

# Orange Shirt Day

#RISINGYOUTH PROJECT IDEAS



Funded by the Government of  
Canada under the Canada  
Service Corps program





# About Orange Shirt Day

## HISTORY

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind.

A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected. Every Child Matters, even if they are an adult, from now on.

Orange Shirt Day is also an opportunity for First Nations, local governments, schools and community agencies to come together in the spirit of reconciliation and hope for generations of children to come.

Source: <https://www.orangeshirtday.org/>



# Reflection

It is important to reflect on special considerations if your project is aiming to serve a community that you are not a part of.

The #RisingYouth Self-Reflection Guide video, shares a few suggestions on how to approach your application, and what to think about before reaching out to a community. We hope to encourage reflection whenever youth are engaging with at-risk, marginalized, underrepresented, and minority groups.

[Click here to watch the video](#)



# Project Ideas

This toolkit contains examples of projects that would be eligible for the #RisingYouth Grant Program. Each project idea has a description and a budget. These examples are to offer inspiration as we want to encourage youth to bring their creativity and unique experience into their proposed project plans. Visit [RisingYouth.ca](https://RisingYouth.ca) to apply for a grant or for more information on eligibility.

Feel free to change/add to your project description and budget on your application. If there is an element of your project idea that needs to be adjusted to fit within eligibility requirements, a #RisingYouth team member will reach out and help make sure that your project can be approved.

**\$250**

## BEADING ORANGE SHIRTS

Invite people to gather and bring their own orange t-shirts to bead as a community. Use the #RisingYouth grant to purchase beads and provide light refreshments for participants.

### BUDGET

Beads: \$150

Food and refreshments: \$100

\$250

## COMMUNITY SUPPORT GROUP

Gather people in your community to host a local support group and sharing circle. Use the #RisingYouth grant for a small honorarium for guest speakers, and to provide light snacks and refreshments for your participants.

### BUDGET

Honoraria for speakers: \$100 (\$50 x 2)

Food and refreshments: \$150

**\$750**

## ORANGE SHIRT TIE-DYE

Gather members in your community to tie-dye orange shirts and spark education, awareness and conversation on Orange Shirt Day and Indigenous history. Use the #RisingYouth Grant to cover t-shirt and tie-dye costs, refreshments and snacks.

### BUDGET

White T-Shirts : \$400 (\$10 x 40)

Tie Dye Equipment = \$200

Food and refreshments = \$150

**\$750**

## **AWARENESS + SMUDGE WALK**

Gather members in your community to make signs for the awareness/smudge walk. Hold conversations about Orange Shirt Day and the importance of education. Use the #RisingYouth Grant to cover costs of supplies for sign making, honoraria for elders leading the walk and sharing their knowledge, and for light refreshments .

### **BUDGET**

Supplies for sign making = \$225 (markers, poster boards, paint, brushes)

Food and refreshments while sign making/after walk = \$225

Honorarium for Elders = \$150 x 2 = \$300



**\$1500**

## SCREENING OF “WE WERE CHILDREN”

Host a free screening of We Were Children at your local community centre, school, or at an outdoor venue. You can use the #RisingYouth grant to cover the cost of the audio/visual equipment, space rental, and provide movie snacks for guests such as popcorn, candy, and drinks.

### **BUDGET**

Venue rental: \$400

1 month Amazon Prime subscription for movie streaming: \$20

Audio and visual equipment: \$500

Movie snacks and drinks: \$580 (Popcorn \$200, drinks \$200, candy and chips \$180)

**\$1500**

## MEMORIAL GATHERING

Many communities across the country have come together to have a memorial gathering and foster a safe environment for healing and discussion. Use the #RisingYouth grant to rent microphones, t-shirts, light refreshments, and/or provide honoraria for people who would like to share a few words with the community.

### BUDGET

Microphone/speaker rental: \$100

Speaker honoraria: \$500 (\$50 x 10)

Materials for signs: \$250 (Paint and brushes \$100, poster boards \$50, markers \$100)

T-Shirts for organizers and for giveaway: \$650 (\$25 x 26)

# Where can I buy orange shirts?

## Suggestions:

- [indigenartsy.com](http://indigenartsy.com)
- [inac.ca](http://inac.ca)
- local Indigenous artists and retailers
- [orangeshirtday.org/shirt-retailers](http://orangeshirtday.org/shirt-retailers)

When possible, please do your best to support Indigenous-owned businesses and/or retailers that donate profits to Indigenous causes.



# Next Steps

If you have any questions or would like additional support overcoming any barriers you might run into during your project application or execution, feel free to reach out to our #RisingYouth Participant Support Coordinator, Marc Basque.

You can reach him at [marc@takingitglobal.org](mailto:marc@takingitglobal.org). Alternatively, you can book a quick phone or video call with Marc on Calendly during a time that works best for you!

For Marc's Calendly, visit [www.calendly.com/marcbasque](http://www.calendly.com/marcbasque).

**01**

## Apply

Apply for the #RisingYouth Grant on our website, [RisingYouth.ca](http://RisingYouth.ca). A full list of eligibility criteria is also on our website.

**02**

## Approval

A member of our team will be in touch with you to help make sure all aspects of your project are eligible, and get your project approved as soon as possible.

**03**

## Action

Take action on your amazing project idea and submit your final report so we can congratulate you on the impact you made within your community.

# Self-Care Reminder

It is important to take care of your mental wellness during the execution of your #RisingYouth project. Please keep in mind that though there may be project end dates in place, we can provide some flexibility to youth who communicate their need for an extension, as we understand that many of these projects may have a mental and physical toll. We want to remind youth to engage in self-care and to be mindful of their mental health throughout the entire project.

If you are in crisis, please call 911 or go to your nearest emergency department for assistance.

# Personal Wellness Supports

## First Nations and Inuit Hope for Wellness Help Line

Call 1-855-242-3310

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. 24/7 & toll free, available in English and French.

## Crisis Services Canada

Call 1-833-456-4566

If you are concerned about someone considering suicide and/or yourself looking to speak with a trained professional, this resource is available 24/7 with services in English and French.

## Indian Residential School Survivors Society

Call 1-866-925-4419

The Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress as a result of his or her Residential school experience.

## Kids Help Phone

Call 1-800-668-6868 or text 686868

Provides professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. 24/7, national support service.

## Be Safe

Be Safe is a mobile app that aims to help young adults make a decision about seeking help in a crisis. The Be Safe app is available on the [App Store](#) or [Google Play](#). The App allows users to create a digital safety plan, Informs users about mental health and addiction resources in their local community, available in English and French.