF STM AT TMU

Virtual Location & Timing

Our STM event was once again conducted virtually using the Zoom platform. This decision was made in light of ongoing efforts to mitigate the spread of COVID-19 within our community. The online format also enabled our priority of accessibility for many young people located elsewhere in the country, and has allowed the conference organizers to redirect budgetary resources to honoraria for youth participants. We organized our sessions in the afternoons in Eastern Standard Time, to maximize participation of young people no matter what their time zone is. Having two afternoons advanced our relational work together and the development of the participants' recommendations.

Recruitment/Outreach of Participants

Recruitment for STM occurred by email, virtually, as well as through community contacts. Many of the young people learned about the STM conference through educators, peers, or facilitators. Through partnership building and recruitment, several youth from the organization CanU Canada, located in Winnipeg, Manitoba, attended the STM conference. All youth participants registered online through Google Forms and were encouraged to recruit their peers to join the conference. The recruitment process led to the registration of 57 participants, with 28 participants being present over the two sessions. The organizing team recognizes the need for further strategies to decrease the high attrition rate between registration and the event itself.

In the spirit of meeting young people where they are at, the STM planning team pursued a communications and outreach strategy that heavily leaned into social media, including Instagram, TikTok, Linktree, and YouTube. Please see the appendix for featured posts and click on the embedded links for more.

Recruitment was also inclusive of strategies to keep participants engaged. This included a strategy to email participants weekly with content on the overarching conference theme, sub-themes of the conference, call and response activities (including sharing music to be added to our STM 2022 playlist), and reminders to submit necessary forms.

About the Youth Participants

As the conference was online, participation was not limited to young people in the Greater Toronto Area (GTA) as in previous in-person years. Therefore, we had participants from across Ontario as well as many participants from Manitoba and British Columbia. The young people who attended ranged from ages 13-19, all with diverse cultural backgrounds and lived experiences.

FEATURES OF STM

Informed Consent & STM Video

In advance of the conference, each participant was provided written consent to consider before participating. This included consent to having their narratives and pictures shared throughout this report and within the accompanying video ([please view here](#)). Throughout the conference, facilitators ensured that the participants were continually informed of their rights to privacy and confidentiality as participants of STM. In addition, participants were encouraged to share their perspectives in the format that best suited their comfort level including through chat box, emojis, and/or participating orally using their microphone.

Introduction to Student Facilitators

The small group discussions and activities of this year's STM workshop were organized and facilitated by undergraduate students from the School of Child and Youth Care at Toronto Metropolitan University. Students of the Advanced Group Work course held the Student Facilitator roles. In preparing for this important role, each student spent several weeks in class learning about strategies of youth engagement and processes of group facilitation with young people. The students identified and developed the five workshop themes and organized themselves into separate groups. The students used their youth engagement skills and their understanding of the processes of group facilitation to engage the young people in meaningful conversations and activities in relation to reviewing and providing recommendations for a new 'A World Fit For Us' document.

CYC Children's Rights Class

Involvement of students in TMU's School of Child and Youth Care Children's Rights course is a staple of Toronto's Shaking the Movers conferences. This year, informative and creative 5-minute videos were created and presented by TMU's Children's Rights class prior to the conference. At the beginning of the conference, all participants were introduced to children's rights with a 5-minute video about the UN Convention on the Rights of the Child. Then they had a different thematic video to support their discussions about their chosen advocacy theme in their small online breakout groups. These videos helped provide the foundations for Shaking the Movers discussions.

FEATURES OF STM

Graphic Facilitation

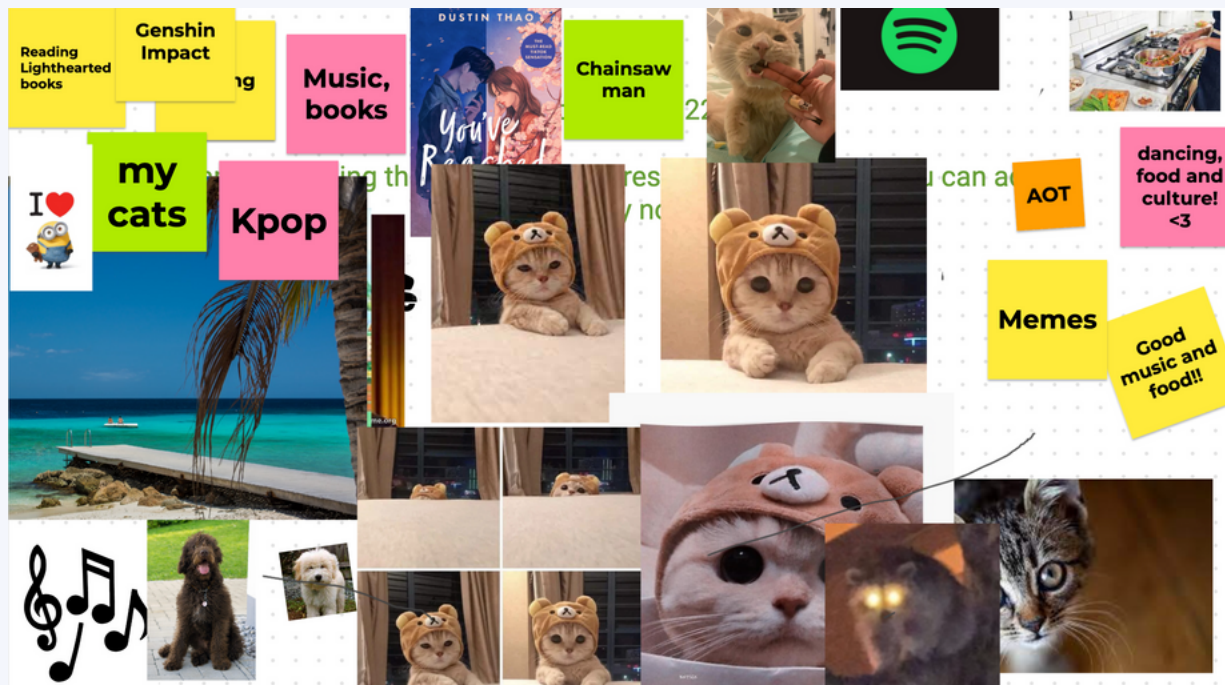
On day 2, a graphic facilitator joined the conference to produce a visual representation of the young people's valuable ideas and contributions. Our graphic facilitator did a wonderful job of listening to the participants and supported the articulation of their ideas. It was a pleasure to view the graphic being formed in real time! The result of this work is displayed as the image on the title page of this report.

Communications Strategy

Our planning team used lessons learned from previous years to improve our communications strategy. This included having centralized documents to onboard new planning team members including account passwords, schedules to brainstorm and email/post content, and contact lists. We used email, instagram, tik tok, and linktree to stay updated and engaged with registrants past and present (see appendix).

Day 1 Icebreaker

"Share something that represents who you are"



THEMATIC BREAKOUT GROUPS

STM 2022 was an opportunity to reflect on the past, while envisioning a better future. This was enabled with this year's workshop theme: '*A World Fit For Us*'. Our participants were tasked with reviewing the original '*A World Fit For Us*' document, drafted by an international delegation of children and young people in 2002. This presented an opportunity for our youth participants to consider the relevance of previously identified issues impacting young people, while using their lived experiences to consider contemporary barriers to their rights and wellbeing. Participants were provided the opportunity to choose one out of five possible thematic streams for their small group work:

- 1) A world fit for all gender identities
- 2) A world fit for meaningful education
- 3) A world fit for environmental sustainability
- 4) A world fit for mental and physical wellbeing
- 5) A world fit for children and young people online

In exploring these thematic streams, the youth participants found that many similar barriers exist, 20 years later, to the creation of a world fit for children and young people. Further, they discovered novel barriers experienced by today's children and young people, fuelled by the rapid evolution of digital technologies, rapidly shifting social and political movements, and the threat of climate crisis.

Beyond the recognition of barriers to wellbeing, the youth participants sought to inspire hope and change. This was exemplified by their efforts to craft new 'we see' statements, aimed to spur on the momentum of change introduced by '*A World Fit For Us*' 20 years ago. These contributions are detailed later in this report.

**"WE ARE NOT THE SOURCES OF PROBLEMS;
WE ARE THE RESOURCES THAT ARE
NEEDED TO SOLVE THEM"**

- A WORLD FIT FOR US (2002)

WELCOME FROM ELDER JOANNE DALLAIRE

To open this year's conference, we were honoured to have our University's Elder, Joanne Dallaire, lend her intelligence and energy. If we were in person, we would have intended to pass on tobacco as a gift of appreciation for Elder Dallaire's willingness to teach and share wisdom. See the report 'Appendix' for the full transcript of Elder Dallaire's excellent opening. Among her comments, she said:

"This country is built on the courage of its individuals.

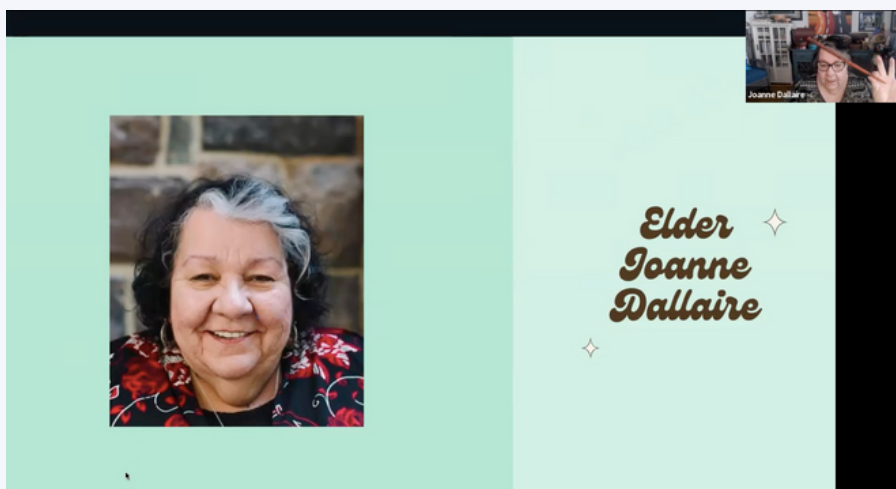
We can all feel like we're inside a box. There's certain expectations that we might resonate with. I say push! Push and push until the sides give. We can make change, but a lot of the time it's one step forward and two steps back. Don't let that discourage you. Part of the human condition is that we try and learn from trial and error.

Please remember that discourse, sometimes called arguments, are not a sign that someone is wrong. Remember that we all have different perceptions of life, and lead with this belief. We must lead with this desire to be part of a better world for everyone!

Go through these next few days, just continue to fill up in the basket your information, your medicine bag, whatever you want to call it, with all the pearls of stories that you will create here. Be aware of how you can be impacted by your surroundings and what people say, and vice versa. Please know, if we want the ability to be an individual to love and be who we are, to work and be accepted for who we are, we believe what we want to believe, we must offer that for everyone. There's room in this world. We're diverse individuals thinking for all, focused on the entire outcome."

"Every step that you take is a planting of a purpose, every thought that we want to bring to fruition is a seed that we are planting. We will plant many seeds in our lifetime, and for most, we will never even know if they grow.

We may not always see the benefits of what we are doing, but it is so important for the next generations."

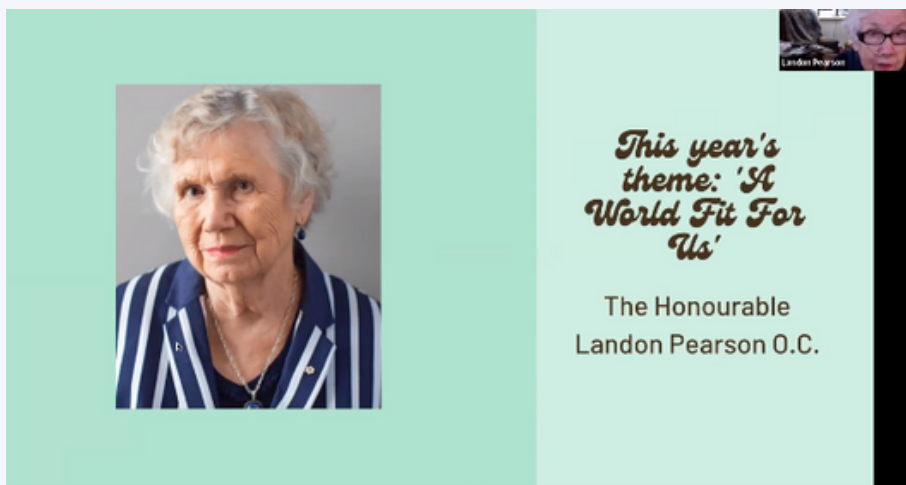


WELCOME FROM HON. LANDON PEARSON

To welcome this year's conference and introduce the theme, we were honoured to have the Hon. Landon Pearson lend her wit and wisdom. See the report 'Appendix' for the full transcript of Landon's excellent welcome. Among her comments, she said:

"Twenty years ago, this past May, most of the nations of the world sent high level delegates to New York to take stock of the progress made since the World Summit on Children, which had taken place in 1990. Actually, the messages were quite positive, a lot of progress had been made. About health, education, child labour, and where possible, children in armed conflict. A great deal of effort was made to prepare a document that could be adopted by all of the countries, in a resolution, and it was called 'A World Fit For Children'.

Unfortunately, the promises of 'A World Fit For Us' were thrown off by 9/11. Most of you, I think, on this call were not even born by 9/11. Though some of your facilitators were. But when political priorities changed to the war on terrorism, the priority on children more or less vanished. But now we see a very different world. One that we would like you to look at, help us sort out what are the new priorities for children and youth, and how to address them. It's clear that neither climate change nor the social media revolution was envisaged by a "World Fit For Us". The section on HIV/AIDS can be replaced by one on the pandemic, and how we prepare for the next one. Violence against children has been exacerbated by the lockdowns, education was fully impacted, family impacted over the past couple years - augmenting mental health issues. Unnecessary armed conflict is taking place in Ukraine, and children in Africa are real victims of crisis. Are we doing enough to respond to their concerns?"



"They spent a couple of days drafting 'A World Fit For Us', in which they said "we are not the problem, we are the solution". And so you are."

AGENDA - DAY 1

NOVEMBER 19, 1:00 PM - 4:00 PM (EST)

Activity	Time
Shaking the Movers Waiting Room Opens on Zoom! <ul style="list-style-type: none"> • Test out your camera and microphone • Read the welcome activity list 	12:45pm - 1:00pm
Introduction + Welcome to Shaking the Movers <ul style="list-style-type: none"> • Conference Welcome - Elder Joanne Dallaire • Introduction to the Theme - Hon. Landon Pearson 	1:00pm - 1:40pm
Plenary #1 + Q&A - Kyrstin Dumont	1:40pm - 2:05pm
Break-Out Thematic Groups <ul style="list-style-type: none"> • Group discussions on the general and specific problems within your theme • Creation of presentations on your discussion 	2:05pm - 3:05pm
Stretch + Refresh (Break)	3:05pm - 3:10pm
Youth Presentations <ul style="list-style-type: none"> • Group presentations to report on your collective learning 	3:10pm - 3:40pm
Debrief + Closing <ul style="list-style-type: none"> • Feedback for presentations + preparation for Sunday • Closing activity 	3:40pm - 4:00pm

AGENDA - DAY 2

NOVEMBER 20, 1:00 PM - 4:00 PM (EST)

Activity	Time
Shaking the Movers Waiting Room Opens on Zoom! <ul style="list-style-type: none"> • Test out your camera and microphone • Read the welcome activity list 	12:45pm - 1:00pm
Welcome Back! <ul style="list-style-type: none"> • Opening activities 	1:00pm - 1:20pm
Plenary #2 + Q&A - Divya Sharma	1:20pm - 1:45pm
Break-Out Thematic Groups <ul style="list-style-type: none"> • Group discussions on the general and specific problems within your theme • Creation of presentations on your discussion 	1:45pm - 2:55pm
Stretch + Refresh (Break)	2:55pm - 3:05pm
Youth Presentations <ul style="list-style-type: none"> • Group presentations to report on your collective learning 	3:05pm - 3:35pm
Debrief + Closing <ul style="list-style-type: none"> • Feedback for presentations • Closing activity 	3:35pm - 4:00pm
Optional Activities <ul style="list-style-type: none"> • STM is welcoming you to stay for a short period of time, to share your personal opinions/thoughts/ideas on the challenges young people are facing in relation to advocacy efforts • If you would like to be interviewed/share more, please feel free to join for the optional time 	4:00pm - 4:30pm

PLENARY SPEAKER - KYRSTIN DUMONT

SECURITY AND ACCESS NEEDS OF CHILDREN AND YOUNG PEOPLE

Kyrstin Dumont is a passionate, caring young woman and a proud band member of the Algonquins of Kitigan Zibi. She has been awarded 3 times for her work within and outside of the Indigenous communities.

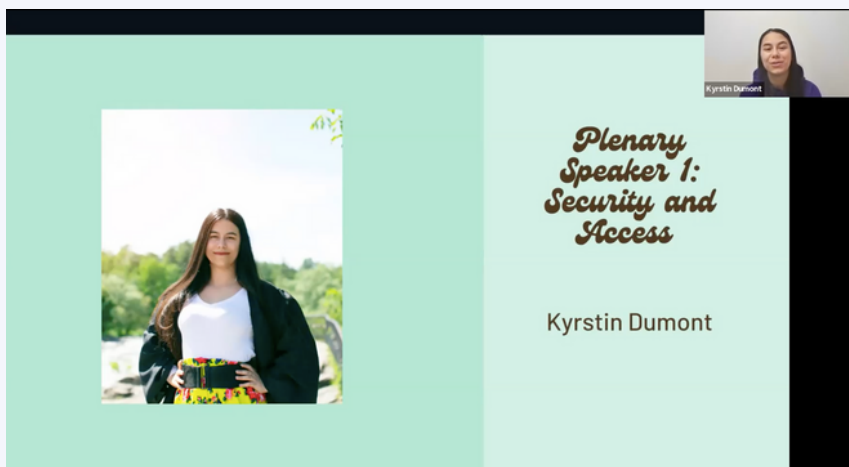
Kyrstin has won the CBC Trailblazer award, the June Girvan award as well as the Youth Ottawa RBC Spirit of the Capital Take A Stand award. She has taken part in sacred walks to protect the water and has spoken on Parliament Hill about climate justice and human rights. In addition, she has spoken in the House of Commons about the missing and murdered Indigenous women and girls genocide within Canada.

Kyrstin has worked with organizations, churches and schools such as the Ottawa Catholic and Carleton School Boards, Project of Hearts, the Child Welfare League, UNICEF Canada, the Kitchissippi church, and the Woodroffe church while pursuing her post-secondary education. Kyrstin works as a strong role model for other students who have fallen through the cracks of mainstream colonial education systems.

She is an advocate, an educator, and a mentor to her family and community alike.

"Growing up, you hear that young people are the leaders of tomorrow. But a lot of the time when that statement is made, it's incorrect because we are the leaders of today."

We are the people that are fighting to ensure that our loved ones now and in the future, will be able to live in an equitable and safe and welcoming space"



PLENARY SPEAKER - KYRSTIN DUMONT

SECURITY AND ACCESS NEEDS OF CHILDREN AND YOUNG PEOPLE

Among her comments, Kyrstin said:

- When we think about inequitable security and access for rights of children and young people, we need to think about how this both impacts us personally, but how this impacts the many generations that will come after us.
- I've learned throughout my life that there are many different ways to gauge people, and many different ways to frame issues that are most important to us. It can be from speaking on a statistical basis, where facts are very prominent to speaking more from the heart and from personal experiences. From what I have understood through my lifetime, is that sometimes we need to gauge the audience and understand the kinds of people that we're going to be speaking to.
- Growing up, you hear that young people are the leaders of tomorrow. But a lot of the time when that statement is made, it's incorrect because we are the leaders of today.
- We are the people that are fighting to ensure that our loved ones now and in the future, will be able to live in an equitable and safe and welcoming space
- You need to remind yourself that you are so much more than the environment that you come from. And this is why it's so important to understand how to engage with other environments around you.
- Again, this can all be done through family, through friendship, through school, through community, through the kinship.
- You and I, all of us are now sharing here together that knowledge that we are accumulating through events like these, through discussion circles, through opportunities like this one, we are creating spaces where we can amplify and uplift each other, but also speak passionately and proudly about what matters most to us is how we will create historical change within our communities, within our cities and within our country.

"We are creating spaces where we can amplify and uplift each other, but also speak passionately and proudly about what matters most to us is how we will create historical change within our communities, within our cities and within our country"

PLENARY SPEAKER - DIVYA SHARMA

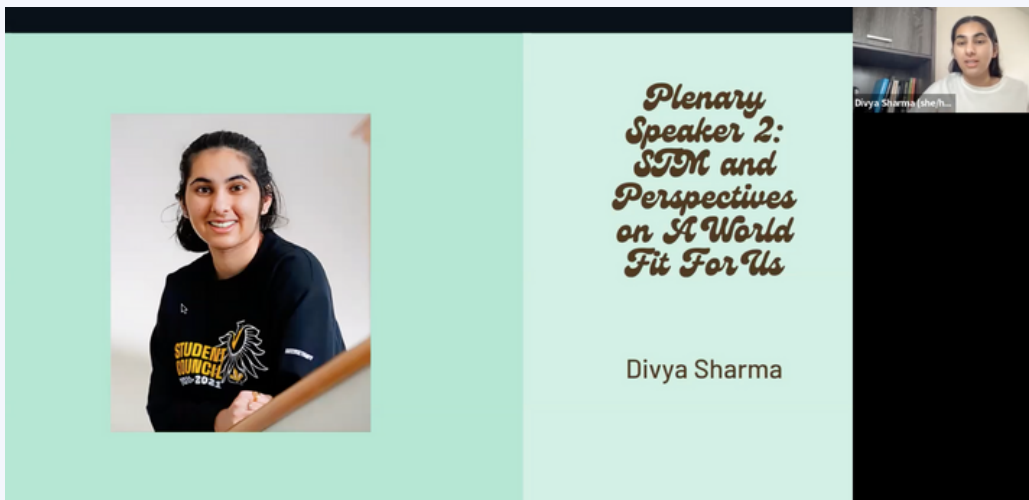
STM AND PERSPECTIVES ON A WORLD FIT FOR US

Divya Sharma is a determined and driven young woman with a passion for giving back to our community. Highly involved and experienced with community engagement, the public and non-profit sector, government, and student politics in addition to being the youngest member of the Manitoba Council for International Cooperation Board, Asian Women of Winnipeg Board, Winnipeg Women's Conference Committee, Model UN Winnipeg Organizing Committee, and CanU Stories Gala Committee.

Divya has been a participant at Shaking The Movers for 2 years and has had the opportunity to work closely with Professor Tara Collins to reflect on the world around her. She is excited to return as a keynote speaker! Sharma aims to promote Indigenous Reconciliation, youth involvement and diversity through sharing her skills in leadership, public speaking, budgeting, and strategic planning to build strong communities for all.

"Youth are not only the next generation but the change we aspire to see today."

"But after attending Shaking the Movers and being in contact with Professor Collins, Annabelle, Steven, and so many others who have led this movement, along with the youth that I was able to form connections with, it becomes more and more clear to me every single day that you do have a place in the world. We do have the power to influence, change and policies, and so much more."



PLENARY SPEAKER - DIVYA SHARMA

STM AND PERSPECTIVES ON A WORLD FIT FOR US

Among her comments, Divya said:

- I was introduced to Shaking the Movers, where I realized the importance of youth, voice, and what that means in a world where we live in.
- We just did an activity where we were asked: "Do you think we live in a world fit for young people?" and a lot of people said no.
- In my opinion, I believe that we do live in a world that's for youth, because there's so much problem solving that needs to happen. And I think we are ready to take on the world. There's so many different perspectives that you all bring to the table, and I'm really curious to hear some of the perspectives of the people that did say no. And you know, two years ago, before attending Shaking the Movers, I would have had a similar opinion where I would have thought, you know the world isn't fit for youth, because voices aren't heard. Oftentimes you have so much to say on complicated issues related to policy, government, climate change, and so much more. But after attending Shaking the Movers and being in contact with Professor Collins, Annabelle, Steven, and so many others who have led this movement, along with the youth that I was able to form connections with, it becomes more and more clear to me every single day that you do have a place in the world. We do have the power to influence, change and policies, and so much more.

- Once again before attending Shaking the Movers, I sometimes had trouble articulating my ideas to adults, where I would think that they had a difference of opinion, and I would hear some adults say that climate change isn't it a real thing, and all of these different opinions. And once again people have different reasons for believing what they believe. But having allies as adults is very, very crucial. I think that's another aspect of what Shaking the Movers has to offer where we do have educated adults in the room who are willing to listen to us who are here to take notes.
- We are the generation that's going to help. The generation that comes after us and really building upon what we are able to do is once again very, very important and sort of tying all this together. I'm so thankful that Shaking the Movers is a place where all these ideas can be easily talked about. There's avenues, there's different streams that are put in place, so these ideas are acknowledged and put together in various avenues.

"I believe that we do live in a world that's for for youth, because there's so much problem solving that needs to happen. And I think we are ready to take on the world."

YOUTH INSIGHTS

DAY 1 - WHAT WE SEE AS A WORLD FIT FOR US

On Day 1, the breakout groups explored their theme in the context of the 'A World Fit For Us' document. They identified what was still relevant and what novel aspects needed to be articulated. Groups were encouraged to form a 'We See' statement that reflected their understanding of a world fit for children in 2022.

A WORLD FIT FOR ALL GENDER IDENTITIES

- As youth, we are here to make a world fit for all gender identities.
- The Canadian government is responsible to educate parents, as outlined in the UNCRC.
- State parties have legal responsibilities, this includes making a world fit for all gender identities.
- Pronouns are important!
- There is a great amount of youth advocacy that is being cultivated on this issue.
- Young people are always having to explain themselves to people who don't understand. Other generations need to be educated!
- This generation is experiencing so much change, people don't always understand.

A WORLD FIT FOR MEANINGFUL EDUCATION

- It would be helpful to have smaller class sizes. This would give teachers an opportunity to assist students with different learning styles.
- The 'We See' statements from 20 years ago remain true.
- We need equality spread across, race, gender, and education.
- No young person should be left out or segregated no matter how they identify - race, gender, religion, or creed.
- Schools need to address issues of homophobia and gender identity.

"Even when parents don't understand, there are communities who can, and who will empower you"

YOUTH INSIGHTS

DAY 1 - WHAT WE SEE AS A WORLD FIT FOR US

A WORLD FIT FOR ENVIRONMENTAL SUSTAINABILITY

- There is not enough awareness about environmental sustainability.
- There hasn't been media representation about sustainability of the environment. There has been a lot of avoidance of decisive action.
- The government has not sufficiently addressed the conservation of the environment. There are policies and laws, but not enough direct action.
- People who can help sustain the environment, such as Indigenous Peoples, don't receive necessary support.
- Indigenous people continue to experience a lack of clean drinking water.
- A lot of what was said 20 years ago, is still important.
- But what we see as more necessary, is how people can contribute to environmental sustainability as a whole.
- It should be included in the school curriculum.
- Individuals, corporations, and government should be held accountable for their impact on the environment - this begins at an individual level.

"Children need to be aware of their rights to live in a favourable environment - they have the ability to make a difference"

YOUTH INSIGHTS

DAY 1 - WHAT WE SEE AS A WORLD FIT FOR US

A WORLD FIT FOR MENTAL AND PHYSICAL WELLBEING

- There needs to be a greater awareness of the responsibilities that the government has.
- Children need to have access to things such as food, water, transportation, winter clothes.
- As compared to 20 years ago, social media is a new threat to mental wellbeing.
- It is surprising how many issues remain after 20 years - why is poverty still so prevalent?



YOUTH INSIGHTS

DAY 1 - WHAT WE SEE AS A WORLD FIT FOR US

A WORLD FIT FOR YOUNG PEOPLE ONLINE

- **WE SEE:** A world fit for young people with more advocacy of their rights online
- This means standing up for people and spreading important information, because we can all make an impact and have a voice.
- Need to be safe on the internet, which includes being aware of scams and misinformation. You need to know how to fact check any information you see.
- You need to pick strong passwords to keep yourself safe, don't share your location on the internet.
- Overall, be careful about what you post and how you interact with others.
- Have a safe person you can talk to - look after yourself and others.

Welcome to our World Fit for Young People Online Session! 😊

Shake The Movers 2022

REMEMBER KIDS
DON'T GIVE YOUR INFORMATION TO STRANGERS ON THE INTERNET OR STRANGERS ANYWHERE!

GOVERNMENT WARNING ON MONITORING ACTIVITIES
I USE INCOGNITO MODE!

THE INTERNET IS A SCARY PLACE
LEARN HOW TO STAY SAFE

Choosing strong passwords

Learn how to protect yourself

Keeping personal information to yourself

This is Bill.
Bill is on Facebook.
Bill notices his friends sharing posts promising \$500.
Bill knows it's too good to be true.
Be Smart.
Be like Bill.

What comes to mind when you think of a World Fit for Youth ONLINE?

SO YOU'RE TELLING ME
YOU STILL HAVEN'T CHANGED FACEBOOK'S PRIVACY SETTINGS?

Tell a trusted person if something unsafe happens

Being careful of what you post

Being aware of fake websites and scams

Being careful of online relationships

Not clicking links you don't know

Not sharing location

Being aware of misinformation

Never click on any unknown "You's"
It can foul up your computer...and you!

YOUTH INSIGHTS

DAY 2 - WHAT WE NEED TO MAKE IT HAPPEN

On day 2, the breakout groups discussed how to bring their 'We See' statements to fruition. What is already happening to make this a world fit for children? How can we support our communities to create positive change?

A WORLD FIT FOR ALL GENDER IDENTITIES

- We discussed TED talks and how they can be so inspiring when on a topic you also feel passionate about, or one you've never heard more about.
- There's going to be so much things people are going to experience in this world, and no matter what, don't let those things stop you from doing what you love.
- I experience so much things that cause me depression, and so much things, especially like trauma. But I didn't let that stop me from being who I am. Now, I'm like a waiting for different person now, because I taught myself how to be strong. I taught myself how to continue as a strong going person, and I'm still doing that today. And so I just really wanted to say that because it's really an important message that I think should be spread around. So thank you guys!

A WORLD FIT FOR MEANINGFUL EDUCATION

- More resources are so important!
- It's common for students with more energy/voice are given more attention. We want to see teachers and schools helping quieter students.
- We discussed how it's common to see posters and content in schools around really extreme situations like suicide and anxiety. These things are important of course, but can be assuming the worst. Perhaps more resources on the day to day academic support would be useful!
- We also know that our teachers are often doing their best, and hope that they have a way to speak to the principal to learn more about resources, both to support students mentally as well as academically.
- The virtual experience of the pandemic was kind of an advantage in some ways that we know that we can offer things virtually, and we can accommodate for things like students being absent or sick. How can we learn and continue to support in these ways?

"No matter what you go through, no matter the darkness, you always come out shining bright"

YOUTH INSIGHTS

DAY 2 - WHAT WE NEED TO MAKE IT HAPPEN

A WORLD FIT FOR ENVIRONMENTAL SUSTAINABILITY

- We see a world where there is accountability and acknowledgment around sustainability in the environment, and also where individuals can become more educated and bring more awareness on the topic.
- There has been some representation by the media, and also amazing groups are working towards this like some groups of people have carried out protests to bring more awareness to this. But since we can't like necessarily create that, we need to start from like from small steps I guess.
- So like there is a lot of importance in instilling a belief in people that change could be made!
- We also discussed reasonable changes in our communities: planting flowers and gardens on the sidewalks would mean that these areas would be taken care of, and also encourage people to walk more. We know from time in lockdown during the pandemic that a walk was such a great way to connect to nature.

A WORLD FIT FOR MENTAL AND PHYSICAL WELLBEING

- During the pandemic we can all agree that our experiences of mental and physical health were amplified...wellness makes a difference when it is a lifeline in the pandemic.
- Therapy is not commonly covered by OHIP [Ontario Health Insurance Plan], and that's considering if you are a Canadian citizen.
- We understand that mental and physical wellbeing is commonly attached to what schools are doing. School is where life unfolds for young people! Two birds with one stone could be achieved if all these needs were collected and acted on.
- If a school cannot provide these services, it can be tricky to expect families to take this on. Lots of parents were struggling with their own mental health especially if they lost their jobs or got sick. This really emphasizes that the needs of children are so important to be met by multiple sources.

***"Small changes matter.
Any change matters"***

YOUTH INSIGHTS

DAY 2 - WHAT WE NEED TO MAKE IT HAPPEN

A WORLD FIT FOR YOUNG PEOPLE ONLINE

- We're committed to raising awareness for the dangers online, so that people do not accidentally end up on a part of the Internet that would compromise their safety. This may include spending less time online, so that we ensure not to run into content outside of our comfort or interest zone.
- If we are more intentional about our online use, then it's less likely that we might find those things that we were ready for, or that aren't intentional for us.
- As a person who experienced lots of things being online, less than amazing things, I want younger kids to have strict guidelines when signing up for accounts on apps, time limits, trigger warnings, resources for further research, all this and more!
- Being online and the topics being discussed on there can be completely different to what your family talks about on a daily basis. This can be because of age or culture or more. It is valid to have resources for your own knowledge, but having those uncomfortable conversations and removing a little bit of that shame and a little bit of that, like taboo nature of things that happen online will be really helpful in highlighting the dangers in like a real way and the realities of being online.

"I think that it's really admirable that you have kind of found that strength to kind of support yourself and get yourself through things. And I think that's amazing. And I think that it's a really great example for your peers to kind of like aspire to do the same, or if they have done the same. But I think, as young people, it's also fair for you folks to expect support from adults and from like the folks who are in like service roles.

You're still figuring things out, and it's our job to support you through that, and to facilitate and to guide you and I. I don't think it's unfair of you to expect support for those things, either as important as it is to kind of have that strength and to be independent. I think that both of those things can exist at the same time"

POST INTERVIEWS

At the end of the second afternoon, the participants were given the opportunity to be interviewed by facilitators for closing remarks about creating a world fit for children and young people. The following are the questions that were posed to the young people and their responses:

Young people really work with what we have at hand. That being said, we need more tools, more opportunities to fully maximize our potential to be who you need to be and want to be.

Q: After participating in this year's Shaking the Movers conference, what ideas about a 'World Fit For Us' stand out to you?

A lot of these issues existed back then. The kids who wrote the original document are now adults and are hopefully continuing to fight. We also have a role to advocate for future generations as well, especially with new issues like safety online.

Even as we talk about these important issues, there is still a lot of lack of work and in fact hypocrisy. It is important for our politicians to be accountable, and for us as citizens and often settlers to reflect on how colonization and capitalism might engrain systemic ideas into us all.

Q: What do you think are currently the most significant barriers to a world fit for all children and young people? Who is responsible for removing these barriers?

A barrier is being heard and actually listened to. It is important for adult allies to advocate for us!

POST INTERVIEWS

I can advocate by listening to others and uplifting actions that might already be in motion. I can also reflect on my own privileges, like being able to go to school safely.

Q: How can you contribute to a world fit for all people? What are your next steps to follow-up on this inspiration?

Being part of the alumni network for Shaking The Movers and talking with Divya and Kyrstin. I'm glad that there are ways to hear about events and ways to get involved.

Sharing opinions about what we believe and not leaving anything else. We should definitely bring it up and fill the small gaps. We see things differently from adults. Adults may think that nothing needs to be fixed or does it? Differences of opinions sharing anything that comes to our mind is the key.

Q: How do you think adults, children, and young people can work together to create a world fit for all children and young people?

All the older people were friendly, talkative, and had something kind and encouraging to say.

POST INTERVIEWS

It was awesome to meet and hear from people who live in different provinces.

I really liked when people cheered me on after I shared some ideas.

Q: What was the most impactful part of the conference for you?

For me, how comfortable everyone was, everyone felt welcomed. Teaching others what to do and what not to do. Heartwarming for me. On the second day everyone felt so connected and so free. If other people would put their voices out, more out to the conversations would have been even better, more natural!

It would be awesome if everyone was as comfortable as possible to share their thoughts and ideas. I get that it can be intimidating to speak to a large group though.

Smaller group if possible. This can make stronger connection with students in the room.

Q: Do you have any suggestions or recommendations for next year's Shaking the Movers?

ACKNOWLEDGEMENTS

Shaking the Movers 2022 was an incredible experience, thanks to the participation of various stakeholders. The organizing team is indebted to meaningful contributions from Elder Joanne Dallaire, the Hon. Landon Pearson, Dr. Judy Finlay, our plenary speakers Kyrstin Dumont and Divya Sharma, as well as students from CYC 602 and CYC 807. We are also grateful to all who assisted in recruiting efforts, including Steven and Britney from CanU.

Shaking the Movers would not be the special experience that is without the enthusiastic participation of our conference participants who made this a memorable and important event. We are inspired by the social awareness and creativity displayed by all the STM participants. They meaningfully identified barriers to a world fit for children and contributed creative calls to action. Thank you for entrusting us with your valuable free time on a weekend! While we hope that our participants learned valuable lessons, we are certain that we have learned an incredible amount throughout STM. This weekend served as a reminder that it is only through intergenerational relationships that we will progress toward a world fit for children.

We would like to thank the School of Child and Youth Care at Toronto Metropolitan University for sponsoring the conference. Of course, we would like to thank the Honourable Landon Pearson and the Landon Pearson Resource Centre for the Study of Childhood and Children's Rights for making this conference possible.

Finally, our participants have been encouraged to stay in touch by joining the Shaking the Movers Alumni Network - the form can be found [here](#). We look forward to another great conference next year and are excited for all the action that will take place until then.

Thank you for reading this report. We hope you have been inspired!

Best,

STM Organizing Team - Dr. Tara Collins, Annabelle De Jesus, Steven Gibson, Emma Banister, Danielle Ruddy, and Melissa Teles

APPENDIX - TRANSCRIPT

Joanne Dallaire Transcript

[Introduces self in Cree]

Welcome everyone. This is always so exciting because you guys are the future. You know, when I think about the future as we're sitting here I think of Canada's unique beginning... and most of the truth about the beginning were held back from us.

I want to just backtrack a little bit on changing the name, and I think it's important that. We remember as we work today, it's going to be reviewed by people in the future. And at the time when the university took on Ryerson's name, he was the big thing (as far as the educational system went)...he was the end all be all.

When I was the co-chair on the Standing Strong Task Force [at TMU], what I learned was how not only was education segregated for the Indigenous it was also segregated for Black people, and also segregated for males and females. It was also segregated for the rich and for the poor. The fact of the matter is that the education system was devised to only educate white males.

All this to say our education system has a very unsettling kind of history, and one we're always going to be challenged with and pushing back against as the system to this day is without balance. We're getting better but we're a long way from where we need to be.

So, as I think of you and your future endeavours, and the things that you may be taking on, you're going to have to pull on the ancestral string, memories, and actions of all of your people, because many of you weren't here as an Indigenous person. A lot of your families came to Canada to run away from persecution, to run away from a system that did not recognize the importance of individuality.

It takes a lot of creation strength to come to another country. We don't know the language. You don't know so many things. It takes incredible courage. So having said that Canada is built on the courage of its citizenship and that's what I want to inspire in all of you today.

You're going to run up against many obstacles, you'll know that at my age, and in the position that I have. We're all inside of a box, you know. There's certain expectations that come with titles, but I say, push sides of the box, push the box and push the box until the sides give.

We can make change, but a lot of time. It's one step forward, two steps back, Don't let...

APPENDIX - TRANSCRIPT

...that discourage you. Part of the human condition is that we try and learn from trial and error. That's why, when we stand up for the first time and fall down as children. We don't give up. We keep trying. I'm trying.

So there is that human spirit to go beyond what is presented in front of you and dream big, don't even stop dreaming. So many people told me I couldn't do this and I couldn't do that. I was Indigenous, I was whatever... And I just kept taking no for an answer, my answer, and lots of times, and said it out loud, because it makes sense for me to do so. But I knew I kept reminding myself and my spirit that I was not going to be confined, and that I could be a part of a better world for everyone.

I believe in icons, iconic things, or whether it's a something that you have, it sits on your desk, a trophy that you have. That reminds you what it is you're working for, what it is you're going towards.

I was talking to someone in my life last week, we were talking about how frustrating things are. That sometimes we just need a magic wand, and I joked I said my magic wand is broken and I can't seem to get it fixed...which led me to think what I have here, this is Hermione's magic wand [points to object on desk].

And so when I'm really frustrated in the meeting. It's on my desk when I'm really frustrated in something where I think Oh, we are going to move beyond this. I hold on to my magic wand, and I remind myself that my ancestors would look at where I am today. Isn't that magical?

Your ancestors probably would look at where you at today as being absolutely magical, because their vision is now your reality, and your vision will become another hopeful reality. Every step that you take, it's a planting of a purpose, every thought that you have. You will plant many seeds, your ideas in a lifetime.

Remember a lot of the work that you're going to be doing you might not see the benefits of it. But what you're doing is so important for those next seven generations that are to come, and what you are doing is a reflection of the seven previous generations within your life, your family, and your community. So remember everything you do is vital, it's energy that you are putting out.

Please remember the discourse or agreement that arguments are not a sign that someone is wrong, in fact there's a lot to be learned. We all have different perceptions..

APPENDIX - TRANSCRIPT

...So, as you go through these next few days, just continue to fill up in the basket, your information, your medicine bag, whatever you want to call it, with all the pearls of information here and be aware of how many who are impacted by your surroundings and what people say. And please know if we want the ability to be an individual, to love and being who we are to work, and we accepted for who we are, to believe what we believe, and we must offer that for everyone.

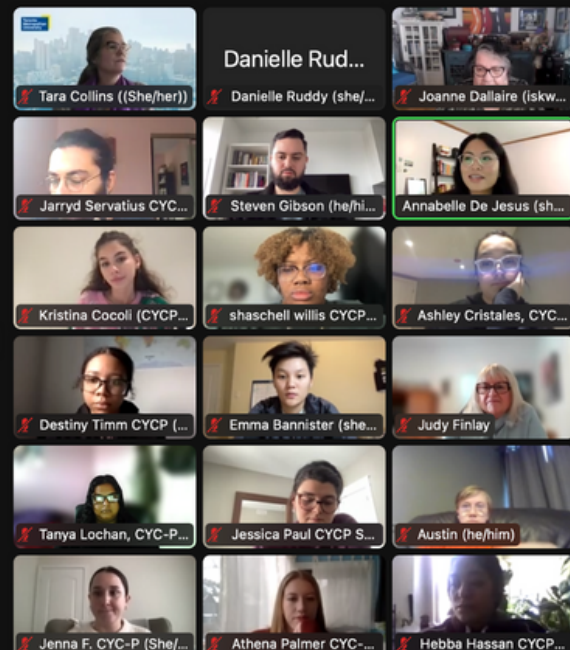
There's room in this world. We're diverse individuals thinking for all, focused on the entire outcome.

I hope you have an amazing two days. If you come out of this, recognizing just how important you are and the footprint that you leave. Thank you very much for taking the time to listen to me and wave your magic wand.

Take care.



*Elder
Joanne
Dallaire* ✨



APPENDIX - TRANSCRIPT

Hon. Landon Pearson Transcript

Welcome all of you who have come to join this event and to share some thoughts with you before you set off. So welcome to Shaking The Movers 2022. I'm delighted to see you joining in, I think from a number of places in the country, it's very exciting, and prepared to engage.

So the theme this year is to take a look at 'A World Fit For Us'. And to talk not only about the new challenges that have emerged over the past twenty years, but also to come up with some considered conclusions, solutions, or at least some ideas about what they could be. Twenty years ago, this past May, most of the nations of the world sent high level delegates to New York to take stock of the progress made since the World Summit on Children, which had taken place in 1990. Actually, the messages were quite positive, a lot of progress had been made. About health, education, child labour, and where possible, children in armed conflict. A great deal of effort was made to prepare a document that could be adopted by all of the countries, in a resolution, and it was called 'A World Fit For Children'. The document was, I think, originally drafted by UNICEF, but Canada was one of the six, so-called, initiating countries that worked hard on it. There were also several preparatory meetings, including one in Jamaica, to which we took young people as an honoured delegation. Because Mr. Chrétien, who had asked me to lead this effort for him, agreed that we should have children and youth on our delegation. This was really important, because otherwise we wouldn't have been able to fund, have funds to transport and house them all... In the end we had six. It was also important because we were one of the first countries to bring children on official delegations, and at the final meeting 102 countries had children on their delegations. And these young people contributed a lot. Including taking part in the drafting session organized by UNICEF and World Vision. They spent a couple of days drafting 'A World Fit For Us', in which they said "we are not the problem, we are the solution". And so you are.

Unfortunately, the promises of 'A World Fit For Us' were thrown off by 9/11. Most of you, I think, on this call were not even born by 9/11. Though some of your facilitators were. But when political priorities changed to the war on terrorism, the priority on children more or less vanished. But now we see a very different world. One that we would like you to look at, help us sort out what are the new priorities for children and youth, and how to address them. It's clear that neither climate change nor the social media revolution was envisaged by a "World Fit For Us". The section on HIV/AIDS can be replaced by one on the pandemic, and how we prepare for the next one. Violence against children has been exacerbated by the lockdowns, education was fully impacted, family impacted over the past couple years - augmenting mental health issues. Unnecessary armed conflict is taking place in Ukraine, and children in Africa are real victims of crisis. Are we doing enough to respond to their concerns?

APPENDIX - COMMUNICATIONS & OUTREACH



Shaking The Movers poster 2022



[Click here](#) to view full conference package, which includes

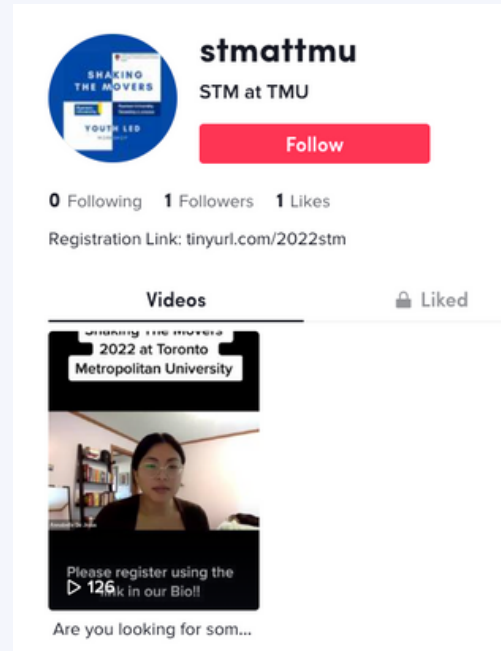
- Welcome video
- Important links
- Welcome letter
- Landon Pearson's Thematic Introduction
- Meet the team
- Meet the plenary speakers
- Conference agenda
- Honorarium and consent form
- Online conference tips and safety

APPENDIX - COMMUNICATIONS & OUTREACH



Link.tree has been a great strategy to create a one-stop shop regarding all news Toronto STM.

[Click here](#) to view in full!



TikTok was a new introduction to our marketing and communications strategy.

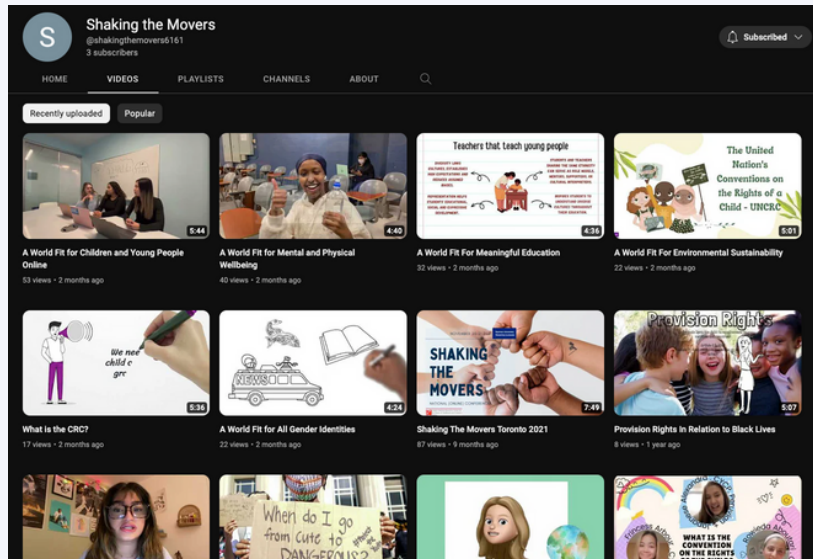
[Click here](#) to view in full!



Participants have supported in creating a change maker playlist!

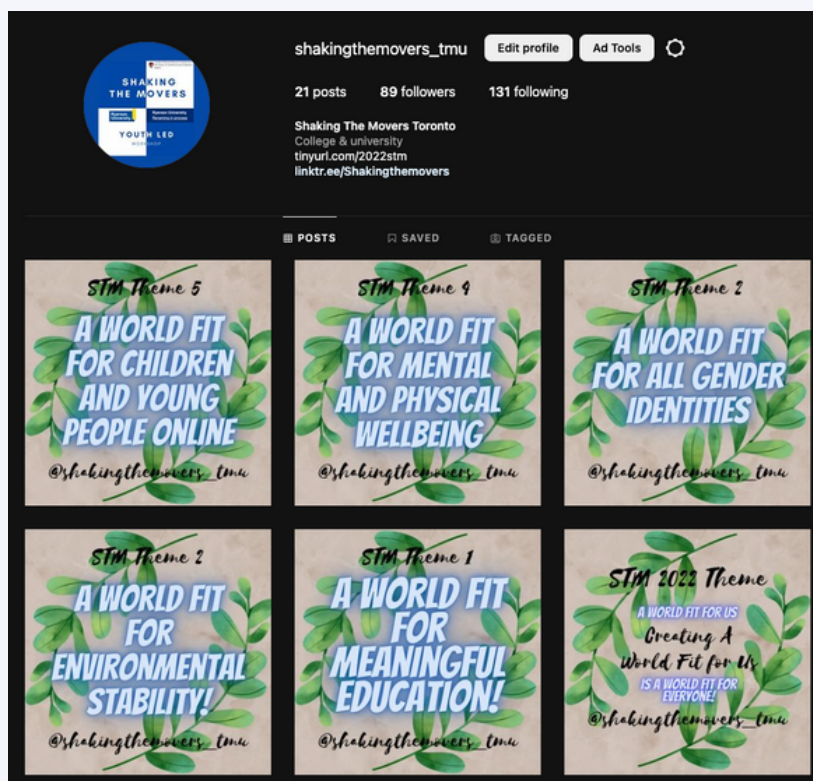
[Click here](#) to listen!

APPENDIX - COMMUNICATIONS & OUTREACH



YouTube is a platform to share all TMU STM-related videos that are long form. For example, this is where our thematic introduction videos (made by CYC students) are uploaded, as well as our STM conference video recaps!

[Click here](#) to view in full!



Instagram is a longstanding platform to keep participants past and present in the loop!

It is helpful as the majority of our updates to participants takes place via email, but a nudge via instagram story helps reiterate a message that might be time sensitive.

[Click here](#) to view in full!

Image Description: A group of diverse teenagers (aged 14-19) at a strike advocating for change in the planet



Shaking The Movers 2022 *A World Fit For Us*

November 19-20th, 2022

1-4 PM EST via Zoom

**KNOW YOUR RIGHTS, SHARE YOUR
EXPERIENCES, ADVOCATE AND CREATE A
WORLD FIT FOR US!**

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