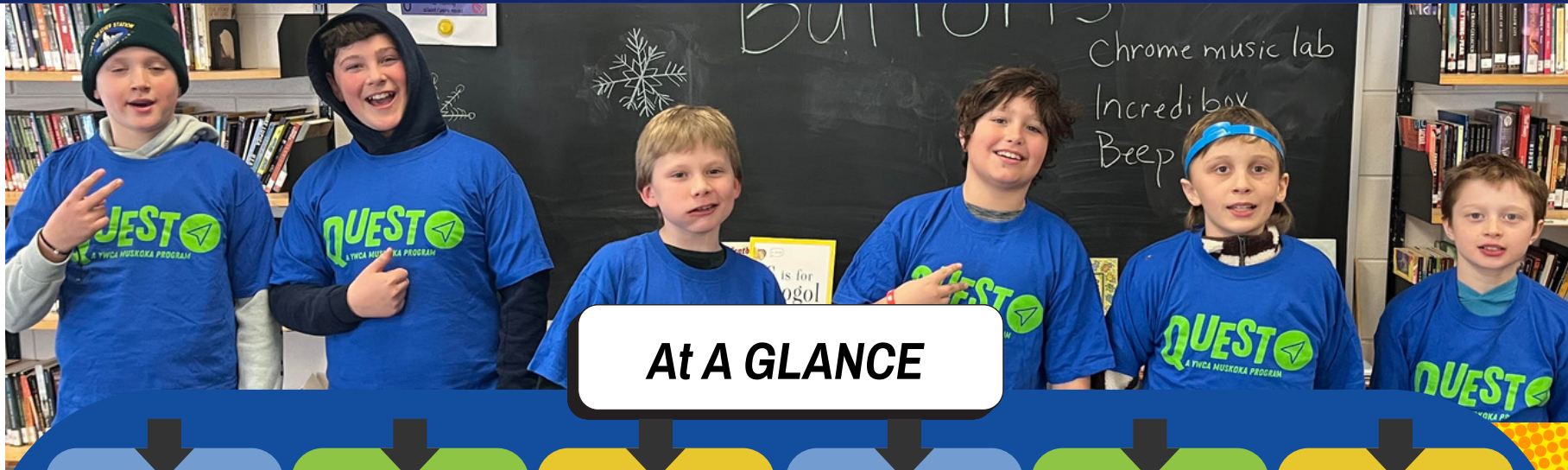


QUEST

A YWCA MUSKOKA PROGRAM



At A GLANCE



Grades 5-8



Weekly during
nutrition / recess



Small groups (8-
12 participants)



12-14 week
program



Run by trained
YWCA Muskoka
staff



\$25 fee (subsidies
available)

A powerful space where boys connect,
learn, and grow together!

WHAT HAPPENS IN QUEST?

Every week, boys take part in engaging discussions, games, creative activities, movement, and role-playing that help them build confidence, friendships, and practical life skills.

- ✓ Individuality & Diversity
- ✓ Pressures on Boys
- ✓ Friendships & Relationships
- ✓ Conflict
- ✓ Anger & Frustration
- ✓ Stress & Coping
- ✓ Teamwork & Respect
- ✓ Responsible Decision-Making

WHAT DOES A SESSION LOOK LIKE?



COMMUNICATION

Boys work together to recreate a structure using only verbal instructions, exploring the importance of clear communication, active listening, patience, and teamwork.



COPING SKILLS

Boys explore different ways of responding to stress, anger, and difficult emotions, and reflect on healthy strategies they can use and people they can turn to for support.



HEALTHY RELATIONSHIPS

Boys explore everyday friendship and relationship scenarios, considering respect, boundaries, communication, and what healthy and unhealthy relationships can look like.



ONLINE SAFETY

Boys consider common online situations involving social media, privacy, communication, and boundaries. They learn to recognize red flags, think critically about safety, and identify what they can do when they are unsure.

EXAMPLES
OF QUEST
SESSIONS

WHAT MAKES QUEST DIFFERENT?



Small-group connection

Boys have space to talk, listen, and build relationships.



A supportive environment

Trained YWCA facilitators provide mentorship and caring adult support.



Youth-centred learning

Boys explore topics connected to their own experiences, interests, challenges, and goals.



Practical skill-building

Activities give boys opportunities to practice communication, coping, decision-making, relationship skills, and more.

WHAT BOYS & FAMILIES SAY



100%

of parents/guardians rated their son's overall Quest experience 4/5 stars or higher.



100%

of participants agreed or strongly agreed that Quest helped them build friendships.



86%

of parents/guardians agreed or strongly agreed that Quest helped their son better understand his emotions and how they affect his well-being.

OUTCOMES BOYS BUILD

- ✓ Confidence and positive sense of self
- ✓ Stronger friendships and connections
- ✓ Emotional awareness
- ✓ Healthy coping skills
- ✓ Communication skills
- ✓ Decision-making skills
- ✓ Ability to navigate challenges
- ✓ Engagement and belonging

WHY THESE TOPICS MATTER

Childhood and early adolescence are important years for building confidence, communication skills, healthy friendships, emotional regulation, and respectful relationships. Research shows these skills can help reduce vulnerability and undesirable behaviours later in life.

WHAT IS GENDER-BASED VIOLENCE (GBV)?

GBV refers to harmful behaviours that happen because of someone's gender. This can include bullying, online harassment, unhealthy relationships, dating violence, sexual violence, and other forms of abuse.

WE FOCUS ON PREVENTION, NOT VIOLENCE

Quest does NOT teach about violence through graphic or fear-based discussions. Instead, we focus on age-appropriate activities that help boys build protective factors like confidence, communication, and healthy relationships.

EVIDENCE-INFORMED PROGRAMMING

Quest is grounded in research and strength-based approaches that support boys' healthy development and help prevent gender-based violence.



TRAUMA- AND VIOLENCE-INFORMED

We prioritize safety, trust, choice, and empowerment.



YOUTH-CENTRED

We value youth voice, choice, and leadership.



STRENGTHS-BASED

We focus on skills, resilience, and what's working.



RELATIONSHIP-CENTRED

Positive relationships are at the heart of learning.



INTERSECTIONAL & ANTI-OPPRESSIVE

We honour diversity and challenge inequality and discrimination.



GENDER-TRANSFORMATIVE

We challenge harmful gender norms and promote equality and respect.

Questions?

Please Contact:
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