



NFF Youth Conference YA Resources

Healthy Masculinities: a discussion about healthy relationships

Books

Print, eBooks & Audiobooks available through London Public Library. Click the link below to browse.

- [NFF Youth Conference Reads - Young Adult](#)

Looking for more copies? Our reciprocal borrowing program allows you to check out digital materials from Mississauga, Ottawa, Burlington & Hamilton Public Libraries. Find partner libraries [HERE](#) at the top right of the page.

Magazines



Teen Breathe Magazine

Teen Breathe is a magazine covering topics including mindfulness, wellbeing, creativity and health. Be happy, Be kind, Be brave, Be yourself. Print copies of this magazine are available to be put on hold and picked up at your local library branch.

Podcasts

Youth of Canada

"A podcast for youth, by youth. Learn from others, gain inspiration, and express yourself!" (listennotes.com). Available on Google Podcasts, Apple Podcasts, Spotify & Listen Notes.



Mic Drop

"Mic Drop is the first CBC podcast to hand the mic over to teenagers and let them tell stories in their own voices" (cbc.ca). Available on Google Podcasts, Apple Podcasts & Spotify.



Unheard Youth Podcast

"Unheard Youth is a podcast project that highlights the voices of newcomer youth in Canada. Youth from 4 provinces shared their experiences with identity, migration and belonging" (frac.com).



TED Talks



Celebrating (and Deconstructing) the Gender Spectrum

"These talks celebrate and break down what it means to live outside society's traditional (and outdated) understanding of gender" (ted.com).

Tyler Simmonds: The Power of Getting Back Up

Katie Hood: The difference between healthy & unhealthy love

Other Resources (in Ontario)

Canadian Mental Health Association Drop-in

Drop-in appointments with a CMHA worker available Monday-Friday 9:00am-4:00pm on the second floor of the LPL's **Central Branch**.

Or check out CMHA programs near you **HERE**.

White Ribbon

"The world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity" (whiteribbon.ca).

LGBTQQ2SI Youth Line

"LGBT Youth Line is a Queer, Trans, Two-Spirit* youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario". (youthline.ca)



W.E.A.N. Community Centre



"To serve all members of the community with a focus on supporting and empowering the black and marginalized communities by creating initiatives for equal opportunity and equal access to well-being, spiritual health and personal economic prosperity" (weancommunitycentre.com). London, ON

New Youth

"An online community for immigrant and refugee youth all over Ontario" (newyouth.ca).

