



# my **smile** matters: a youth movement

## *Thank you Community Initiatives Fund!*

### **A Youth Empowerment Project: Breaking the Cycle of Dental Disease**

Designed to break the cycle of dental disease among higher-risk children, youth were engaged to provide education, using an existing training kit, to provide education on good smile habits to younger students within their school.

Gr. 6 & 7 students were trained to deliver an oral health lesson to K-Gr. 5 children in their own school. The students used an existing kit that included fun, interactive resources designed for young children.



## 138 Presentations to 3,170 Children

138 Gr. 6 & 7 students were trained to deliver an oral health lesson to K-Gr. 5 students across the 25 schools. The student trainers delivered presentations to 3,170 students.



## Participating Schools

The project was delivered in 31 elementary schools where children are at higher risk of dental disease. Many of the schools were located in neighborhoods in Saskatoon's core and west side:

Bishop Klein	St. Maria Goretti	Holliston
Caroline Robins	Queen Elizabeth	Vincent Massey
St. John	Fairhaven	St. Gerard
Bishop Filevich	Sutherland	Forest Grove
Hugh Cairns	Brownell	St. Mark
Mayfair	Lester B Pearson	St. George
St. Frances	James Alexander	St. Edward
Roland Michener	North Park	St. Anne
Pleasant Hill	Aberdeen	Dundonald
Venture Heights	King George	St. Mary
St. Michael		

## Participant Feedback

*"Dental hygiene is so important, and I am glad we were able to teach the younger students how to take care of their teeth."* (Student Trainer, St. Maria Goretti School)



*"Teaching is fun! [The kids'] answers were funny. A lot of the kids don't brush their teeth."* (Student Trainer, King George School)

*"It was fun, I learned things too!"* (Student Trainer, Hugh Cairns VC School)

*"I think it is a great program, and I hope we can continue with it."* (Teacher, St. Maria Goretti School)

*"Continue with the program for older and younger students; learning for all. Great leadership opportunity too."* (Teacher, Hugh Cairns VC School)

*"There were a lot of ah ha moments when the students were learning about friendly and not so friendly snacks. We are looking forward to utilizing our kit that is being kept in our library."* (Teacher, King George School)

*"Excellent materials. Great information. Students were very engaged. The toothbrush and brushing chart were a nice bonus."* (Teacher, St. Gerard School)



## Next Steps

Due to the success of our project, we intend to continue this project in these schools as well as expand the project to other schools in 2017/18. We hope to continue working with CIF on this exciting project!

**We would be happy to work with CIF to promote our story on your website, annual report, or other materials. Please feel free to contact Kellie Watson by email at [sdha@sasktel.net](mailto:sdha@sasktel.net) or phone at (306) 931-7342.**

