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Self-reflection Quiz

Before you apply for LEVEL's Youth Policy Program, we wanted to provide some guiding questions to help you understand the program in greater detail to inform your decision.

Is YPP for me?

Thank you for considering YPP. Over the years, we've learned a lot from past YPP participants including what has helped them on their respective public policy journeys.

We believe in investing in the leadership capacity of Indigenous and racialized immigrant and refugee youth to empower youth voices. As you consider applying, we've put together a few reflection questions that might help you determine if YPP is right for you, and if this is the right time to participate. If you're looking for a more general FAQ page, head over [here](#).

- **Do you identify as a youth (aged 19-29) who is Indigenous, a Racialized Immigrant, or a Refugee?**

YPP is an opportunity specifically and intentionally for self-identifying Indigenous, racialized immigrant, and refugee youth. We invite you to reflect on how your identities align with these identities and how your unique lived experiences shape your perspectives, and contribute to the learning of other participants, and program.

We encourage you to think about the ways you hold power over others, some examples might include your identities, knowledge, experiences, and confidence navigating systems. When you hold power over others, do you lift those around you up? In what ways?

- **Can you identify the communities you have connections to? What might they look like?**

In YPP, identity and relationships with community are a core part of what drives systems change in relation to policy. Understanding one's identity, the communities you belong to is vital for effective self-advocacy within these communities



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- **Whose support do you need? How will you ask your communities to be there for you?**

In the spirit of reciprocity, honoring both you and the multiple folks who make this good work possible, including Elders, Faculty, Community Advisors, Partners, Community Champions, and fellow participants, it is important to know that there is a level of commitment required of the participants to be successful in this program. Learn more about our elders, faculty, advisors... [here](#).

- **How will you commit to participating in all the modules, assignments, meetings and deliverables?**

YPP is a time and community commitment. Participating in YPP means you'll be dedicating approximately 150 hours (about 6 and a half days) over a 6-month period. From there you may take additional time to refine and design your policy ask. [See how our previous participants have influenced change](#).

With this time and community commitment in mind, how will you manage your ongoing commitments and other priorities that may come up? There are accommodations and other supports available, be sure to check them out [here in our FAQ](#).

- **What is your capacity to show up in complexity? Are you open to navigating potential challenges and discomforts that may arise when working to influence policy change, while still embracing opportunities for growth and impact?**

YPP is focused on supporting you to strengthen your interest in and capacity to influence policy change at multiple levels of government and in your communities.

YPP is an opportunity to be together in spaces where you have the potential to impact policy change. We acknowledge that those spaces can be difficult, uncomfortable, harmful, or take emotional labor to navigate.

We hope your answers to the questions above provide you with the information you need to decide if YPP is right for you in this season of your life. Still not sure? Check out our [FAQ](#) for more program and [eligibility details](#).



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DROP-IN OFFICE HOURS

If you would like to ask a question, we invite you to drop into one of the three office hours we'll be holding (or attend all if other questions pop up for you). RSVPs are not required – just drop in and out whenever it works for you!

- Wednesday, Oct. 25 from noon to 1pm PT
- Thursday, Nov. 2 from noon to 1pm PT
- Wednesday, Nov. 8 from noon to 1pm PT

Zoom link for all three office hours:

[Click here to Join us!](#)

Meeting ID: 816 6115 7449

Need to talk it over with a member of our team?

Email us at ypp@vancouverfoundation.ca.