



HANDS LIFTING HEARTS
INITIATIVES SOCIETY
RESOURCE 05

YOUTH, SAFETY, IDENTITY & BELONGING.

Finding your voice. Honouring your culture.
Building your safety.

For African, Black and Caribbean families,
youth, and caregivers in Alberta

Explore your roots, recognise
your strengths, and connect with
people who support you.

Family Violence Prevention /
Breaking Silence, Building Safety

Sponsored by the Ministry of Children and Family
Services, Government of Alberta

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Alberta 
Government

Your voice belongs here

Culture, migration, family expectations, school and friendships can all shape who you are becoming. These activities give you space to reflect on your strengths, identity and support.

Make this your own

Tick boxes and type in the spaces, or print and write by hand. Use a PDF reader that supports forms. You can skip any question, pause, or return later. There are no scores. Save only if it is safe to keep your answers.

Privacy matters. A completed workbook may contain personal information. Use a device and storage location you trust. If someone monitors your device, consider using a safer device or completing the activities without recording answers.

Choose an activity

My identity and safety journey

My identity check-in

Words I want to keep

Reflection cards

My connection tree

Support I can choose

You are not responsible for fixing family problems. You can honour your culture and protect yourself. Share only what feels safe; a facilitator should never require personal disclosure.

My identity and safety journey

Follow the five steps in any order. Write a few words, draw on a printed copy, or talk them through with someone you trust.

01

My roots and culture

A tradition, language or value that helps me feel grounded

02

My life in Canada

Something I am learning to navigate

03

My strengths

A strength I can draw on

04

My safety

A person or place that helps me feel safe

05

My future self

Something I want to grow towards

My identity check-in

Tick all that sound like you today. Different feelings can exist at the same time.

- ☐ I feel proud of my roots
- ☐ I feel pulled between cultures
- ☐ I worry about disappointing my family
- ☐ I am figuring out who I want to be
- ☐ I feel strong and capable
- ☐ I feel stressed about school or home
- ☐ I am learning to speak up for myself
- ☐ I wish people understood me more
- ☐ I am growing, even when it feels hard

Something I wish people understood about me

One thing I need today

Words I want to keep

Choose the affirmations you need today. Read them quietly, say them aloud, or keep a copy only if that feels safe.

☐ I deserve to feel safe at home and in my community

☐ My voice matters

☐ My culture is a source of strength

☐ I can honour my family and still protect myself

☐ I am allowed to ask for help

☐ My feelings are valid

☐ I am more than other people's expectations

☐ My story has value

☐ I am growing into my own power

An affirmation in my own words

A small action that could help me believe it

Reflection cards

Choose one or two prompts. You can reflect privately or discuss them with a trusted adult or mentor. You do not need to answer every prompt.

Roots and culture: What cultural values help me feel supported?

Pressure: Which expectations feel heavy or encouraging?

Belonging: Where do I feel safest being myself, and why?

Confidence: What am I proud of that others may not see?

Support: Who could I talk to if I felt unsafe?

My connection tree

Support can come from more than one place. Add a person, group or service to any branch that feels right for you.

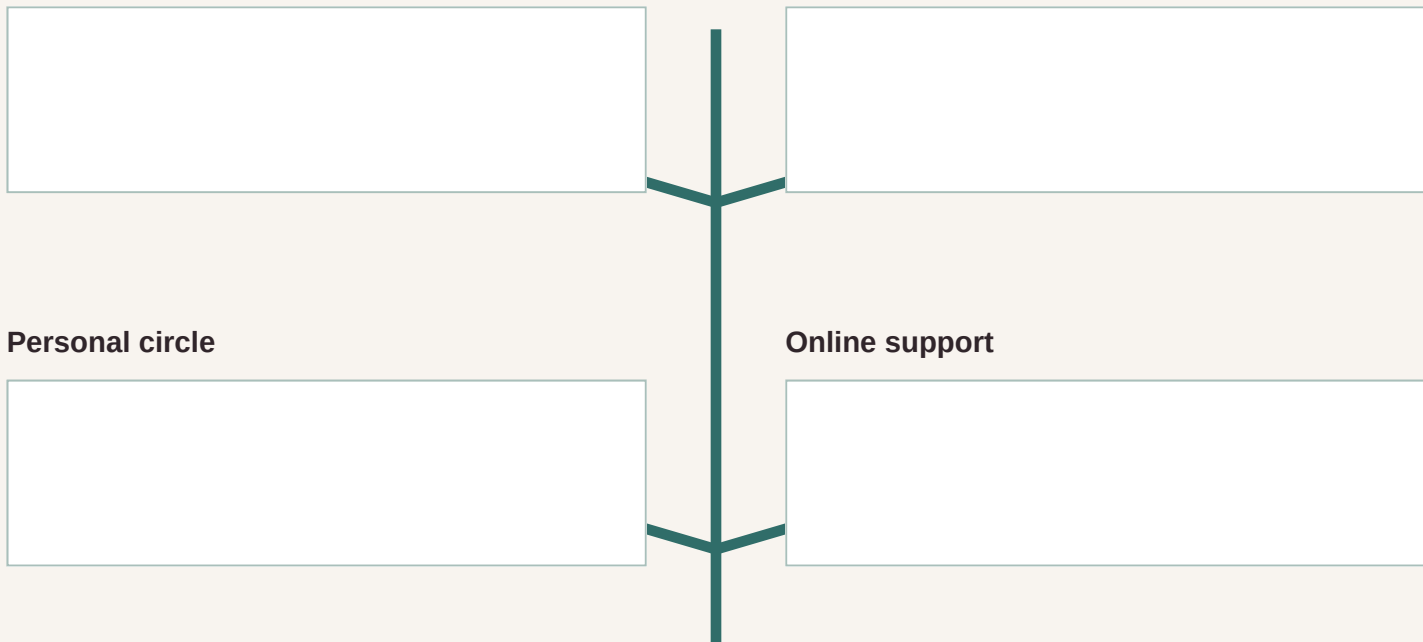
School: student groups, cultural clubs, counsellors and peer mentors.

Community: youth programs, community centres, cultural or faith spaces.

Personal circle: friends, cousins, mentors and trusted adults.

Online: trusted youth services and identity-affirming resources.

School and campus



Community

Personal circle

Online support

My roots: what helps me feel grounded?

One person I could reach out to first

Support you can choose

You do not have to complete this workbook alone. Choose a service that fits your needs. In immediate danger, call 911.

Hands Lifting Hearts Initiatives Society

Youth and family programs and information.

Kids Help Phone

Support and resources for young people across Canada.

ShelterSafe

Find women's shelters and their support services in Canada.

Government of Canada

Family violence information and support resources.

Plan for your safety

Practical safety planning information.

One support option I may want to explore

Links above are clickable. Support information checked October 15, 2026. Sources: the official service pages linked above. This workbook offers reflection and planning activities; it is not a substitute for individual safety planning or professional support.

Prepared as part of the Hands Lifting Hearts Initiatives Society Family Violence Prevention: Breaking Silence, Building Safety Toolkit.