



# Building Brighter Futures: Youth Justice Through Lions Quest

## A New Path Forward

The Lions Quest Youth Justice Program empowers young people who have made poor choices to make positive changes in their lives. Through social and emotional learning, mentorship, and community connection, youth gain the skills they need to take responsibility, repair harm, and build a stronger future.

## Program Benefits

- Builds critical life and decision-making skills
- Encourages accountability and restorative practices
- Strengthens resilience and mental wellbeing
- Connects youth with mentors and positive role models
- Creates safer, more supportive communities



## Why Lions Quest?

Lions Quest is a proven program used in over 100 countries worldwide. In Canada, Lions Quest has been helping youth thrive for over 30 years, supported by the Lions Clubs network. Our youth justice initiative adapts these trusted resources to give young people a second chance.

Training is provided and the program includes 16 sequential skill-building lessons.

## Partner with Us

Together, we can help youth take the right steps toward a brighter future.



Contact: 800-265=2680

Email: [qbear@lionsquest.ca](mailto:qbear@lionsquest.ca)

[www.lionsquest.ca](http://www.lionsquest.ca)



Supported by Lions Quest Canada & Lions Clubs of Canada

## Program Outline:

### Unit 1 – A Positive Learning Community

- Lesson 1 – Who Are You?

### Unit 2 – Personal Development

- Lesson 1 – Clarifying Your Values
- Lesson 2 – Self-Respect – From Strengths to Action
- Lesson 3 – Exploring People’s Emotions
- Lesson 4 – Stressed Out – and What to Do About It

### Unit 3 – Social Development

- Lesson 1 – Listening and Respecting Others
- Lesson 2 – Communicating with What, When, Why and How Messages
- Lesson 3 – Healthy vs. Unhealthy Friendships
- Lesson 4 – Conflicts SOLVED!
- Lesson 5 – The Bully, the Bullied, and the Bystander
- Lesson 6 – Cyberbullying

### Unit 4 – Health and Prevention

- Lesson 1 – Choosing Health
- Lesson 2 – The Unhealthy Result of Alcohol, Tobacco & Other Drug Use
- Lesson 3 – Styles of Decision Making
- Lesson 4 – Outside Pressure

### Unit 5 – Leadership & Service

- Lesson 1 - Modelling a Healthy Lifestyle and Reflecting on Learning

### Supplementary Resources:

- Family Connection Worksheets
- Shared Agreements Activity
- Grouping Strategies & Protocols