



Saskatchewan First Nations
Family and Community Institute

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2019-2020 – “IT’S MY LIFE” APP YOUTH TRAINING

Time investment: 1-1.5 hour

Youth “It’s My Life” App Training

The “It’s My Life” app is a guide for First Nation youth who are transitioning from rural to urban centers. The app can assist youth in planning their transition.

The training provides an orientation to the “It’s My Life” app. Every training is followed with a free pizza lunch, and a tablet giveaway.

Purpose:

To provide youth with information and to increase their awareness of using the app to help support with transitioning to independence.

Goal:

The goal of this training session is to familiarize youth with the safe use of the “It’s My Life” app.

Objectives:

On completion of the Youth App Training, the youth will be:

- Familiar with the app
- Have access to resources available to them
- Help to begin building Self-efficacy
- Help youth become aware of resources, supports, and people available to them
 - “being truly supported in transitioning from care means having confidence in knowing that there are a range of supports, resources, and people available to actively provide help and guidance throughout the crucial years of establishing oneself as an emerging adult.”
 - <https://www.uvic.ca/hsd/socialwork/assets/docs/research/WhenYouthAge2007.pdf>
- Help with the readiness and assisting in planning for the future of youth transitioning out of care
 - “However, building a plan for the future is a process that is dependent on the youth’s abilities, needs, readiness, and relationships, and thus cannot be determined by age alone.”
 - <https://www.uvic.ca/hsd/socialwork/assets/docs/research/WhenYouthAge2007.pdf>

For more information about SFNFCI’s Training Programs

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