

IMPACT

A Peer-to-Peer Social Media, Mental Health & Leadership Program
For Grade 11-12 students mentoring Grade 7-8 students



MTClife

Our Partners

IMPACT is made possible through the collaboration of three organizations committed to youth, wellness, and community.

MTC Life

MTC Life is a youth leadership and education organization that creates meaningful learning experiences for students, schools, and communities. Through assemblies, workshops, mentorship programs, and activity-based learning, MTC Life helps young people build confidence, empathy, communication skills, resilience, and positive relationships.

MTC Life believes students learn best when they are engaged, supported, and given opportunities to lead. Through programs like IMPACT, MTC Life equips students to not only learn important life skills, but to practice them, model them, and create positive change in their school communities.

TREWO

The Ripple Effect Wellness Organization (TREWO) is a registered Canadian charity dedicated to creating healthy communities through education. TREWO works to close gaps in health information and understanding, helping individuals and communities make proactive decisions that support healthier lives.

Rooted in the idea of a "ripple effect," TREWO believes that meaningful information can inspire personal change and spread outward to create positive impact. Through education, wellness awareness, and community-focused initiatives, TREWO empowers people with the knowledge and confidence to help build healthier communities.

Gloria Baylis Foundation

The Gloria Baylis Foundation is a Canadian charitable foundation that supports initiatives connected to education, healthcare, equal opportunity, mental health, and community advancement. The Foundation works with Canadian charities and community partners to support programs that create meaningful impact locally in Canada and globally.

The Foundation honours the legacy of Gloria Baylis, a Canadian trailblazer, nurse, entrepreneur, and advocate for equal opportunity. Her legacy continues through the Foundation's commitment to respect, integrity, collaboration, and creating greater access to opportunity for individuals and communities.

What Is IMPACT?

IMPACT is a structured peer-to-peer leadership program that trains Grade 11 and 12 students to become mentors and facilitators for Grade 7 and 8 students. Senior students learn to lead meaningful activities, conversations, and reflections that address the real issues shaping young people's lives today.



Social Media Awareness

Understanding how online life shapes identity, confidence, and emotional health.



Mental Health Education

Building tools to recognize, discuss, and support mental wellness.



Peer Leadership

Empowering senior students to lead, mentor, and inspire younger peers.



Healthy Communication

Teaching empathy, self-expression, and relationship-building skills.

Why IMPACT Matters

Students are growing up in a digital world where social media shapes identity, confidence, belonging, and emotional health every single day. The pressure to compare, perform, and seek validation online has never been greater — and it directly affects how students feel offline.

IMPACT is not about blaming social media. It is about helping students understand its influence and make healthier choices.

The Digital Reality

Comparison, likes, and curated highlight reels affect self-worth and social anxiety in ways students often can't name.

The Offline Impact

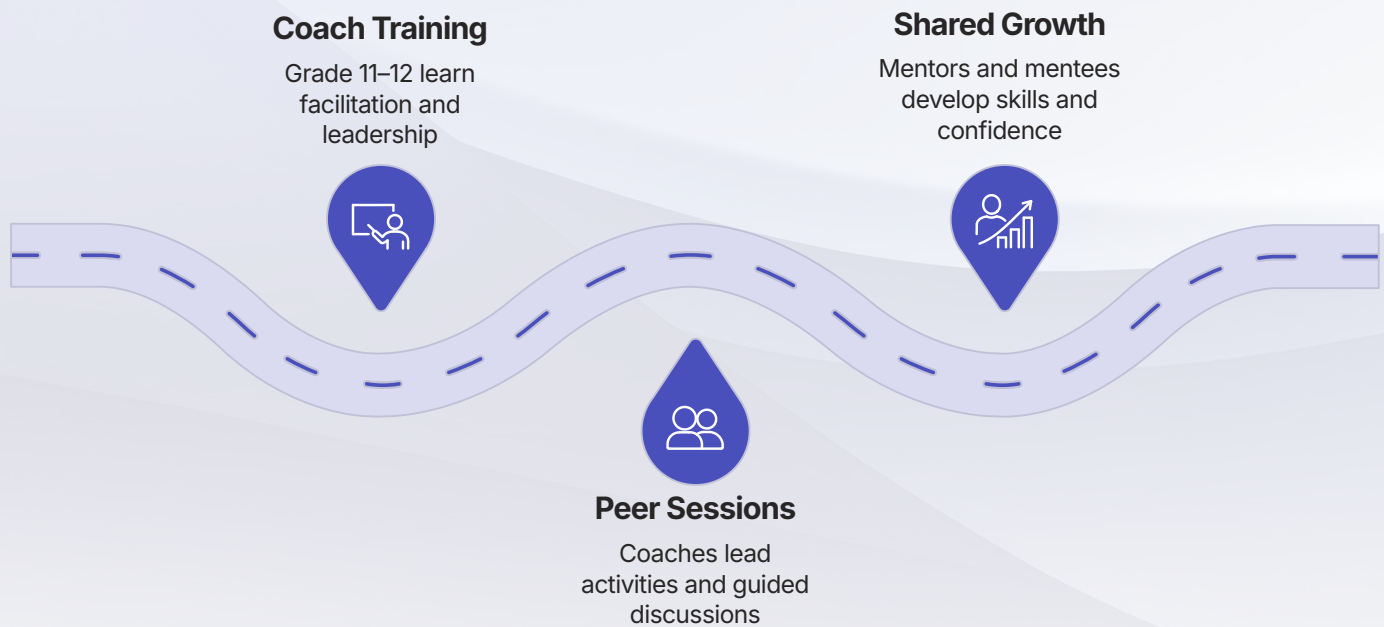
What happens online shapes how students feel in classrooms, hallways, friendships, and their own minds.

The Need for Action

Schools are uniquely positioned to help students build awareness, resilience, and healthier digital habits.

The Peer-to-Peer Model

IMPACT is built on a simple but powerful idea: **young people learn best from each other**. At this age, students are more likely to open up to someone who understands the pressures, language, and realities of their world. Peer-to-peer learning creates a level of relatability and trust that makes honest conversation possible. When Grade 11 and 12 students are trained as IMPACT Coaches, they grow in confidence, responsibility, and purpose while also helping younger students feel seen, heard, and genuinely supported.



Grade 11-12 IMPACT Coaches

- Receive structured leadership training
- Develop facilitation and public speaking skills
- Build empathy, confidence, and responsibility
- Earn meaningful leadership experience

Grade 7-8 IMPACT Captains

- Receive relatable, peer-led mentorship
- Engage in honest conversations about real issues
- Build tools for mental health and self-worth
- Feel seen, supported, and understood

The IMPACT Journey

The program is structured as a progressive journey that begins with self-awareness and grows toward empathy, communication, and purposeful action. Students first explore their own experiences and challenges, then learn to understand and support others with greater compassion. Each session reinforces the one before it, allowing ideas, skills, and confidence to build naturally over time. This sequence ensures students do more than absorb information — they internalize it, practice it, and carry it into their daily lives.

01

Session Zero

Social Media, Social Anxiety & Mental Health — Students explore how social media directly influences anxiety, comparison, mental health, and connection.

02

Module 1

Self-Worth — Students learn the difference between online validation and real self-worth.

03

Module 2

Empathy & Compassion — Students learn how to understand others, respond with care, and build healthier peer relationships.

04

Module 3

Problem Solving Skills — Students learn to respond to challenges, conflict, and pressure with better thinking and decision-making.

05

Module 4

False vs. Reality — Students learn to identify comparison, filters, fake standards, and unrealistic online expectations.

06

Module 5

Communication Skills — Students learn to express themselves, listen, ask questions, and build stronger relationships.

07

Session Close

Becoming a Global Citizen — Students learn to recognize when help is needed, how to ask for it, and how to support others.

Student Outcomes

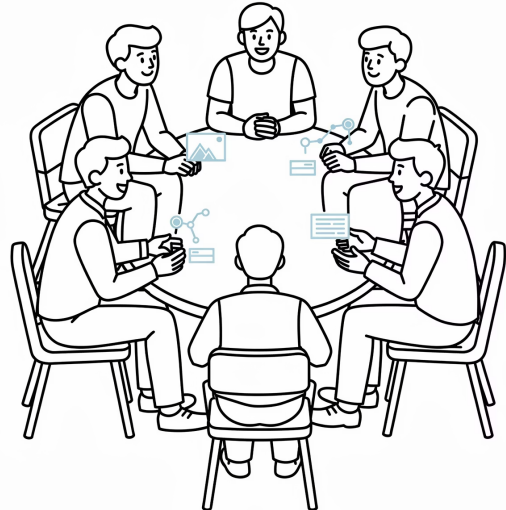
IMPACT creates measurable growth for students at both grade levels, visible in the way they speak, listen, reflect, and respond to the people and content around them. Coaches grow by leading thoughtful conversations, strengthening their confidence, and learning how to guide others with care and responsibility, while mentees grow by building self-worth, recognizing harmful online patterns, and practicing healthier ways to communicate and cope.

Together, both groups leave with stronger skills, deeper awareness, and greater confidence to navigate social media, support mental health, and lead their peers in positive, meaningful ways.



Grade 11-12 IMPACT Coaches

- Lead and facilitate group discussions
- Build public speaking confidence
- Model empathy and leadership
- Understand social media's effect on mental health
- Support younger students meaningfully
- Recognize when someone may need help
- Encourage help-seeking and positive decision-making



Grade 7-8 IMPACT Captains

- Understand social media's effect on thoughts and emotions
- Build stronger self-worth
- Recognize comparison and false online standards
- Communicate more effectively
- Show empathy and compassion
- Solve problems with better tools
- Recognize when they need help and ask for it

What Makes IMPACT Different

IMPACT isn't a one-size-fits-all assembly, a lecture series, or a set of posters meant to sit quietly in the background. It is a student-led experience built around real conversations, where young people learn with and from one another instead of being spoken to from the front of the room. Grounded in the digital realities students navigate every day, IMPACT speaks to the online pressures, relationships, and choices that shape their lives. The goal is not just awareness, but genuine reflection, helping students think more deeply about themselves, their peers, and the impact of their actions.

Peer-to-Peer

Led by students, for students — creating authentic connection and trust.

Leadership-Based

Senior students grow as confident, empathetic leaders through real experience.

Activity-Based

Practical, discussion-driven sessions — not passive listening.

Relevant to Student Life

Grounded in the real digital experiences students face every day.

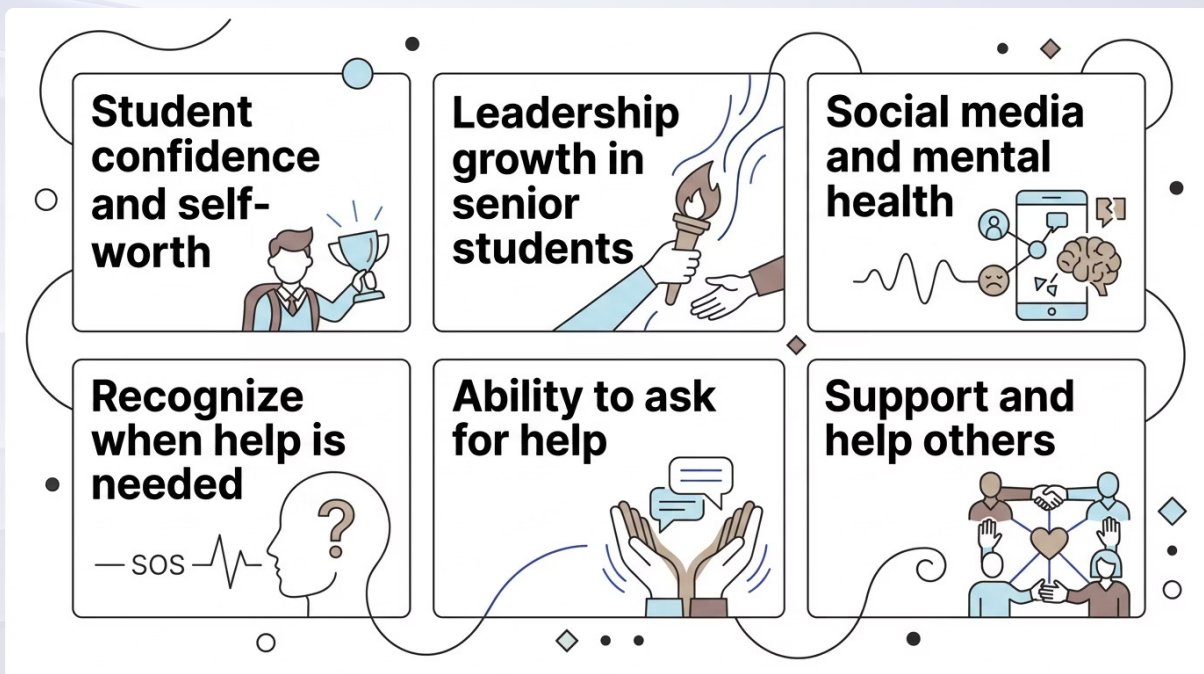
Reflection-Centered

Built around discussion, self-reflection, and honest dialogue.

Includes Evaluation

Pre- and post-program tools measure growth, impact, and program value.

Six measurable outcomes tracked by IMPACT evaluations:





For more info:
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Every student has the potential to make an impact. Let's build the leaders who will.

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